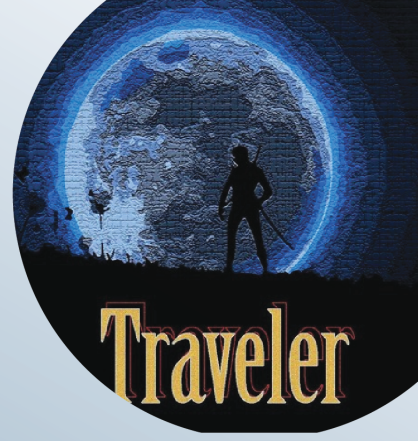


Astral Projection

**A Crash Course on
Conscious Out-of-Body Experiences.**

By: Tom Hickey



The following is a small, text-based course preparing you for astral projection. It is not one method, but rather a document designed to give you the understandings you need in order to get out of your body. There are many sections, all of which you should read over before attempting astral projection.

Start practicing parts 1 & 2 as prerequisites, and move on to 3 & 4 when you feel ready.

PART 1

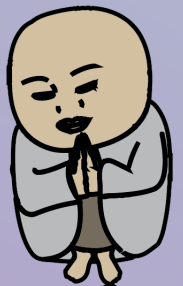
Calming Your Mind (Meditation)

Sit there for 5 minutes with your eyes closed without moving.



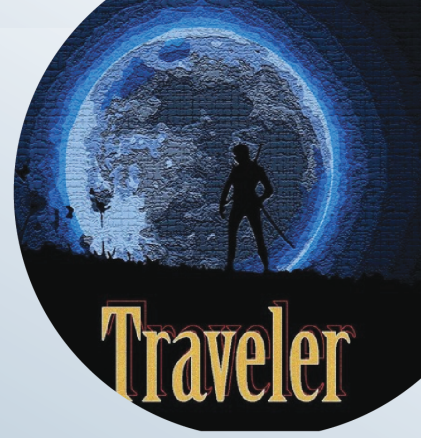
Once you master this, do for 10 minutes. Once you master that, do this for 20 minutes. All you must do through this process is remain completely still.

Sit there for 5 minutes with your eyes closed without moving. Once you master this, for 10 minutes. Once you master that, do this for 20 minutes. All you must do through this process is remain completely still.



PART 2

Clearing Energy Blockages



Think of something that you love more than anything in the world from your childhood. Doesn't have to be anything specific or 'spiritual', just something that makes you feel that emotion.



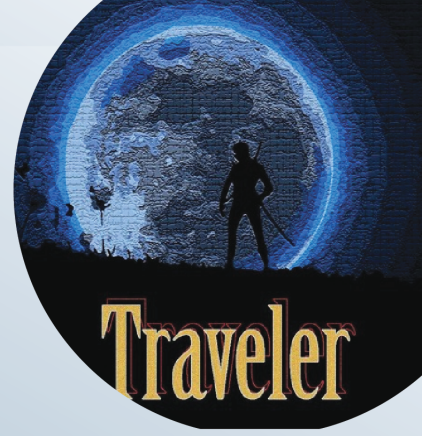
Notice the change in how your chest feels when thinking about your memory.

The feeling in your chest is a type of energy. Energy is the root of everything that exists in this 3D reality, so when people say "energy" they are usually referring to something that flows. This feeling in your chest is a non-physical energy (cannot be directly expressed by atoms). If non-physicality is hard for you to grasp, think about thoughts. They are not in the physical, however they exist. The processes that are responsible for certain thoughts can be explained physically, (serotonin releases, etc.) however the thoughts themselves cannot.

Now that we understand non--physical energies, we can seek to understand how it flows in the body. Just because energy is non-physical, doesn't mean it's non-local.

PART 2

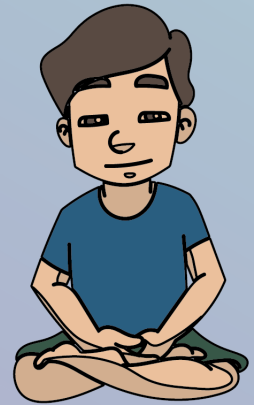
Clearing Energy Blockages (cont.)



Muscle tension in the body stops the flow of the type of energy you attached to that childhood memory discussed above, due to the mental implications of tensing muscles. A relaxed mind is a relaxed body. You cannot be relaxed one way over the other. This will be demonstrated in the following exercise:

Try to relax your body more than you usually do, until you determine it is "completely relaxed".

Notice how you tend to not want to relax certain parts of your body. It may be something as subtle as the top of your head, or the bottom of your feet. If you feel a certain emotion while trying to relax your body, it means you have stored a past trauma in that area. What you can do to clear this is massage that area hard enough to have that memory pop up into the front of your mind. Because there can literally be an infinite number of traumas, I cannot explain how to overcome each one - but a general guideline you can use is to face it head on, accepting that you will be uncomfortable only until you have closure in your own mind.



The reason you need to clear these energies is because in order to astral project, you must be so relaxed you aren't even considering and can let go of your physical body.

PART 3



Discovering Your Astral Body

Each of the following exercises ultimately can result in leaving your body. I talk about discovering your astral body so that you understand astral projection is a real thing, however the process for leaving your body is the exact same as getting to the vibrational stage. Vibrations (your astral body 'vibrating' against your physical body) are simply a side effect of a proper astral projection technique.

Going to Sleep Exercise

Remain awake through the falling asleep process. As you get tired, let your wakefulness wash away while maintaining a final shred of consciousness.

Meditation Exercise

Meditate just like you did in the 'Calming Your Mind' section of this guide. Once you are in a stable state of being relaxed, try to fly upwards. There is no technique for this, just do your very best to fly up. If you notice a "second body" or "vibrations", congratulations. You have discovered your astral body.

PART 3



Discovering Your Astral Body (cont.)

Physical Body Orientation Exercise

Meditate like you did in the 'calming your mind' section, then lie down and understand awareness is independent of your senses. Try to experience awareness without any of your senses (for the purposes of this exercise we are assuming I am talking about the traditional five senses - touch, taste, sight, hearing, smelling).

PART 4

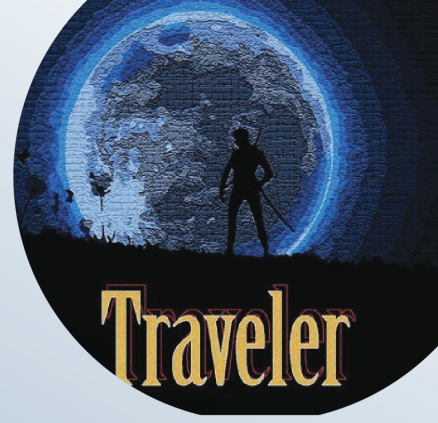
Leaving Your Physical Body

Letting Go

This one can be tough for some people. The final "let go" of the physical world. What is important to understand is this: the "letting go" you have been doing go get to that point is no different than letting go of the physical. The only thing that changed is the circumstance. All you must do is trust the process.

PART 4

Leaving Your Physical Body (cont.)



Letting Go

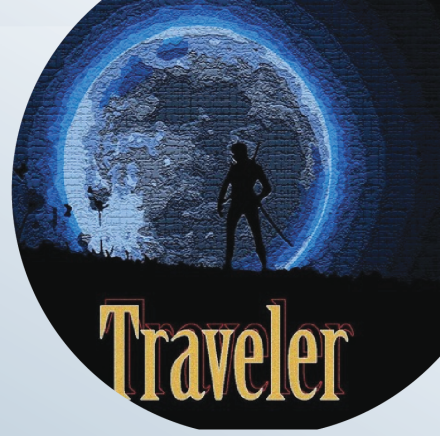
If you are finding it hard to let go, it is because of a few things: Your body is not used to not having consciousness inside it, and the astral planes are an unknown realm. What is common here is the fear of the unknown. You must accept this fear, and move on from it. Accept that every new instant was unknown to you, so there isn't much point in living in fear.

A third reason why you may find it hard to let go is attachment to a certain thought process. If you have something you have to deal with in the physical, you may find it hard to let go. Something like a love interest, or a feeling of guilt towards something you did can affect your ability to let go. How you can work on this is as follows:

- Understand the astral planes are just like any other place in terms of you going somewhere. Your problems are still going to be there when you come back.
- It will actually be good to not get attached to your problems, so you can a) better deal with them and b) not identify as a being with problems.
- Getting attached to problems like this only makes your scope of life smaller. Decide whether your small problems are more important than experiencing infinite realities.

PART 4

Leaving Your Physical Body (cont.)



Getting Out

Refer to any of the three 'Discovering Your Astral Body' techniques I listed above to start your astral projection off. This part is actually quite simple, as all it takes is for you to relax and let yourself be free of the physical. Once you hit the vibrational stage, keep doing the exact same thing you have been doing. Vibrations are simply a side-effect of a proper astral projection technique. You are on your way out of your physical body at this point.

The sensation of leaving your body will feel strange. You may feel vulnerable or exposed, but this is only because it is a new sensation. You will feel very light, because you aren't in your body. You may find yourself floating, in a random position, or simply in the same position as before. The key to finding out is going through one of the 'Discovering Your Astral Body' methods until you feel very very light. All you do now is get up!



Happy Projecting!