

Astral Projection/Out-of-Body Experience Information

• **What is Astral Projection/OBE? How does it work?**

Astral projection and the out-of-body experience (OBE for short) are in fact the same experience, though the meaning of the term “out-of-body experience” is made somewhat ambiguous when referring to any kind of situation where one feels disconnected from the experiential nature of the body. Although the following are less commonly used when the phenomenon is studied from the perspective of physical science, the terms “astral projection” or “astral travel” can be used to refer explicitly to the experience of leaving the confines of bodily consciousness, allowing one to travel interdimensionally. Both astral projection and out-of-body experiences can occur with varying levels of awareness. Projection of one's consciousness is done while the body is in a state other than the typical waking state, and occurs naturally and usually without our awareness every time we sleep. To be clear, “OBE” will henceforth be treated as a synonym for “astral projection.” Though “OBE” may be simpler to say and certainly less controversial, the general consensus among those who practice the phenomenon for personal purposes seems to be that “astral projection” is the most accurate term to use when talking about intentional projection of consciousness, tending to associate “OBE” with skepticism. To understand OBE in terms of dimensions, it is best to have a good grasp of a few ideas.

The dimension – the word “plane” is interchangeable with the word “dimension” – in which you find yourself while reading this is the **physical plane**. In terms of energy, it is described as dense and limiting, and when confined to it, one is brought to rely on the five physical senses in order to interact with their environment. The next dimension which is closest to the physical is called the **real-time zone**. This has some properties of physical reality (a direct and objective real-time reflection of physical reality), as well as those of the dimensions which lie beyond it (fluid, nonphysical realities). The real-time zone is the dimension in which most projectors find themselves when first learning to consciously project. Immediately beyond or above this dimension in terms of the standard progression is the **mental plane**, which is where dreaming – both lucid and non-lucid – occurs. This environment is much more malleable and responsive to the influence of the perceiver than the real-time zone or the physical plane are. Though there are some differences, the mental plane is often considered part of a larger dimensional descriptor which is the **astral plane**, usually referred to in plural form (planes) because there seem to be an infinite number of them, often described in the standard dimensional terms of higher and lower vibration.

So, in terms of vibration or frequency (1 pertaining to the lowest frequency, 4 to the highest), the basic order is:

- 4+) Astral Plane(s)
- 3) Mental Plane
- 2) Real-Time Zone
- 1) Physical Plane

*These are the main dimensions to be aware of, though there are varying accounts of realms of experience both below the physical plane, and above/distinct from the broader category of “astral planes.” Still this is good for a working knowledge of how it all works, preceding personal experience of the planes themselves

This can all be very helpful to consider, however the only way to fully grasp what it means experientially is to actually practice astral projection and perceive the planes for yourself. The tendency may be to think of them as rigid physical structures, when they are truly just realms of perception through which consciousness is able to travel while not confined to the physical body. There is much more that could be said about these dimensions, as they all have their own unique attributes.

The human body is at all times while awake, merged with a nonphysical aspect, or *energy body*. During the projection process, a portion of the energy in this energy body separates from the physical body. This is the process which occurs without our awareness during sleep. It becomes a conscious process when one learns to transfer their consciousness into that external energy *double*, allowing them to essentially direct their consciousness through the dimensional planes at will without the limits posed by physical methods of perception.

In an astral projection, the environment becomes less spatial and more fluid; less objective and subjective; experience goes from being perceived and processed for understanding, to being beheld as an *immediate* understanding. It is beneficial to work toward breaking free of the limitations of physical experience as one is accustomed to it during waking, walking, talking life, and instead start to consider conscious interactions in terms of telepathic, telekinetic, teleportation-oriented experience. These are good things to consider beforehand, however the experience of it will likely break all of the barriers that need breaking without you having to do a whole lot of extra work aside from it. At the very least, however, it is always beneficial to acknowledge that anything is possible so that some things are less of a shock and can then be analyzed and used to one's advantage.



- **What is the process of lucidly projecting one's consciousness?**

Step 1

Astral projection is going to require that one's physical body is in a deep level of **relaxation**. It can help to do progressive relaxation, tensing a relaxing all of the muscles in the body, working upward from the toes. Doing this fully prior to an exit attempt is a good habit to get into. When the projection/disintegration process happens, the energy body will only be able to disconnect from the places in the body where there is no muscle tension, so it is important not to skip this step. If relaxation is overlooked you may find yourself getting stuck half way out of your body. Regular

exercise can help tremendously with muscle relaxation, as well as mental relaxation.

Step 2

Along with relaxation, a **clear mind** must be cultivated in order to be successful. While making an astral projection attempt, an effort to rid oneself of inner dialog and thought words is needed. This is a common focus for various forms of meditation. Practicing those types of meditation styles before/during astral projection attempts can be extremely beneficial. This state of clarity of one's mind can come easier to some than others, but is attainable by all with a little practice and determination. When thoughts arise, the idea is to simply notice them but not develop on them, and then allow them to pass; you want to be a passive observer, and allow your mind to settle. Above all, patience is what is most important in developing this skill. Read more about meditation to learn more in-depth approaches to a quiet mind.

Step 3

Consciously entering a **trance state** is vital to success in accessing the astral levels of perception. The trance state is the state that exists between being physically awake and asleep. As one is falling asleep, most commonly they will completely lose consciousness just before the trance state occurs. So the goal here is to stop that from happening; to make the transition into trance with consciousness intact. This is the most important step in the process of projecting. All types of experience are possible from the trance state, even aside from OBE. When a clear mind and *full* physical relaxation are both accomplished, the trance state can be entered into and then used to one's advantage. This process is the same for entering a lucid dream directly from the waking state (Wake-Initiated Lucid Dreaming, WILD). What differentiates this process and causes either a lucid dream, or an astral projection, is the next step.

When trance is achieved, this means that one is now exposed to other dimensions in various ways; this is a phase of experience which precedes any experience (OBE, lucid dream, unconscious dream, etc.). It is not uncommon to hear sounds (extremely loud, strange, or foreign), feel rushes of energy through the body (this is the activity of the energy body which is now essentially the sub/low-density body which you have shifted your awareness into), have various sorts of visual hallucinations, or lose awareness of the orientation of one's physical body/feel as though you are rolling around or floating. It is also common to feel like one's heart is beating impossibly fast, and that is something that can scare people who are not used to the sensation. It is not the physical heart which is hyperactive; it is the nonphysical aspect of your heart – the heart chakra of the energy body – which is extremely stimulated energetically and you are feeling what you could describe as an intense fluttering effect.

Most importantly, one should work to keep from perceiving trance sensations or hallucinations as frightening or distracting. Full physical relaxation and a balanced mind, free of overwhelming emotion should be sought. When these emotions come on (and they will when you have an intense experience), it sometimes helps to look at them as waves which rush in and raise your emotional level. It is best to just let these waves rise and fall; allow them to wash over you and retract so that you can stay centered. If you lose this centered awareness, you can lose control of your consciousness and either fall into unconscious sleep, or wake up.

Step 4

In order to project into the real-time zone, or the astral planes from the trance state, what is required is an **exit technique**. This is a method used by a person projecting their consciousness which

serves to simulate the feeling of one's center of awareness to being moved in a certain motion or to a different location. It is done during the trance state, when the energy body is detached and prepared to disintegrate from the physical body. If an exit technique is not applied during this period of time, a conscious exit is often less likely to occur.

A common exit technique involves *rolling out* of the body. This is done by imagining the feeling of rolling sideways (usually done while lying down), and then using intention, expectation, and will, to get the energy body along with one's consciousness, to perform that action and move outside of the physical body. When exit sensations are felt (trance sensations and hyperactivity of energy in the energy body), the exit technique is applied.

Another exit technique is the *rope technique*, where one imagines they have a pair of energy hands which are used to simulate the process of climbing up a thick rope hanging just above them. That upward motion is felt, facilitating the transportation of one's consciousness and energy body out of the physical body.

Often simply the will to be consciously transported to another location upon feeling strong trance and exit sensations is enough to make it happen. If one is energetically disintegrated from bodily consciousness, then navigation is put entirely in the projector's hands.

- **Other Ways to Project**

Astral projection can also be done from a **lucid dream**. When one becomes aware in the dream state, the idea is to cease the sensory input of the dream (everything you are seeing, hearing, smelling, tasting, feeling). When this input is gone, one is left in the trance state. Once in the trance state, all that is needed is one of the standard exit techniques along with a strong intention pushing toward leaving the body in a free-floating form of consciousness. In this sense, one way to approach astral projection is by learning to lucid dream, and then changing one's state from the *mental plane* to the *trance state*, and then to the *astral*, after a lucid dreaming state is reached. It is also possible to simply go from the mental plane *directly* to the astral planes; this act requires the right intention, expectation, the will to make it happen, and a good level of lucidity. However, it may be one of the best – and largely untapped – ways of achieving the projection of consciousness.

Spontaneous projections can occur; some people are more predisposed to this than others. It is common to come into awareness while floating over one's body, or seeing oneself lying in bed from a different perspective in the same room. There is often a very strong sense that it is not a dream. The surprise or other intense emotional surge which can accompany the realization of this state of consciousness is often enough to suddenly suck the person's consciousness back into the physical body and wake them up.

- **Posture**

The best posture for astral projection attempts is a sitting position of some kind. This can be in a chair with a straight back for upright posture, or on a floor or meditation pillow. What is always most important is a straight spine. Despite any preliminary discomfort in this position, over a period of 5-10 minutes it is common to settle into such positions and find them much more comfortable and sustainable. Seated, upright posture is best for astral projection because it helps to prevent one from being *too* comfortable (as with laying down in bed), thus causing them to quickly lose consciousness and fall asleep. A seated position is one where there is a slightly higher level of discomfort than there is while laying in a bed. This discomfort is what aids in the maintenance of consciousness during the

transition into trance.

Although more likely to lead to loss of consciousness, lying on a bed or couch is another common posture for astral projection. The only issue with using this method is that most people are extremely well trained to fall into unconscious sleep upon relaxing in bed. A slight level of discomfort can help combat this issue; one might consider putting a board under their feet, altering the room temperature, or doing anything else that will hinder relaxation just slightly, causing more presence of awareness and helping to maintain that awareness into trance. It can help to be somewhat less mentally fatigued in order to keep loss of consciousness from being much of a problem. It is also helpful – as with the lucid dream technique often referred to as “napping to lucidity” – to take naps either during the day, or by getting up earlier than usual and then going back to sleep after 30-90 minutes. This shifting back and forth between sleeping and waking allows the physical body to be tired enough to relax and fall back into sleep, while one's level of awareness increases with both restfulness and preparations made for wakefulness by one's body in terms of hormones and neurochemistry. Higher awareness paired with physical relaxation is exactly what is needed to make a successful exit, so napping can be extremely useful in making it all happen. And if an immediate astral projection is not successful and one falls into sleep, it is still very possible that a lucid dream will arise during that period of sleep, making another exit attempt readily available.

- **What is possible once a projection is achieved?**

If projected into the real-time zone, then real-time perception of physical, immediate events is possible. One can fly around a portrayal of the physical dimension, easily floating through walls and doors, flying at super speeds or transporting oneself immediately to another location. In the astral, there is an immediacy of both space and time, so that any time and any place can be visited/experienced with the proper intention toward doing so.

Other astral beings and projectors can be found and interacted with while in a state of conscious projection. Animals project just as humans do. However beyond humans and animals, there are spiritual entities which inhabit the higher and lower dimensions, but not the physical. In this way, our only full exposure to some of them is through altered states of consciousness.

It is not uncommon to locate one's “spirit guide,” an spiritual entity which works to guide a person and help them to grow and develop. This guide can be a person, animal, plant, or anything else which one associates with a sort of teacher/supportive role.

Access to what people call the “Akashic Records” is made possible. This is comparable to a giant library where any fact in human history, or intimation of likely future directions, is made available. This points to the concept that projection itself can be described as a reestablishing of the connection between the individual consciousness and the collective unconscious. All of human experience, past present and future, is recorded in the form of these “records” for anyone to access.

Astral projection causes one's energy body to vibrate at what many would describe as a higher frequency. This causes boosts in psychic energy and development, and makes a lot of goals more attainable. As a result of this increase in energy, more is available to flow through the energy body, keeping the chakras more in tune and stabilized so that this state of stability is reflected into and manifests in the emotional and physical health of the person. Through this understanding, healing is made possible by directing certain energies in certain ways.

The deeper exploration of the dimensions of reality is vital to our humanness. By understanding these more subtle aspects of ourselves, a full picture can be assembled, and more informed decisions –

in all dimensions of experience – can be made.

- **Other Stuff**

- A pleasantly warm and **comfortable** environment is best for full relaxation and projection practice.
- Darkness** is helpful. If practicing during daytime while lying down, a shirt sleeve to cover one's eyes can be useful.
- Breathing** should be done using the diaphragm during all phases of the projection sequence; deep breaths from the gut are most useful in terms of both generating energy to use while exiting, and helping to relax the body
- Little to no noise is helpful for concentration, however in cases where this is not possible, soft nature **sounds** like streams or rain showers, or simple white noise can be used to drown out exterior distractions. It should be taken into account, however, that it is best not to depend on these types of stimuli for decent concentration, so they should not be used in all cases if a substantial level of control is desired.
- A belief that many agree with is that the extremely common **feeling of falling** into one's bed just as they wake up in it can be explained as a sudden reintegration of the energy body with the physical body, and a moment of awareness in the energy body as that happens, causing the jolting experience one has just as they are awakened. Because of the fact that the energy body most commonly reintegrates from above, and the fact that the most common spontaneous OBE experience occurs when one notices that they are floating *above* their body while physically asleep, this explanation of the falling sensation seems to be quite credible.
- It can be helpful to work on stimulating the energy body through **energy work**, as this helps one to build up energy which can later be used to vivify the projection process and make out-of-body travel more easy.
- Fear** can be a factor early on in the theoretical consideration of astral projection, or it can manifest with great potency when one eventually experiences the disintegration of consciousness from the physical body. This is a limit which can be overcome with determination and practice, but it is certainly a personal choice when deciding whether or not to do so. Fear is extremely common in the face of experiences like these.
In terms of the fear of severing the connection between consciousness and the body, there is always a connection while physically alive called the "silver cord." This is not usually visible – even in the astral – unless looked for, but always exists and serves to dispel the suggestion that astral projection is dangerous in terms of dissociation from the physical body. It is also believed by many that only a part of one's consciousness is actually transported out with the energy body. It is not uncommon to have brief experiences where one is aware in both the energy body, and the physical body at the same time, gathering data from both perspectives at once. Though this experience can be overwhelming and probably shouldn't be dwelt upon, it does add to the argument that consciousness does not fully dissociate from the physical body while in this state.
- In order to **return/reintegrate** with the physical body and either wake up or go into unconscious sleep, all that is needed is a focus on the physical body along with an intention to reintegrate with it.