

A Treatise on Astral Projection

by Robert Bruce

There are certain aspects of the astral dimension and the projection process that are very complicated. Much of it is misunderstood and it can all be very confusing at times. This series of articles attempts to shed a little light on the subject, and hopefully, explain what it's all about. The theories and conclusions in this Treatise are largely drawn from my own projection experience. It is the goal of this Treatise to develop greater understanding and new, simpler and more effective techniques for projection. The ideas, theories and techniques discussed here are constantly under development and are subject to modification and change as new discoveries and insights come to light.

What is the Astral Dimension?

The astral is the closest dimension to the physical. It overlays and permeates the world like a huge mind net, catching and holding all thought. Its contents are created by the collective consciousness of the world mind. It contains all the thoughts, memories, fantasies, and dreams of every living thing in the world. In it, the laws of sympathetic attraction, or like attracts like, causes this ocean of mind stuff to strata and settle into layers or pools. These pools of thought are more commonly called astral planes, astral worlds, astral sub planes or astral realms. The astral dimension is composed of astral matter and is aptly described as mind stuff. It is extremely sensitive to thought and can be molded into any shape or form. These creations can be so perfect as to be indistinguishable from reality.

The best way to explain this, mind stuff is to draw a comparison between astral matter and unexposed, high-speed photographic film. When this film is exposed to light, focused by the camera lens, a perfect image of reality is instantly burnt into the film by the chemical reaction of the film to light. When astral matter is exposed to thought, focused by the lens of the mind, a perfect image of reality is instantly formed out of astral mind stuff by the reaction of astral matter to thought. The complexity and durability of any creation in the astral dimension depends largely on the strength of the mind doing the creating.

Dreams

This is how the subconscious mind creates dreams: By tuning into the astral dimension during sleep, it can create any scenario it wishes. This is the subconscious mind's way of solving problems and of communicating with the conscious mind. It creates a series of complex thought form scenarios and projects them into the mind stuff of the astral dimension, where they become solid. The conscious mind then lives through and experiences these created scenarios in the Dream State. In a way it's like a movie projector (subconscious mind) projecting onto a movie screen (astral dimension).

Thought Forms

Any new object in the real world is assimilated into the astral dimension over a period of time. A thought form representation of it first grows in the lowest part of the astral, close to the physical dimension, becoming more and more permanent as time goes on. As with all thought forms, the more attention paid to it the quicker it grows. The higher up in the astral dimension, or the further away from the physical, the less thought forms, of the physical world, as we know it, are found. Physical things have to soak in to it for a very long time before they take shape, and are found, in the higher astral.

Have you ever tried to move around a strange house in the dark? You bump into everything, right. But as you become familiar with it though, a mental picture of your surroundings forms in your mind, and you can find your way around it better. The longer you spend in this house the stronger this mental picture becomes. This is similar to how things are assimilated and grown, as thought forms, in other dimensions.

The generation of thought forms in the astral also works in the reverse. If a physical object has been around for a very long time, it will have grown a lasting thought form impression in the astral. After the object is destroyed or removed, its thought form still endures. You may, for example, in the astral, find furniture in your house you don't have, jumbled up with your own. This is caused by the decaying thought forms of old stuff, belonging to previous tenant's etc, still being there, years after the originals have gone.

Old thought forms do not follow their physical counterpart around when they are moved. New ones begin to grow in the astral wherever it is while the old ones slowly decay. The longer a thing is in one place, the stronger the thought form will become in that place. This also applies to buildings, structures and geological features. You may project

into a park and find a house, bridge, stream; hill etc that you know is definitely not there. These may have existed in times past. The higher up in the astral you go, the older the thought forms are or the further back in geological time you appear to be.

The rate of growth of a thought form depends largely on the amount of attention paid to it. For example, a famous painting; loved, viewed and highly thought of by millions, will have a much stronger thought form than that of a common painting that hangs in someone's bedroom and is only viewed by a few. The number of thought forms you find in the astral also depends on how close you are to the physical dimension. If you are very close, as in a real time projection or OOB, very few thought forms, if any, will be found. In a real time OOB you are not quite in the astral dimension but are existing as an astral form in the buffer zone between the astral and the physical dimensions.

Astral Vision

In the physical body we have 220 degrees of vision, i.e. we can only see in front of us, but not behind, above and below at the same time. In the Astral body we have MORE than 360 degrees of vision and can see on all sides at once. This is Spherical vision. During projection, habit forces us to focus our attention in one direction only, where we feel the forward part of our vision is. The view behind, above, below, left and right is still there and seen all at once, but the brain can not assimilate it, all at once. This goes against the brain's lifelong habit of frontal vision. Spherical vision is like being one huge multi-faceted eye that can see in all directions, up, down, left, right, front, back, but all at once! In the astral body you do not have any physical organs, i.e., eyes. You are a non-physical point of consciousness floating in space. You are also unaffected by gravity and other laws of physics. In this state there are no ups or downs, backs or fronts, left or rights. It is only lifelong habit that tries to force this perspective on you during projection.

It is important to understand spherical vision, if you are to operate competently in the astral. This is especially so when you project, in real time, close to the physical dimension. Spherical vision will often cause you to think you are in a mirror image dimension, or a reversed copy of reality. This means your house, for example, will appear to be reversed, back to front. This is caused by you losing your original natural viewpoint during projection.

At some point during the projection you have become disoriented and taken a different viewpoint from normal, i.e., you have rotated or turned upside down or inside without thinking. This reverses your natural left right, up down viewpoint. This tricks the subconscious mind into reversing the place you are in so your conscious mind can function properly.

As you don't have a physical body in the astral, if you want to look behind yourself you don't have to turn around, or move at all. You just change your viewpoint to the rear. This, when done without moving, causes the mirror image effect, in a way it's like looking in a mirror to see behind. The diagram below illustrates this reversal of viewpoint without turning, note left and right do not change:

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                Right | Right
(A) <<<<<<< ----- | ----->>>>>>> (B)
                Left  | Left
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That is, if viewpoint (A) becomes viewpoint (B) without turning, then Left and Right are not reversed. This causes the subconscious mind to use its creative power to correct the view by reversing it, or parts of it. This is easier and causes fewer problems for the conscious mind than if it had to try and accept a reversal of left and right.

A similar effect can be had by lying down and looking above your head, or standing on your head and trying to pick the left and right sides of things. This causes a slight confusion in your sense of left and right, i.e.; you have to consciously calculate which are left and right from your reversed position. This slight confusion is all that is needed to trick the subconscious mind into creating something easier to accept.

Your brain is unable to assimilate this reversal and thus gives you a new perspective according to what it feels is left and right at the time. Once you consciously notice this anomaly it is too late to reverse it. The brain cannot accept a conscious change of left and right. If you understand spherical vision though, and happen to get reversed sometime during a projection, it's better than thinking you are wasting your time in some strange mirror dimension, i.e., if you had plans to do something in the astral you still can. All you have to do is, take your left right coordinates from the building or structure around you, and ignore your own sense of left and right completely.

Everything you see while you are in the astral dimension is directly perceived by the mind. It is a simple matter for the subconscious mind to twist or reverse, all, or even parts of, your conscious perception of reality during a projection. Note: This reversal of viewpoint can happen many times during any one real time projection.

Creative Visualization Power

The subconscious mind has VASTLY greater powers of visualization than the conscious mind. It is like comparing a super computer to a child's calculator. In the astral dimension, during any conscious projection or lucid dream, where the conscious mind is aware, this difference can cause great confusion. The subconscious mind simmers beneath the surface during any projection. All that creative power is just bursting to get out, to create, and it will do just that any chance it gets. This difference in creative power, combined with the lifelong habit of normal frontal vision, is the cause of the "Alice In Wonderland Effect." Let me explain....

Take these together:

- The incredible creative power of the subconscious mind.
- The weak creative powers of the conscious mind.
- The sensitivity of astral matters to thought.
- Spherical vision.
- Left, right sense reversals.

And you have a recipe for total confusion.

The Alice In Wonderland Effect

You project your astral body and look around your room. Everything appears normal, but suddenly, you notice the door is on the wrong wall? While looking around, you have seen this door with your rear vision, confusing your natural left, right, brain perspective. The brain can't assimilate this because your frontal perspective, and the position of the furniture, pictures, windows etc, are normal; but the view behind you is reversed. This tricks the subconscious mind into creating a door where it thinks it should be. When you look at this door, it appears real, even though you know it is in the wrong place. Once it has been created, it will not be un-created, as that would be unacceptable to your conscious mind. i.e. solid doors don't normally have a habit of vanishing before your eyes.

When you turn to where the door really should be, you will, usually, find the door there as normal. Now you may have two, or more, doors where there should only be one. If you go through the real door, you will find the rest of the house, as it should be, hopefully. But, if you go through a false door, the mind knows it's false and won't accept it opening to a normal part of your house that it knows can't possibly be there. So, if you open this door you will find something else. It is usually a corridor or passage, you don't have, and leading off into other parts of the house you don't have either.

From then on, if you go through this door, you are in Wonderland, where everything is possible, just not very plausible. What you are doing, in effect, is entering the astral dimension via uncontrolled creation, through this door you don't have, but now do. Once the subconscious mind starts creating like this it continues to do so at a geometric rate. It has to, for the conscious mind to assimilate the abnormal situation it is in. At some stage, in this creative maelstrom, the subconscious mind loses it completely and starts tuning in to other parts of the astral. At this point of the projection, all semblance of reality is lost and you fade into the astral dimension proper.

There are many ways this "Alice" effect can happen during a projection; the above example is just one variation. It has been noted by many projectors that at sometime during a projection they seem to lose control of it. Objects appear, disappear, and generally everything gets a little strange. This is caused, basically, by the subconscious mind's vast creative ability being triggered. It starts making and unmaking things, and tuning into other areas of the astral and generally making everything difficult for the poor projector.

To avoid the above problem: Concentrate on what you are doing while you are projecting and don't let your mind wander. The vision reversal problem can be minimized if you concentrate on your forward vision during projection, i.e your vision and don't allow it to flit from one view to another. The astral is not a good place to relax if you have serious plans.

The vast creative power of the subconscious can, however, be utilized. It is an extremely valuable tool if you know how to use it. I will outline ways to do this, in the third part of this series, under the heading: "Virtual Reality Projection" where I will outline how to custom create your own personal astral realm.

Melting Hands

When you project the astral body close to the physical world you do not have a body as such. But, the mind cannot accept this and so provides a thought form one made out of etheric matter. If you try and look at your body, say your hands, you will find they start to melt very quickly. They look pale and odd, and in a couple of seconds your fingers start to melt away like ice under a blowtorch. They shorten into pale stumps, then the rest of your hand and arm starts to melt away too.

This melting effect only seems to happen when you deliberately try and observe a body part or consciously create something. Deliberately observing an astral body part like this, uses the conscious mind, which, having poor creative powers, can't hold complex shapes together for very long and it is this that causes the melting effect. If you happen to notice parts of your body, in passing, during projection this melting effect will not be seen.

Created Thought Form Objects

You can use your conscious mind to create objects while projecting. The duration of these, thought form, created objects depends on the strength of your creative visualization ability. It also depends on how much time and effort you put in to a creation.

This same melting phenomena happens with any conscious creation done in the astral dimension. If you create for example, a sword, it will appear in your hand just as you imagine it, briefly, and then melt away just like the hand did. If you concentrate on it you can hold it in shape, but as soon as your concentration wavers so does the creation. This is similar to any other visualization you do in the real world. It is difficult, and you have to concentrate to hold the visualization in your minds eye. Once your concentration wavers, so does the visualized image. This illustrates the vast difference between the creative powers of the conscious and the subconscious mind.

To make a lasting thought form object you have to trick the subconscious mind into creating it for you. I will deal with this subject, in greater depth, later in the series.

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.

The main differences between an OOB, astral projection and a lucid dream are:

The OOB

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 Astral Projection

This is where the astral body is projected into the astral dimension, where things are quite different from the real world. Time is distorted and extended, i.e., an hour in the astral can be like a few minutes in the physical dimension, depending on what part of the astral you are in. Reality is fluid and changeable.

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.

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.

Triggering Astral Projection

Astral Projection (AP) is an automatic reflex, built in to your body and mind. To trigger it, while fully conscious, there are three major requirements.

1. The ability to relax your body 100% and stay awake.
2. You have to be able to shift your consciousness point outside of your body.
3. You need enough mental and psychic energy to maintain control over the projection and not slip into the Dream State.

Together, these will trigger the automatic projection reflex for a full powered AP'. There are a few minor conditions but these can be varied to suit your experience and surroundings.

Relaxation: You must 'master' a full body relaxation exercise. If you know one already it can be adapted to suit. Sit in a 'chair' and relax. Starting with the feet, tense them and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face. Go over this a few times until you feel completely relaxed. Breathe deeply and slowly throughout this and try to become 'aware' of the breath entering and leaving your body.

Mental hands: Imagine you have a pair of 'mental hands'. Stroke yourself with these 'hands' in an upward motion from your feet and up your legs, over and over again. Try and 'feel' them relaxing and soothing you. Continue this up through the center of your torso, paying particular attention to the chakras. The mental hand technique will also get you used to shifting your point of consciousness to different parts of your body. Try and put as much of yourself as you can into these mental hands.

Energy raising: As you pull upwards through your legs with your mental hands, imagine you are gripping the energy that flows there and pull it up through you. This is the natural path of the psychic/life energy that flows through you. With practice you will actually 'feel' this energy tingling and surging through you. It will literally 'charge' you up like a battery.

Chakras: These are situated at:

1. the base of the spine (between the anus and the genitals)
2. The spleen (slightly below the belly button)
3. The solar plexus (1 hand-span above the belly button)
4. The heart (center of the chest)
5. The throat
6. Forehead
7. Crown (full top of your head).

They are best imagined as roughly the size of your hand.

Chakra stimulation: Chakras are centers for the transformation of energy. Each chakra transforms the raw life energy of the planet into a different type. As you pull this energy up through you with your mental hands, stop at each chakra and imagine your mental hands opening it. Pull the energy up through it to the next one and so on. Repeat this a few times, you may not feel anything at first but with practice you will feel a fluttering or pulsing under your skin.

Stop Check: Keep checking your muscles for any tensioning throughout these exercises and re-relaxes as needed. A common problem is the automatic tensing of muscles as you pull energy up through you. Remember that this is all mental, the body must stay dormant and relaxed throughout this.

Point shift: To shift your point of consciousness, imagine you are a foot or two out in front of yourself. NOT a figure in front of you but YOU are in front of your physical body. Keep in mind your physical body being behind you. This is tricky but you will get used to it quickly. Don't tense or strain any muscles during this, your body will try to obey you 'physically', don't let it.

Mental state: Your surface mind will be fully occupied by these exercises so no mental exercise is needed up to this point. When you feel so relaxed your body begins to feel 'heavy' you are entering a light trance. Cease the other exercises and use breath awareness to stop your mind wandering.

Breathe awareness: 'Feel' your breath coming in and 'feel' it going out. With the inhale, 'pull' energy up from the base chakra to your heart chakra with your mental hands.

Note: If you feel any vibration start in your body at this point, and don't want to project yet, move your head slightly, and gently sway your body into normal alertness.

These exercises should be carried out daily. Some of them can be done anywhere and anytime you have a few minutes to spare. You will, in time, condition your body to respond quickly and easily. With practice you will be able to attain a state of 'total relaxation' in just a few minutes. This training will reduce the amount of effort needed, and the fatigue produced, when you attempt a fully conscious AP.

A Treatise on Astral Projection, Part 2: Training

by Robert Bruce

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

1. Relaxing your body 100% while staying awake.
2. Concentrating 100% on what you are doing.
3. Having enough energy available.
4. 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.

Note: 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 Awareness 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 awareness 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.

For example: "Who's that, what's happening?" becomes: "Who's th....."

"Who's coming in, or going out?" becomes: "Who's co....."

With practice the start of these distracting thoughts will get shorter and shorter until you get: "Wh....?.....?....." and " W...?..... " And finally: ".....?.....?.....?....."

Many people say they can't clear their mind as they are too easily distracted by all the small noises that surround them, in normal day to day activity. DON'T use music or other sounds to blanket these out, USE them for training. It's like weight lifting, if you train with feather dusters your strength will not increase. You need to master this, the hard way, if you want to give your mind real muscle.

Slowly but surely you will master the ability to clear your mind. Once accomplished, you will have gained a valuable mental tool. You will be able to concentrate 100% of your attention, on one task, to the TOTAL exclusion of everything else. I sometimes meditate, in the Trance State, successfully, in a noisy, crowded room with little children crawling all over me. NOTHING breaks my concentration.

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:

8. An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat.
9. Mentally, you will feel very odd and everything will feel extremely sloooooow. Your thought processes will slow down as if you had been given a strong pain killing injection.
10. You will feel disassociated from your body, i.e.; a strong floating sensation and everything will seem far away.
11. Total physical Paralysis.

Note: 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 your 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.

I 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.

Note: 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.

Note:

1. You do not HAVE to be in a trance to learn energy and chakra work, it just works better in trance
2. 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.

Note: 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

Treatise on Astral Projection, Part 3: The Rope Techniques

by Robert Bruce

A key ingredient to the new projection techniques is an invisible, imaginary ROPE hanging from your ceiling. This ROPE will be used to exert dynamic pressure at a single point on your astral body to force its separation from the physical.

The ROPE technique is similar, but more direct and hence more effective than other more passive and indirect methods, such as reaching out and pulling vibrations into you, or visualizing yourself in front of yourself. The idea of pulling vibrations into you is vaguely illogical, if you understand the mechanics of projection.

The vibrations are an effect and NOT a cause of projection. When enough pressure is exerted on the astral body to loosen it sufficiently, the energy body expands and energy flows through the chakra system to be stored in the energy body. This flow of energy through the hundreds of chakras and their connecting web, or meridians, CAUSES these vibrations. This normally happens, unnoticed, during sleep.

PUTTING THE PRESSURE ON

The more passive, indirect methods of projection do exert some pressure on the astral body to separate, but over a wide area. They still shift the point of consciousness out of the body, albeit obtusely. Any mental action that exteriorizes the point of consciousness will exert some pressure on the astral body.

The action of pulling yourself hand over hand up a rope is a strong, one pointed, natural action that is easy to imagine yourself doing. The ROPE technique concentrates ALL your mental resources into one strong, DYNAMIC action, which exerts a high level of pressure directly on a single point of the astral body.

There are many other, more subtle, ways that exert pressure on the astral body as well. Many of these are unsuspected for what they are. Most meditation exercises, for example, exert PASSIVE pressure on the astral body. You may imagine you are going down in a lift, falling, climbing down a ladder, or just floating downwards. Whatever the technique, it is designed to reduce brain activity. Any self induced, inward falling sensation places passive pressure on the astral body, which will cause brain activity to lower and bring on the trance state where a deeper level of the mind is revealed.

The action of inward falling obtusely shifts the consciousness out of the body, exerting passive pressure on the astral body over a wide area, but in the reverse to that needed for projection, i.e., general downwards pressure. This, in a way, is like trying to get your astral body to FALL out of your physical body on its own, i.e., your point of consciousness tries to FALL, downwards, out of the physical body.

What most people do to project is to either exert forward, passive pressure on the astral body, by visualizing themselves floating out of themselves, and HOPE, they can make it happen, i.e., trigger the projection reflex. Or, they try a more direct method, such as visualizing themselves out of their body, which is very, very, difficult. Lets face it, 99% of people can't visualize for peanuts and the act of mentally visualizing yourself OUT of your body, AND shifting your consciousness INTO this visualization is almost impossible for most people. The other popular

method is to try to pull vibrations into you. This method is slightly more effective than most as it exerts some pressure at a single point, but it is still an indirect mental action and, therefore, obtuse.

All the above, and the general lack of information about the mechanics of projection, i.e., HOW it happens, accounts for the extremely high failure rate amongst people learning to project.

Holding passive pressure, over a wide area, on the astral body, for long enough; WILL activate the projection reflex, eventually. But this can take a long time and can be mentally exhausting. I have developed, through recent research, a better, faster and more dynamic method of projection that is very effective. I call this technique simply ROPE. It is not that using an imaginary rope for projection is such a new idea, it's not, but the understanding of the mechanics of it and the application of this knowledge to ROPE is.

If you fully understand how a thing works, you can use that thing more efficiently and, therefore, get better results.

The new ROPE method overcomes the general misdirection of mental resources and the chronic waste of mental energy caused by the usual lengthy procedures needed for projection. ROPE shortens the time needed to cause a projection and optimizes the use of available energy.

One of the most important ingredients for a successful projection is to be properly motivated. Without this motivation you will not have enough mental energy to succeed and will either fall asleep or forget the projection afterwards. It is, therefore, important to keep preparation time as short as possible so it is not such a daunting and mentally exhausting task.

One thing a new projector has in abundance is enthusiasm. Enthusiasm is pure mental energy. ROPE, plus the understanding of HOW it works, harnesses and makes better use of this energy resource and vastly improves the success rate.

Getting The Feel Of Rope

Pin a length of ribbon, string or rope to the ceiling above you. Have it hanging within arms reach so you can easily reach up and touch it. Reach out and touch it frequently, until you are used to where it is in your mind. This ribbon is only a tactile aide. By being able to reach out and touch the ribbon, you used to the spatial coordinates of where the invisible, imaginary ROPE is. This grows both in your mind and hence as a thought forms, making it easier to imagine yourself reaching out and climbing the ROPE with your imaginary HANDS.

Note: You do NOT have to actually visualize, or see, the ROPE at any time, just know where it is supposed to be. This method uses NO visualization at all.

Reaching out and pulling on this invisible, imaginary ROPE with your imaginary HANDS shifts the bodily awareness induced point of consciousness, out of the body, with a strong natural action that puts direct pressure on one point of the astral body.

Active Chakra

One important point, if you happen to have more activity in your Brow Chakra, rather than in your Heart Chakra, which is sometimes the case. Move the position of your imaginary ROPE so your arms would be at a 45-degree angle above your head. If you use the visual aide, ribbon, move this so it is hanging down over your head, rather than over your chest.

Changing the angle of the ROPE shifts the point of pressure you are exerting on your astral body to the most active chakra area and gives better results. In any case, position the angle of the ROPE at the most natural and easy to imagine attitude for you. It is important that the angle and position of the imaginary ROPE feels natural. Experiment with this angle until it feels right for you.

ARE YOU READY TO PROJECT?

All the exercises in the previous parts of this series ARE necessary training for projection. They are; however, not all needed, in themselves, for the projection process. If you do all the relaxation, mental calming, mental falling, chakra opening and energy raising exercises during the actual projection, you can use up your supply of mental energy. This can cause mental exhaustion and you may find yourself short of energy and willpower for the all-important exit.

All the exercises should be done separately from the projection itself. They are training and development exercises designed to improve control over body and mind and to increase the flow of energy through the chakras. This is like working out in a gym as a part of football training. You don't actually use these exercises to play football; they just improve your fitness and strength so you are able to play football effectively.

Do the training exercises separately UNLESS you are trying for an advanced, real time projection. It is, then, still necessary to go through the full procedure, and activate all the chakras, prior to the actual projection.

The whole point of learning to project is to get your astral body to separate from the physical while fully conscious. The earlier you get a fully conscious projection the better. Otherwise, you may eventually give it all up as just too difficult. Therefore, I strongly suggest all beginners' concentrate on the simplest, most effective way of getting a conscious projection. Once you have some projection experiences under your belt you can try for some of the more advanced, and hence, more difficult, types of projection.

By doing the training exercises you have learned to relax your body, to clear your mind and to concentrate. You have begun to develop (MBA) (mobile bodily awareness) and how to use MBA, i.e., using your imaginary HANDS to perform certain tasks both inside and outside of your body. You have also begun to awaken and develop your chakras so your energy flow is stronger and you have, hopefully, spent time getting used to being in trance. These skills have prepared your body and mind for projection.

When To Do The Exercises

Even though the exercises, in themselves, are not all used during the projection sequence, they still need to be done regularly in order to develop the necessary skills and energy levels for conscious projection. I suggest the relaxation, concentration and mental calming exercises are done daily. Use your imaginary HANDS with these exercises. The energy, chakra work and other exercises should be done at least once a week to be effective. If you wish to do them more often, fine, just don't tire yourself out too much.

Your Projection Sequence

It is difficult to give one, universal projection sequence as everybody has different levels of skill and natural ability. For this reason I give a more flexible sequence and I suggest you tailor a projection method to fit your own needs and level of skill. Keep in mind the old saying, "What works, works!" Play around with your sequence until you find what is right for you, what is easiest and most effective.

First, here is the full sequence for advanced real time projection.

Full Sequence

- 4. Do relaxation exercises thoroughly.**
- 5. Clear your mind through breath awareness.**
- 6. *Enter trance using mental falling method.**
- 7. *Raise energy and open all chakras.**
- 8. Pull yourself out with the imaginary rope.**

Note:

- 12.Steps 3* and 4* can be swapped to suit, i.e., do the energy work before, or after, entering trance. Energy and chakra work is more effective done in trance, but some people have trouble getting into that state. Doing the energy work first will usually help bring about the trance state.**
- 13.If you still have trouble getting into trance, use the ROPE climbing method at step 3* instead of the mental falling exercise, until you are in trance. Then stop the ROPE climbing and do the energy work before continuing with the projection, i.e., using the ROPE at step 3* will help force your body into the trance state.**

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.

- 3. Do the relaxation exercise thoroughly, until you are completely settled. This should only take a few minutes, don't overdo it.**

4. 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. Exerting dynamic pressure on the astral body causes this. 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:

1. 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.
2. **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: a) 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.
7. 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, and 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.

A ROPE Variation

Note: One good variation for the simple ROPE technique is to do the full sequence of exercises and energy, chakra work first, but separate from, the actual projection. Do the full sequence, but `don't' close your chakras. Get up and have a break, make yourself comfortable, have a drink etc. Then return to your bed /chair fresh, spend a couple of minutes relaxing and go straight to

your ROPE. This will increase the amount of chakra energy available during the projection.

The Mechanics OF How ROPE Works

ROPE is the most dynamic projection method to date and can override the need to do just about anything else, once it is learned. Let me explain a little more of the mechanics of what actually happens when you use ROPE, by breaking it down: Clearing The Mind: The mental act of climbing the ROPE fully occupies and clears the mind. Brain Wave Activity: Clearing the mind and exerting, one pointed, dynamic pressure on the astral body forces the reduction of brain wave activity. Deep Relaxation: Reducing brain wave activity forces the body into a deep level of relaxation. Trance State: Exerting dynamic pressure on the astral body, while the physical body is deeply relaxed, and brain wave activity is at a low level, FORCES the mind and body into the trance state. The Chakras: Exerting dynamic pressure on the astral body, while in trance, FORCES the energy body to expand and the chakras to open. Vibrations: Exerting dynamic pressure on the astral body while the energy body is in its expanded state and the chakras are open causes energy to flow through the 300 odd chakras in the body and causes the vibrational state. Separation: Exerting dynamic pressure on the astral body while the energy body is in its expanded, vibrational state forces the astral body to separate from the physical.

Note: If you exert enough pressure on the astral body, during the final phase of the projection sequence, the exit, it will override the projection reflex completely. This forces a manual separation of the physical / astral bodies.

This means: Instead of involuntarily buzzing out of your body via the projection reflex, at the climax of the projection, and ending standing at the foot of your bed etc, you will exit your body in the direction you are pulling on the ROPE.

How Long Does It All Take

The whole projection process can be done in less than fifteen minutes; I can do it in less than five minutes. The speed of the method allows you to use ALL your available energy in one burst. If you don't get out in the first fifteen minutes I doubt if you will during that attempt. IF this is the case, either get up or have a break and come back to it later, or get some sleep.

Using the ROPE method, literally, amazed me with its ease and simplicity the first time I used it. It shortened my usual projection time (20-30 minutes, from a cold start) to about 5 minutes, for a normal astral projection. I still, though, use the full sequence when I do a real time projection.

My analysis of the mechanics of this process comes from using the ROPE method myself and carefully observing what was happening to my body during the separation.

My First ROPE Projection

Here is an account of the first time I tried ROPE, while I was developing it as a viable theory:

I laid down on my bed, I was thinking of my new theory. I had been working out a projection technique that blind people could do. A technique that did not require ANY optical visualization. I had come up with the idea of using the sense of touch to exert pressure on the astral body, tactile imaging, as this sense is strongly developed in blind people.

I lay there for a few minutes, mulling it over in my mind, while I generally relaxed and settled myself, ready for sleep. Then I decided to try it out, to see if it was practical.

Note: I did not do any of the usual relaxation, mental calming or chakra energy exercises. I just wanted to see if I could exert pressure on my astral body with this method.

I reached out my imaginary hands and began climbing the ROPE, hand over hand. I immediately felt a sensation of vertigo in my stomach and upper torso and a dizzy feeling inside my bones, like a tickling inside my arms and legs. I snapped my mind shut, stopped all thought, and focused my will on the climbing action. I could feel the enormous pressure it was exerting on my astral body, my astral head and upper torso was starting to lift free, trying to go up the ROPE following the line of pressure I was creating.

Still pulling, I felt my brain waves drop into the alpha state and the heavy sensation came over me as I entered trance. I kept pulling and the trance deepened, my body was now paralyzed. Still pulling, my chakras opened and the vibrations started. I was amazed; I had only been doing this for a couple of minutes! I kept pulling and my astral body soon buzzed free of the physical.

This was completely different from any other projection I had ever done. The projection reflex did not seem to have time to cut in and project me out of my body. I had, literally, pulled myself free on my own. I floated above my physical body, still aware of myself on the bed.

I went to go through the wall into the lounge, where there was more light, as it was pretty dark in my room. Suddenly I was in a strange world. "Where the hell am I," I thought. There was very dim light and there was a damp fog all around me. There was a large building in front of me with an old fashioned thatched roof. To the side of me was an old rail fence made of massive, rough-hewn timbers. I leaned against the fence and thought about it all. I looked past the house and saw the reflection of water. There was a lake on the other side of the house.

This didn't make any sense to me and I was getting bored, so I tried to move to another realm in the dream pool. I looked at my hand, this usually works. It was white and pale and unreal looking, it began to melt quickly, like white ice under a blowtorch. My fingers were soon stumps and then my hand melted and my arm began to follow. I tried remaking it. It grew back as I concentrated on visualizing what it should look like, but started to melt again as soon as I stopped concentrating.

Then it hit me, why this scene was so familiar to me; I was in a picture! I have a large picture hanging on the wall in my room, in the exact position where I had tried to pass through the wall. This picture has an old house with a thatched roof and a rough-hewn fence around it. There is a lake behind it and it is early dawn, when the sun is just starting to illuminate things. There was no doubt about it; I was in my picture.

I'd had enough of this; it was too dim to enjoy the projection, or to do anything. I focused on my physical body, which I could still feel. I concentrated on moving my mouth and eyes and this soon brought me back to my physical body. I sat up in bed and thought about it while I recorded the results of my experiment.

Settling back down again I tried climbing the ROPE again. Within a couple of minutes I was back out of my body again. "This is great," I thought! I hovered above my body and looked about the room. There in the gloom was the picture on the wall, the one I had entered by accident. I went towards it again, just to see if it would happen again. As I got closer it got bigger and bigger and I seemed to shrink into it. As I got

right up to it, instead of passing through it, I seemed to move into it and there I was again in this dimly lit, damp world with the old house and the fence. Everything felt real about it, the fence felt like wood and even the air smelled different, it had a farm like, swampish smell about it.

Leaving the picture again and returning to my body, I again wrote everything down in my notebook. I lay there for most of the night, thinking about what had happened, mulling over the implications of it all, what it all meant....

This is how I discovered 'Virtual Reality Projection' or (VRP) This technique is, at the moment, in its infancy and only a rough method for creating a custom made world. I plan to do some more experiments with it in the near future, though, to get the bugs out of it.

Remembering It All

One of the biggest problems with any kind of conscious OOB is remembering it all when you wake up.

Here's what you can do about this not remembering. As soon as you wake up, sit up in bed and pull those memories back. Sit up and think hard. Put aside a few minutes quiet time each morning to do this. It will train your dream memory.

During this quiet time, run key phrases through your mind until you hit on something. Say things like: I looked at my watch and. I looked at my hands and... I was walking... I was talking to... I was just going to... I was over at... I was flying over... I was having a... I was inside a... I was with... These are examples of phrases that can lead you to a fragment of dream memory you can lock on to. Make up some more phrases to suit yourself. It may feel like there is nothing in your mind to remember, but try hard and put some REAL effort into it. They are there, you just have to reach in and locate them. Once you lock onto a fragment of memory, more can be located and more and more. You will be surprised how much you can remember this way.

It is important to write these down as soon as you remember them. Even if you have to do this several times during the night. They may seem vivid and unforgettable at the time but dream, or astral, memories will usually vanish in a few seconds if you don't record them. Just write down a few key words and you can fill in the blanks later. With practice, this writing down can be dispensed with as your astral recall develops.

Stuck?

Some people may find they are stuck in part of their body during projection. They may come free of their body but be stuck at their head or stomach area. If this happens, exerting too much pressure by pulling on the rope may cause some physical pain and discomfort. There are two possible reasons for this: If you are stuck in the middle, stomach area, it may be diet related, i.e., a heavy protein or meat meal before projection can cause this.

Remedy: Eat a light meal, eat plenty but have fish or white meat instead of red meat and avoid fats, oils, nuts and cheese. If you are stuck at the head, or some other part, this is a sign of an inactive chakra, possibly caused by an energy blockage.

Remedy: Concentrate on opening this stuck chakra during the energy exercises. If this happens during your projection sequence, stop everything and open that chakra, you will be in trance so it will be easier. Once you have done some work on it, try pulling on the ROPE again.

A Treatise on Astral Projection, Part 4: More Rope Techniques [\[credits\]](#)

by Robert Bruce

ROPE is a very effective projection technique, but it still has to be learned to be effective. I would like to elaborate on a couple of points about the technique, inspired by the feedback I have received so far.

9. There is NO visualization required - AT ALL - in the ROPE technique. It is ALL tactile imaging. This means you do NOT have to picture yourself doing it. That is, to climb ROPE, the correct mental action is to REHEARSE the climbing action in your mind. * This mental rehearsal - IS - the ROPE technique *
10. You need to *mentally* grit your teeth and strain with the action, i.e., you have to put maximum mental effort into it, as if you were really climbing a ROPE, but without allowing your muscles to take part in it - this is ALL mental. Your body must not be allowed to respond. You also need to feel you are very strong, full of energy and could climb like this all night.
11. You will find that a certain way of holding the focus of your mind, while you climb will exert more pressure on your astral body than another will. It is VERY important you note what this is and learn how to apply it. This will tune your climbing action for the maximum effect. When you hit on the right mental focus for the action, you will feel a corresponding dizzy/falling sensation in your Solar Plexus.
12. To use ROPE successfully, it is extremely important to make a firm decision to DO IT. This commitment is VERY important to success. A DO OR DIE effort is needed. This focuses all your mental energy into a single point, for a single purpose - to exit your body.
13. Many people have emailed me with ROPE success stories. In every case - they have been practicing ROPE when they suddenly decided to give it a go - TO REALLY DO IT! This commitment to succeed means the difference between actually getting out - OOB - and experiencing various levels of ROPE induced relaxation, trance, paralysis, chakra activity etc. I cannot stress enough the importance of this commitment to the success of ROPE induced OOB.
14. While using ROPE, completely IGNORE ALL PHYSICAL SENSATION AND ANY NOISES YOU HEAR. If you react to a sensation, in any way, you will lose the focus of your mental energy and dilute your effort considerably.

All the energy/chakra work and other exercises in Parts 3 and 4 are designed to stimulate the flow of energy in your body and increase concentration, will power and mental control. By increasing the energy flow during a projection and controlling your mind better, your duration in real time is increased. It is also easier to exit.

You CAN skip all the exercises entirely and just concentrate on learning ROPE. Everyone has different levels of skill, natural ability and energy flow. Some people need lots of training in order to OOB, others do not. Some people will prefer to learn ROPE by DOING it, rather than training for it. If your goal is just to have a conscious OOB, of any kind, the simple use of ROPE, below, is your best option.

SIMPLE USE OF ROPE

Some people have the impression ROPE is too complicated. This was possibly because by the detailed explanation I gave about the mechanics of ROPE in Part 5, i.e., HOW it works.

ROPE is THE simplest projection technique to date. All that is needed to use ROPE in its simplest form, are these two steps:

14. Go to bed, or sit in your chair, relax and settle yourself down, as you normally would do before going to sleep.

15. Start climbing the ROPE. □ This is all there is to the simple use of ROPE *

As there are no time consuming exercises or complicated relaxation exercises involved, the simple use of ROPE has many advantages. It allows you to focus all your mental resources on it. In many cases this is all that is needed to give you your first conscious OOB.

Because the simple use of ROPE is less complex, you will find yourself attempting projection more often, even when you are tired - one of the best times to try - and cannot be bothered with anything complicated. The increased frequency of your projection attempts gives you more practice with ROPE and hence the technique will be mastered sooner.

LUCID DREAM BACKUP

I have had great many reports of vivid dreams and heightened lucid dream activity (L.D.) from people doing the energy/chakra training exercises. This is happening far too frequently for it to be coincidence.

The energy/chakra work increases the level of energy flowing into the energy body and heightens awareness and memory of the dream and OOB State. It is a shame to waste all this energy on uncontrolled dreams, so I suggest L.D. be used as a secondary goal. This will give you OOB experience earlier, in the form of L.D., and help keep your interest high until you learn how to do the conscious exit.

Lucid Dreaming

To become Lucid in dream you need to program yourself with a trigger to make you realize when you are dreaming, in order to take control over it, i.e., become lucid. The best way of doing this is by getting into the habit of doing frequent reality checks during your daily life.

Reality Checking

A reality check is when you stop what you are doing and check the reality level of your situation. This is simple to do. Every time you do a reality check. Ask yourself:

5. Is this a normal situation, is there anything strange about it?

6. Can I fly? Try floating up in the air.

7. Try closing your eyes. This is a dead giveaway, as you cannot close your eyes in astral form.

Note: This reality checking must become habitual to be effective. When you do a reality check during a dream, you will realize you are dreaming and can take control of it. It is then important to affirm to yourself that you are going to remember everything. Tell yourself over and over, "I will remember this when I wake up."

L.D. Trigger

The key to success with reality checks is to have a good trigger for it. This should be something you would normally do many times a day. This can be any kind of habitual action, but here are a few ideas:

8. Time: Every time you look at your watch, does a reality check. An electronic watch is a good aid. Set the timer to beep hourly. When it beeps, do a reality check. * A wrist watch, beeping hourly, is the most effective *

9. Hands: Every time you notice your hands, does a reality check.

10. Smoking: If you smoke, every time you have a cigarette, does a reality check. You will usually find yourself reaching for a cigarette during the course of a dream, if you are a habitual smoker. Note: It takes time to make your trigger habitual, usually a few weeks. It also helps to do a few affirmations before you go to sleep, e.g., "I will remember to look at my watch"

When you become aware in a dream, L.D., you should already be in a communal dream pool. If you want to try changing this to a real time projection, try and become aware of your physical body. If you can sense it, you may be able to return to a time location near it. This is difficult, though, and may end the experience completely, i.e., forcing a return to the waking state.

I suggest you enjoy the L.D. for what it is. Communal dream pools are very colorful places and usually lots of fun. You will see all kinds of weird and wonderful things there and have all kinds of adventures. Note: To improve your memory of the L.D. doesn't forget to remind yourself constantly during the L.D., to remember it all.

Changing Your Reality Location

If you don't like the dream pool you are in, or are in a real time OOB and want to enter a dream pool, here are a couple of ways to do it:

1. Look closely at your hands and watch them melt. (This is worth doing just to see the melting hand phenomenon).
2. Spin around until you become disoriented.
3. Visualize a place you would like to be. (Instantaneous travel). This will usually move you to a dream pool similar to your visualized target destination.
4. Fly straight up, as fast as you can. If this fails to shift your reality location, at least you will experience space flight.
5. Fly away fast, close to the surface, until you find a place you like. The blurring of speed will cause a reality shift.
6. Walk into a mirror, picture or painting. This is the same as VRP (virtual reality projection). These techniques all trick the subconscious, through disorientation, into moving you to another reality location.

THE ASTRAL FORM IN MOTION

Many people have motion problems in their first few projections. Simply getting across a room in the right direction, can be a major accomplishment. This lack of control is simply because they are unfamiliar with astral form. It is like being in zero gravity. You have to learn to move all over again. When you project in real time, you are just a point of consciousness with a poorly constructed etheric shell surrounding it. Motion is provided by thought - not muscles.

Astral Momentum

There is a type of momentum in astral form that causes most of the problems. This causes you to continue moving for a while, after you decide to stop. This may take you through a wall or a ceiling etc. This impetus is caused by the thought you used to cause the motion. If it is too strong, or too prolonged for the action, you will move too quickly or too far. Only practice teaches you how to get about with any degree of accuracy and grace.

It really is quite a comical process, learning astral motion. I remember learning to move about my hometown, in my youth. I would start by trying to navigate through my house; usually ending up stuck in the roof, for a while. Then I would run down the road, trying to build up speed and take off like a plane. I would get airborne for a while, but could never quite clear the roof tops of the surrounding houses. I would often float unintentionally into strange houses, blundering about like a drunk in zero G. I seemed to be endlessly apologizing to all these strangers in passing, as I floated in and out of their houses.

How to Move

To move about in astral form, simply - DO IT. Do not think about what you are doing: JUST DO IT. Be aware that motion is provided by your mind. You have to will yourself into motion, to change direction, and to stop. This is the best advice I can give you on this. It really has to be learned by doing. Have fun.

When you have learned basic motion, do not try anything too ambitious for a while. Stick close to the surface and learn to get around your local area first. Practice varying your speed until you gain some control over it.

Learning To Fly

Learn to fly the same way as you learned to move, by using your mind. At first you may find something very much like gravity affecting you. You may get yourself into the air only to find yourself slowly arcing back to earth again. If you persevere you'll find yourself moving in a series of short flight hops. This is caused partly by habit and partly by the basic motion problem in general. You sink back to earth when your motion causing mental action falters. This causes your flight impetus to stop and the gravity habit then pulls you down.

You may find yourself, as I did, trying to fly by running down the road and leaping into the air. This is not necessary. Focus your will into floating up into the air. Then use your will to provide motion, same as with basic motion. There is NO gravity affecting you in astral form. Convince yourself of this and you will be flying in no time.

Speed

The three speeds as defined by, S. Muldoon, and commonly accepted, are a basic guide only. These are:

1. Walking speed.
2. Motor car speed.
3. Instantaneous travel.

I think these three speeds were a sign of the time's back then. These would have been the only types of speed known to most people. Today, movies, computer games and air travel have thoroughly prepared our minds to accept much higher speeds.

With practice and good mental control, you CAN vary your speed to your purpose, from walking speed to supersonic speed. This is a big problem for the beginner though, the control of direction and speed. It has a lot to do with how stable the projection is and how experienced you are at applying your will to motion.

Instantaneous Travel

It is generally accepted that if you can visualize a destination you can project yourself there instantly, at the speed of thought. * I have found this to be highly unreliable * I find this instantaneous method usually projects you straight into a subjective location created by the visualization of your target. You may appear to be at your destination but you will usually find many discrepancies between the real location and where you are.

Instantaneous travel is very like VRP. By using your visualization powers to travel with, you will not actually travel. You will create a subjective copy of a destination and enter it.

Long Distance Travel

I have found it more reliable to follow the surface for short to medium distance projection of up to a few hundred miles. Even this can be difficult, as it is easy to fall into the Alice effect while traveling. All you have to do is break concentration once and you will slip into a dream pool. Strict mental control must be maintained at all times when traveling in real time.

It is not really practical to follow the surface for a long distance. For example, a country on the other side of the world from you is 12000 miles away. You would need to travel at about 64 times the speed of sound to reach there in 15 minutes. At this speed in the atmosphere, everything blurs and clouds and surface features cause disorientation and a corresponding reality shift. Any real time objective aspect of the projection will then be lost.

Note: New projectors can normally hold themselves in real time for only a few minutes. Therefore, any long distance travel is limited by the real time part of a projection.

To travel long distance you need to study geography. You have to be able to recognize continents, oceans, countries, states and cities. You also need to study a map of your target area and note any landmarks. To project there, after this is memorized, you must go into orbit and re-enter over your target. As you approach the earth you must adjust your approach and aim for the geological features and landmarks around your destination.

Orbiting the Earth

To enter orbit is a little more difficult than it sounds. Getting up there is easy, you just go straight up, but stopping when you get high enough is difficult. Most people, myself included, tend to blast themselves straight out of the solar system, sometimes right out of the galaxy. To avoid this, it is important to control your speed during the ascent.

It is easier to project to the moon first, as a way of entering orbit. This gives you a large visual target you can project to in moments. Once there, it is a simple matter to head back to Earth, enter orbit, and circle until you are above your target. In space, away from the atmosphere, there are no problems with speed induced blurring.

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 re-entry. 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 types 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 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.

For example: You are taken, by a future wind, to a scene in which you see yourself winning a lot of money. You are sitting at a table checking your lottery ticket with the results. You see the prize money is \$18 million. You check your numbers, or ticket, and find you have the winning ticket. You feel all the excitement, the surge of adrenaline, dreams of wealth come flooding into you and your heart races with excitement.

After this vision, you start buying lots of tickets. You also start to make decisions that affect your life with a "When the money comes through" type of attitude. This can cause irreparable damage to your life! You lose your drive; your initiative; your ambition; i.e., you stop trying. This imparts a "Cargo Cult" type of belief system on you, a belief that everything will be given to you - with all the negative aspects this primitive belief system has.

This can cause you to mark time in your life, instead of living it to the full. □ What you may have missed, from the symbolism of the above vision is: The amount of money may be unusual for that lottery draw. \$18 million is an odd amount of money and may be a rare event. This is what I call a SIGNPOST - a date stamp of a future event. This means that when your local lottery has a prize of the above amount, something important is going to happen in your life or in the world around you.

If you know how symbolism works, during the vision you would have been able to pick up more information about this coming event. The setting, the symbols, the connections to you, the action and the sequence of events in it, are all-important aspects of its meaning. Misunderstanding a vision can ruin your life. Only experience and the intelligent application of logic can teach you how to interpret a symbolic vision. Until you have this experience, it is best to treat any sort of vision with caution. □ Some possible reasons for a symbolic vision are:

1. Your higher self is giving you a warning or guidance.
2. You are being given proof there is a future, a destiny, a meaning, and a purpose to your life.
3. The signpost of this vision may mark a good or bad event in your life.
4. You may actually win the lottery. Personally, I would always make sure I had a ticket in the draw, just in case, but I would not depend on it.

Future Wind Example

I left my body and was moving about my home, getting my sea legs. Suddenly, a force moved me across the room. I tried to fight it but it grew stronger until I was blown out of the house and up into the night sky. A short time later I was brought down again, outside my home. I was just left standing there in the middle of the road. In front of me stood a refrigerator. It was just sitting there in the road with its door open. I examined it and could tell it was not working. Behind it was a massive red brick wall, 40 feet high and twice as wide. There are no REAL brick walls in this street. Then I noticed my wife was standing beside me. I turned and said hello to her. She just said goodbye, very coldly, then turned and walked away. Perplexed, I watched her walk away. Oddly, instead of walking to our home, she walked away from it and off into the distance.

Being experienced with the symbolism and nature of visions I knew what this foretold, the end of my marriage. I could not understand it, as we were only recently married and very happy together.

To decipher a symbolic vision it is necessary to analyze it and break it down into its parts. The six significant aspects of this vision are:

1. The sign post... (the date stamp of the event) * The refrigerator that did not work.

2. The connections... (something, or someone, in the vision that connects the events to me). * A) My wife. B) . It was outside my home. C) . I was there as me.
3. The symbol... (the basic nature of the coming event) * The large brick wall. This symbolizes a barrier or an end to something. This was the only actual symbol in the vision, but other parts of it were by nature or action - symbolic.
4. The symbolic action... (this signifies the meaning of the vision) * My wife's cold goodbye.
5. The symbolic modifiers... (these modify the symbol or, in this case, the symbolic action in the vision). a) My wife departed in a direction away from our home. b) She walked away until she disappeared from view.
6. The sequence of events. a) The broken fridge b) The large brick wall. c) My wife's actions.

OR: When I saw the broken fridge (sign post) I saw the brick wall (symbol) and my wife (connection) said goodbye and left (symbolic action) in a direction away from our home, until she disappeared (symbolic modifiers)

The timing and sequence of a vision is important to unraveling its meaning. It is important to break a symbolic vision into its 5 basic parts and to note this in your journal, while it is still fresh in your mind.

Note: There may be more than one modifier to each part of a vision.

Hindsight

A year after I had the above vision, we moved to another town. The day we moved, we had to borrow a refrigerator from a relative. Ours had broken down and was in for repairs. The borrowed fridge did not work either. After ours was repaired, this other fridge sat on our porch for two and a half years, waiting to be collected. I remembered the vision clearly, and knew this fridge was the date stamp of an upcoming event. I also knew what the event was, but honestly could not see it happening. One day, though, they came and collected this fridge. A week later my marriage ended. Suddenly, permanently, and for no foreseeable reason.

Looking at it in hindsight, it is crystal clear what the vision meant. It was as simple as it was accurate. Most symbolic visions are this simple. Be very careful not to read too much into the vision otherwise the true message in the vision will be obscured. Always break a vision down into its parts.

Ask of each part:

1. "What is it in itself?"
2. "What does it do?"
3. "What is its simplest, most basic, symbolic meaning Write these answers down and then apply common sense and logic to them. This will give you insight into the true meaning of the vision.

MIRRORS

Mirrors, historically, are magical devices used as doorways to other worlds. There are also numerous superstitions and old wives tales concerning their effect on the recently departed. After a person had died, all mirrors in their home were covered. This was so they could not see their lack of a reflection and is shocked. Another reason for this was to prevent them from being accidentally trapped in a mirror.

There is some logic to this if you look at the mechanics of projection. Death, in the early stages, is very much like a powerful real time projection. The biggest difference being the lack of a living body to return to.

Spirits are normally held close to the physical dimension, in real time, for a week or so after death. This is until the supply of etheric matter that binds the spirit to its physical body runs out.

During this time it is normal for the spirit to wander among relatives and loved ones, saying goodbye and coming to terms with their new state of existence. This goodbye process, eases the psychological trauma of death, and helps prepare the spirit for the next stage of existence.

What can happen with mirrors, is this: A new spirit can inadvertently enter a mirror. If this happens, they enter a mirror world in the same way a projector enters a picture through VRP. Once in a mirror world they usually do not know where they are, or how to get out of it, and can be stuck there for the duration of their real time stay. This will not interfere with the journey of the soul. It will just cause confusion for a few days until it enters the next stage of existence. This can though, make their last days near the physical world very confusing and interfere in the natural goodbye process.

This, I believe, is where the old superstitions came from. Therefore, in the light of my understanding of projection and the death process, I think the covering of mirrors after a death is a VERY good idea, for the benefit of the deceased. This is best done for two weeks, to be sure.

A Better Goodbye

It is possible to communicate with a recently departed spirit during its real time, post death wandering. Leaving a letter, uncovered, for the spirit to read can do this. They can also hear you, so talking to them is also effective. I think a good practice would be to have goodbye letters, from all the people that loved the deceased, stuck to the wall in the spirit's old room. Leave the letters open, with all pages clearly in view, to make reading easier.

Miscellaneous Astral Case Histories

by Robert Bruce

Waking Paralysis Related Case Histories:

#1: Ms. E:

Ms. E. I had another spontaneous, unwanted, OBE a few days ago. I was sitting in for a Maths lecture to take a nap (I don't take Mathematics) and was feeling very cold, rather hungry and miserable as I tried to fall asleep. Since I felt guarded trying to nap, I was thus fully conscious while trying to sleep. Then it happened again! That inexorable "falling" or "drifting apart" sensation and before I knew it, I was racing forward at this crazy speed. Goodness know to where.

I 'instinctively' knew I was floating a few feet in the air, and I could 'actually feel' my astral body being whizzed away from my physical!!!! At that moment I thought unhappily to myself - "oh, no, its happening again!!" Then I tried to get out of it, pulling and dragging myself back mentally, but my physical body was absolutely paralyzed (once again).

I could "see" what was happening all through this! It was rather bright (like the lecture theatre at the time), but greyish with "stars" and bright dots everywhere, and I was in a tunnel of some kind. I was still very aware of being inside my body which was slumped over the desk, while about 70% of my consciousness resided in my projected body. I could also see myself whizzing away from where I actually was, seen from inside my physical body, into this awesome tunnel. At first I only whizzed headfirst into the tunnel, and I knew I was only looking ahead. After a second or two, when I desperately tried to look back at where my desk was, I turned my head around, but then as I looked back, I realized to my absolute astonishment that I could see 'all' around me at once, all at the same time!! My attention was focused on looking behind me, but I could also see all around myself at the same time. The best analogy I could use was that I was some sort of ball (of light????!!) and could see all around myself. I felt smaller than usual, definitely weightless, and much less clumsy.

My Comments:

The above case history shows a very interesting paralysis-cum-projection experience, with a mixed bag of sensations and perceptions. These came from a fully paralyzed physical body as well as from its projected double, both at the same time. While no vibrations were evident here, it does show the warning signs of the onset of a waking paralysis episode and the link between this and spontaneous projection (the sinking feeling marking separation and exit) from Ms. E's deeply relaxed but awake state. A tube-type of projection exit occurred here (probably brow centre related) against Ms. E's will. Ms. E also experienced the mind-split effect (dual existence) first-hand, and was aware of existing in two bodies at the same time. Ms. E was fully aware of being out of her body, but was also aware of being inside her paralyzed physical body slumped at her desk. Astral sight was also

experienced from within the paralyzed physical/etheric body, as was spherical vision from within the projected double.

#2: Mr. T.S.:

Mr. TS: Just before all the strange sensations, I was focusing on my body, trying to bring each part into a deeper level of relaxation, for a planned projection attempt. I then felt a numb pressure, a strong but gentle force pressing into the centre of my forehead. This was quite relaxing and soon my whole forehead began tingling. I tried to expand that feeling through my body, moving it down into my chest. As I did I felt a strong wave of vertigo - like I had lost my sense of up and down. I also felt rather nauseous and began to feel very hot. I felt very uncomfortable at this point and tried to remove the covers and get my bearings, but I found I was paralyzed and couldn't move a muscle. It was as though my body weighed a ton. After a few minutes and a lot of effort I suddenly regained motion, and as soon as I did all the strange sensations vanished. Other than the heat (and to a degree the nausea), it was not an uncomfortable episode, in fact the sensations were rather exciting.

My comments:

While there were no feelings of fear, dread or presence in the above case history, there was excitement and total physical paralysis, plus other sensations associated with a projection being in full progress during this whole waking paralysis episode. The pressure and tingling this man felt in his brow area point to his brow centre being very active during this projection, indicating this is probably his most naturally active primary energy centre. I'd say he succeeded with his projection attempt, but lost the shadow memories held by his projected double during reintegration. I would say the moment of separation was marked by the wave of vertigo he felt. His experience was centred in his physical/etheric body the whole time, creating strong physical memories (excitement) which would have contributed to the failed shadow memory download during reintegration. The nausea and heat he experienced, while unusual for a projection attempt, are typical of heavy energy movement sensations coursing through the physical/etheric body. The discomfort these sensations caused indicates energy blockages and narrowed energy pathways are present. These sensations would, I suspect, gradually ease during subsequent projections, through the forced type of energetic development this causes.

#3: Ms. P:

Ms. P: Paralysis episodes have been happening to me since I was a small child (I'm 40'ish now) and they seem to happen in "clusters". In other words, I might not have anything for months, and then many will happen in a short period of time. They usually come during my sleep at night, waking me up, but have also happened while trying to nap during the day.

I actually projected once during the day, which was a wonderful experience and quite different from the paralysis I normally get.

Here's what usually happens: during sleep, my normal dream state seems to take on a bizarre or sinister twist and I'm overcome with fear - because I know what comes next! The dream (of whatever) ceases, and the vibrations start. As they increase in intensity, I find myself completely heavy and totally paralyzed in my physical body...and at the same time very frightened. Sometimes it feels as though an evil entity is trying to overtake my body. At this point I feel a primal scream coming from the very depths of my soul, as if to save myself. Apparently, I do actually yell out and cry at times, as my husband reports that he frequently has to wake me because I'm having a bad dream. The moment he touches me, or I am able to move even a little finger, it's all over. But I am left with a sense of dread and uneasiness, although I am then wide awake. And the funny thing is, if I go right back to sleep, it will happen again...as if the first episode wasn't complete.

I've tried everything over the years, including fighting it, accepting and relaxing into it, surrounding myself with white light, praying before sleep, commanding it to stop, and actually wanting and trying to consciously project -- nothing works. Those times in which I really try and relax into it and just let it happen seem to be the most frustrating, because it feels like such an effort and struggle, and then nothing happens - I just end up getting paralyzed again.

The most dramatic time, the time that I did get out, was quite pleasant, although it was extremely brief and during the daytime. This particular time, I was napping in my bed during the day, and suddenly the vibrations started. This time was different, though, I seemed to roll over right through the frame of my waterbed, and it felt as if I was hovering right by the side of my bed. But I didn't feel completely out, it seemed as if the lower part of my body was still attached. I remember looking at my night stand, the floor, and other things in the immediate area. They seemed to "glow" with a blue colour. Then I was able to lift my hand and look at it, and as I did, I realized that this was the

"real" thing, and I felt very happy and excited...then it was over. For the rest of the day, I walked around on cloud nine, almost as if this were concrete proof to me that there is an afterlife. I was very elated.

My Comments:

This above case history shows fairly severe and repeating waking paralysis. Ms. P appears to have fairly strong natural projection abilities, but has obviously become intimidated by the fear her frequent bouts of paralysis are causing; which is quite understandable. It is also quite possible that emotional feedback is playing a significant part here. This is compounding her natural fears, causing an emotional tug-of-war between her dream mind, etheric mind and her projected double, in varying combinations. The latter part of this letter also shows the marked differences between night and day projection, and how much less fear is caused during daylight projections. She thoroughly enjoyed her one remembered daytime projection and experienced no fear at all. This strongly suggests that her natural fears are contributing to or even creating the underlying conditions which are causing her waking paralysis episodes. Of note, her hand did not melt when she looked at it, but it is possible she did not look at it for long enough to cause the melting hands effect.

Miscellaneous Case Histories:

#1: Ms. S:

A - Ms. S: I got up early one morning to go to the bathroom. When I returned to bed my body felt tingly and fuzzy all over. I lay down and after about ten seconds I felt a strong sinking feeling. When the sinking feeling stopped I felt as if I was moving inside of myself. I then had the most distinct feeling of leaving my body and then of hovering in the air above my bed. I felt disorientated and my vision was distorted (I think I was seeing in all directions at the same time). I had no body. I was a point of consciousness. I wasn't sure how to move (I've since read your 'Treatise on OBE -- 1994). After a few seconds, I was suddenly pulled back inside my body, but I never felt myself re-enter. I raised my head, laid it back on the pillow and began the process again. I left my body four times that morning. I was really excited because everything felt so real.

B: For the last few nights I've been trying to get out using the Rope Method. I lay on my bed and feel myself climbing the rope. Its hard for me to stay still for long because I start to get an extremely ticklish sensation (especially my face) and sometimes it feels as if parts of my face are twitching. Eventually, it gets unbearable and I have to scratch, which breaks my trance. Also, if I do feel that something is really happening, I get a surge of fear and excitement in my chest. I think this also hurts my chances of getting out, but I'm not sure what to do about it. At times I get the subtle feeling that the sinking energy feeling is about to start, however, as soon as I have this realization the feeling subsides. Its as if realizing that the sinking feeling is about to occur prevents it from happening.

My Comments:

A. I would hazard a guess that this lady had an OBE already in progress while she went to the bathroom. When she returned to bed her projected double appears to have returned and immediately exited again (sinking feeling) taking her center of consciousness with it this time.

B. While managing spontaneous exits well, this is a good example of how heavy Cobweb sensations can ruin an otherwise successful projection through distraction. The torso energy surge is also quite evident here. This all indicates Susan is very close to succeeding at conscious exit projection, despite all these problems. (See Astral Dynamics for more information on Cobweb phenomenon, and how to overcome it)

#2: Mr. C:

Mr. C: I lay on my back in bed and went through my relaxation techniques and my body went completely numb and felt very heavy. At the point where I start to actually project I realized I was having a projection and my heart jumps in excitement and shocked me back to my physical body. My heart felt like it was going 150 plus. Next time, I was just relaxing and not intending to have a projection. All at once my astral body rose out of my physical body at what felt like a 90 degree angle. Like a SNAP. Then I knew again where I was about to go. All of a sudden thunderous lightning sounds tingled and crackled loudly all around me. I struggled to maintain this place, but faltered and slipped back again, in excitement, into my physical body.

My Comments:

The above experience shows some fairly heavy exit sensations, with heavy thrumming and surging of emotional energy through the chest and heart center, plus loud astral noises ruining an otherwise successful projection. The surge of emotional energy through the chest area and the problems this can cause are also quite evident here.

#3: Mr. T:

Mr. T: I have tried to project many times, and tried energy work with my chakras, but have never quite managed to get out of my body. I did have some very interesting experiences though: I could definitely feel energy coming up

through my legs, and could feel my base chakra pulsating and throbbing. When I get into the trance state, my arms and legs feel strange and enlarged, as if they are floating, and I can't tell if they are touching anything, or upside down or which way they are. I think I have started to separate from my body a few times, but each time this happened I think "Wow, something might happen this time" and my excitement ruins it. A few other times I have just been lying in bed trying to get to sleep and it has just started happening. I feel this incredible rush of energy go right through my body, very strong in my chest area, then once again I get excited and think "Wow, something is really happening and I'm not even trying", and this ruins it again.

My Comments:

This is a good example of energy movement up the legs and strong physical sensations in the base center. The emotional energy surge is especially strong here and appears to be causing most of the problems. It also shows how reacting to the torso energy surge by becoming excited can ruin an otherwise successful projection exit. Conscious exit projection, or even going along with a spontaneous projection exit, requires a delicate mental balancing act. The physical body and its mind and emotions must be kept under strict control at all times. Emotional reactions to the projection reflex are especially troublesome for new projectors.

#4: Mr. F:

Mr. F: Recently, I was sleeping in a tent and had a strange experience. I became totally relaxed, and then started to feel this energy, a really light energy, all through my body. I felt this very strongly in my hands. I lay very still, thinking about nothing for several minutes. Then, I felt these really strong vibrations and thought "I can go out of my body now!" My vision changed from pitch black to blurry white. It was really freaky. At the same time, I felt the definite sensation of my upper body slowly moving out of my regular body. The weird part was that I was in control and could feel the essence of being in two bodies at the same time. My heart then started pounding really fast and I got scared. This ended the experience.

My comments:

The above experience shows strong energetic sensations, vibrations and energy movement in the hands and up the arms (two main energy conduits into the upper body and the higher primary centers). Partial astral vision is experienced prior to the projection (blurry white). It also shows a mild sensation of duality caused by the mind-split at close range and of fear caused by normal exit sensations (racing heart center) ruining an otherwise successful spontaneous conscious exit projection.

#5: Mixed Experience - "Ms. S"

This case history illustrates some confusing aspects of projection, and how dream memories often become mixed with projection memories. I have broken this up into parts A & B, to clarify my comments on each part. (I will be using this format with all case histories in this book)

Ms S: A: After trying your new rope technique, I suddenly became aware of myself floating 5 feet above my body. I was paralyzed and scared and couldn't move. Strong vibrations were travelling throughout my body. A black hole appeared near me and I started really zipping through it. I suddenly realized I was in the stages of a full astral projection and panicked. Fear of what was happening stopped the process.

B: I woke up half an hour later, then finally went back to sleep and began what I thought was lucid dreaming. In the lucid dream I decided to practice my flying. I went outside, ran and jumped into the air and was soon flying very high and fast. Suddenly I felt my real body back in bed and the flying/falling sensation became much stronger. At first I was scared, but then decided to go with it. Suddenly, I was back in my physical body, briefly, and was then catapulted out of my body again and was left standing (wobbly sea legs and all) in my bedroom facing my dresser. I was so excited! I knew I was out of my body in what you have called the real time zone! I decided not to go too far or to stay out too long (taking your advice to keep it ultra short) so I returned to my physical body. I lay on top of my physical body, expecting to be reunited with it immediately. My projected double seemed not to connect with my physical body right away, so I decided to go back out again. The moment I had the thought I popped right out again. I turned around to look at my body on the bed but could not see it, but I did see my husband clearly in bed beside me. My attention was then drawn to a bright light coming from my side of the bed. As I looked closer, I discovered a long rectangular TV screen playing Mickey Mouse cartoons. I was amused. I couldn't wait to tell my husband, so I laid down to re-enter my body again. It took a few minutes to get settled back into my body. I patiently waited, not scared at all. Several times I lifted my astral arms out to see if I was back, and could see them clearly each time. I started counting and feeling for and wiggling my toes and then, suddenly, I was back in my body. I woke my husband to tell him "I DID IT!!!"

My Comments:

A: This first part shows waking paralysis, but as felt from the projected double's side. I'd say it's possible the physical body was also awake and paralyzed at this time, but the memories of this seem to have been lost here. Ms.

S's projected double may have been picking up the vibrations and paralysis from her physical body. Some degree of emotional feedback (fear and anxiety) seems to be at work here, possibly causing paralysis - the most likely scenario. The projected double's side of these memories has replaced the physical body's side after this part of the experience ended. This also shows the start of an astral tunnel or tube type experience. If Ms. S had gone with this she would have definitely ended up somewhere within the astral planes.

B: This shows how strong physical sensations, often felt during a projection exit, can be equally felt from within dreams, lucid dreams and projections. This also shows the strong, often visceral connections which exists between all these states of being. And, how a dream or lucid dream can be converted into a projection if the projector initiates and/or goes with the projection sensations when they occur, i.e., falling, vibrations and other projection related sensations. This experience also shows how Lucid Dreams and projections can happen at the same time, and how these will often become mixed during the memory download into the physical brain - all contributing to the final memory set.

This experience shows the wisdom of keeping early projections ultra short. Ms. S's missing physical body and the Mickey Mouse on TV part shows how reality fluctuations can occur during a projection. Ms. S studied the area where her physical body should have been, maybe a little too closely, possibly causing this reality fluctuation. Ms. S's subconscious mind may, on the other hand, have been unable to accept the possibility of seeing another Ms. S. It may have created the TV set when it hid her physical body.

If Ms. S had not re-entered her body so quickly after the exit I doubt she would have recalled any part of this experience - reentry was difficult enough as it was. I would say Ms. S's physical/etheric mind had only lightly fallen asleep and was a fair way off the deep-sleep state. A very early light-sleep state is the perfect time for the projected double to reenter its physical body and cause it to wake or partially wake. This maximizes the chances of shadow memory recall. Working out this perfect time is quite difficult though, as everyone slides into sleep, and through the various stages of sleep, at different rates.

#6: Duality experience - "Mr. S"

This next case history shows duality, a symptom of the mind-split, being experienced during a real time projection.

Mr. S: A: I was meditating in a chair when, quite suddenly, I began to see through my closed eyelids, and could see the room around me clearly.

B: I then got up, out of my body, and was walking down the hall to see the rest of the house when the phone rang. It sounded as if I was hearing this 'twice', one ring slightly before and out of phase with the second, almost like an echo. I assumed it was because of some kind of a lag in my physical body's nerve impulses, etc, from when the ear comes in contact with the sound to when the brain recognises it as a sound. This was not a very pleasant experience, and it was something unlike anything else I had experienced previously, so I immediately sped back to my body.

C: I got out of the chair to share my experience with someone. The only person I could find had just picked up the phone and was talking on it. This was the telephone I'd heard during the OBE.

My Comments:

A. This shows clear real time sight was enabled just prior to the exit, which is typical of most conscious exit projections.

B. Shows some of the effects of the mind-split, re the uncomfortable effects Mr. S experienced, indicating some mild auditory astral feedback. This was probably caused by hearing the same sound from two different but connected bodies at the same time. It also shows how real life sounds can be heard during a real time projection.

C. An apparently real life event (objective experience) was witnessed during this projection (telephone ringing) and this event was verified immediately after the projection.

Astral Beings and Wildlife

by Robert Bruce

The astral dimension contains a wide variety of what could be called non-physical subtle energy life-forms; or as Carlos Castaneda so aptly calls them: inorganic beings. Some of these have a positive nature (nice) and some seem have a negative nature (not so nice). The intelligence level of each type varies enormously. The vast majority of each type appear to have their own agendas, like to keep to themselves, and in general do not like being bothered or interfered with. Not counting high-level beings like demigods, angels and spirit masters, they range from friendly and helpful, to occasionally helpful, to playful, to neutral, to mischievous, to malicious, to downright nasty and evil. Inorganic beings appear in a wide variety of illusory forms. Some of the less intelligent types seem animalistic and predatory by nature, much like the animal and insect wildlife found in the physical dimension. I call the less

intelligent, animalistic and negative types simply, Astral Wildlife. Although these all appear to come from somewhere in or near the astral dimension, many of these are capable of operating in the real time zone. And some of these, unfortunately, delight in tormenting projectors, especially new ones.

You can find absolutely anything in the astral planes, given the fluid nature of its many internal environments. In a way, the astral can be likened to the ocean: there are fish, shellfish, octopus, dolphins, whales, sharks, barracuda, sea snakes, crabs, shrimp, jellyfish, turtles, seals and penguins, etc, etc. Some of the ocean wildlife is friendly, some is harmless, some are only harmful when disturbed, annoyed or hungry, some can be unintentionally harmful, and others are downright dangerous all the time. There are also many travelers, some even from far off lands, found sailing, flying or swimming thereabouts.

Although many parts of the astral planes appear to be full of life, it is fairly rare to meet up with interested beings whilst traveling there, but it does happen occasionally. Just about every astral plane and realm has some kind of local inhabitants. These life forms often live in specific areas or realms, and often seem quite unaware there is any other reality or dimensional level than their own. They are often amazed when they meet an astral traveler. Other types you'll meet seem to be well aware of other dimensions, but most seem to have little patience with projectors and tend to ignore them.

In a way, approaching astral beings you do not know is very much like approaching strangers in the physical dimension. Most strangers ignore other people, even when politely asked directions or questions. Strangers will, at best, give cursory answers as they hurry away while actively trying to ignore you. Astral beings, like most strangers, don't seem to enjoy getting involved with the affairs of strangers, usually having much more important things to do with their time.

While projecting, you'll also occasionally meet up with other projectors like yourself, but most of these will not even be aware they are projecting. It seems that the awareness and memories projectors have of their physical existence, of who and what they are, varies greatly. Many seem as if they are sleepwalking or dreaming, or are just going along with the flow of life and events in an astral realm, as if they were a part of it and actually lived there. They are often quite surprised when it is pointed out to them that they can fly, etc.

I suspect this variability in awareness and memory is caused by many factors, such as: energetic development and activity, the amount of energy flowing into the projected double from its physical/etheric body, and whether or not a projector has made a conscious exit or not and has retained awareness afterwards. The conscious exit out-of-body seems to cause a much greater flow of energy into the projected double than is usually available to sleep projectors. It is also possible that the unbroken continuance of awareness provided by a conscious exit projection removes much of the dreamlike qualities associated with existing in other dimensions.

The most important thing to realize about any beings, intelligent or otherwise, you might come across in the astral is that they are not all dream beings or creations of your own subconscious mind. They usually have their own life, meaning and purpose; whatever that might be. They are, in most cases, not mere decorations to be toyed with or used by any passing astral traveler. Most astral beings do not seem to appreciate being questioned and annoyed, by what may seem like to them to be a constant stream of lost and meddlesome astral travelers.

For all the above, some astral beings will converse with and even actively help and encourage astral travelers, especially if projectors are courteous and sincere in their approach. Like attracts like in the astral planes and, if you are friendly and sincere, you are thus far more likely to meet beings who are also friendly and sincere.

Case History:

This case history shows a projector meeting and interacting with an astral being, or another projector (hard to say which) as well as showing some other interesting aspects of projection.

A: Mr. R: I woke around 4:00am and couldn't get back to sleep. So turned on the radio very softly. I decided to attempt an OBE by laying on my back. Its difficult for me to fall asleep on my back, but that's the best position for me to OBE from. Every time I've been on my back and experienced paralysis and vibrations, and I'm ready to try exiting my body, my throat muscles close up and I can't breathe, which startles and wakes me up. But last night, I tried a little trick that has worked for me before. I lay on my back with my head slightly turned to one side. This prevents my throat from closing up.

B: After the exit, I soon found myself on a sunny rock cliff overlooking an ocean. A beautiful woman was there in a swim suit, with her back to me. I wanted her sexually and, thinking she was just a dream creation of mine and not a real person, I thought I could do anything I wanted, so put my hand on her shoulder. As she turned, I noticed she was protecting a little girl in a swimsuit who was cradled in her arms. I backed away and the scene started getting a little wavy. I remembered to look quickly at my hands and the scene stabilized again.

C: I thought, "Wait a minute, Robert Bruce warned me these could be REAL spiritual entities or other projectors, and not just dream-beings." As I thought this, I felt something very WARM coming from the woman. She turned around to face me, smiled and then left. I intuitively KNEW she was aware that I was new at this and didn't really

mean to bother or harm her. She didn't speak, scream or cry out. She just faded away. Then I thought "I'm going to start treating all dream figures with respect from now on." and dived off the cliff, floated out into the harbor and then flew out over the sea.

D: I thought of going back to my room and looking at my body sleeping. Suddenly, the ocean disappeared and everything turned white. I heard two short whistle sounds and I was suddenly back in my room, opposite the bed and my body. I knew I had to stay calm, and I did. But I swear, my first thought was, "I can't wait to tell Robert!" I just floated there for some time, delighting in the feeling of floating and of being out of my body!

E: Then I noticed something odd. I couldn't see my physical body properly! I looked harder at the bed but could only see a faint depression, showing the outline of my body where it should be. I must have looked too hard and focused UPON THE BODY, because I was then sucked back into it. This felt like something was rushing INTO my physical body..

My Comments:

A. This shows how unnoticed breathing problems like sleep apnea can affect projection. It also shows how the resting position can affect projection.

B. Rod shifted straight into an astral plane after his first conscious exit. It shows how he stabilized a reality fluctuation by briefly looking at his hands.

C. A revelation, as Rod discovers that some people in the astral may actually be real people, travelers just like himself or real astral beings, and deserving of respect and consideration. It also shows a touching empathic exchange as the woman expresses her appreciation towards him for his realization and concern (warm feeling) before leaving.

D. Shows how you can return close to your physical body and convert an astral projection into a real time projection if you think about or feel for your physical body.

E. Reality fluctuations are apparent upon Rod's return (invisible physical body). His subconscious mind may not have been able to accept the existence of two bodies at the same time. It also shows his re-entry as being perceived by his physical body rather than by his projected double. He felt something rushing into his physical body, from his physical body's perspective, and not his projected double rushing into his physical body. This shows the physical/etheric body and mind were disturbed by and became aware of his re-entry. His physical body and mind were woken up for the reentry, allowing for a perfect shadow memory download, which shows mind-split effects at work here.

More comments:

Projecting into the astral planes is a lot like going for a swim in the ocean. You'll rarely see anything big or intelligent, and even more rarely will you come across anything truly dangerous. You will, in the astral ocean, mainly come across harmless fish, seals and dolphins, occasionally meeting other swimmers like yourself in passing (swimmers = other projectors).

The best conduct and safety rule during any type of projection is to keep to yourself, always be polite, and to mind your own business unless approached or invited to do otherwise. And, always be ready to move quickly away if anything strange or threatening happens, or if you feel uncomfortable in any way.

Only very rarely will a projector come across advanced spiritual beings, and even more rarely will they encounter angels. In my opinion, angels are a race of highly advanced spiritual beings. They most definitely exist. I have seen angels many times, in OBE's and visions, as well as with my bare eyes on a few rare and precious occasions.

Angels are impossible to track down or find intentionally during an OBE. They are especially rare in the real time zone and low to mid astral planes. You will occasionally come across them accidentally, especially in the high-astral and mental dimension. Angels and other advanced spiritual beings seem to only make themselves visible when they have a very good reason for doing so. They are definitely not the type to stop and chat in passing.

Angels and advanced spirit beings, unlike most astral inhabitants, do not appear limited to any particular plane or dimension level. They have the ability, I believe, to manifest in any level, even in the real time zone and the physical dimension itself. They have the ability to enfold lesser beings in their energy and temporarily transport them into other dimensional levels. In this way, they will often be seen helping the spirits of deceased people to manifest temporarily in the real time zone, or even to help them appear visibly in the physical dimension itself. This is something like a brief visit manifestation, and this kind of thing always has very good reasons behind it, although those reasons may not be apparent at the time.

To add to the above, and purely for interest's sake: I have seen many spirits manifesting in the physical dimension, due to the nature of my mystical work and clairvoyant ability. Each time, I have seen at least one advanced being, sometimes even an angel, at work in the background. The spirits brought back in this way are always enfolded in a flood of brilliant-silver light.

Typically, a spirit manifestation like this will begin with a strong build up of energy in the room, accompanied by

many silver motes and tiny sparkles of light. A tangible aura of power and presence spreads throughout the room and the atmosphere becomes electric. A narrow, vertical shaft of brilliant-silver light then appears and quickly expands, as if curtains of light were being drawn apart just wide enough for a person to walk through. A huge gush of brilliant-silver light, along with a tangible feeling of power, excitement and love spills through this parting in the dimensional veil. The visiting deceased spirit then simply walks through this opening and stands just inside the room, bathed and held within this pool of light.

At this time, if you have the sight and you look further back into the light behind the deceased spirit, you will usually see at least one advanced spirit being or angel standing there, as if patiently waiting a dozen or so feet behind the spirit visitor. A deceased relative or friend of the visiting spirit will also often be seen standing just behind and to the side of the spirit visitor, often holding their hand or resting a hand on their shoulder.

Lower Sub-Plane Wildlife:

The most troublesome types of astral wildlife appear to come from the notorious lower astral sub-planes. These contain the darker and more negative aspects of the astral planes. These can be likened to parallel shadows of the more positively oriented parts of the astral planes. While still a part of the astral planes, technically speaking, they are a distinctly separate aspect or part of it, containing all the darker qualities. Another way of looking at this is to consider this to be the night side of the astral planes, something like the dark side of the moon that never gets any light from the Sun.

Low astral wildlife are normally only capable of operating in dimensions similar to or lower than their dimension of origin. This is a reasonable suggestion, based on them having energetic limitations set by their nature and dimensional level of origin. Some of these beings do seem capable of operating in the real time zone. The real time zone can be thought of as being fairly neutral territory, dimensionally speaking.

All lower types, regardless of classification or origin, appear to be predatory loners by nature. They also appear to have varying degrees of strength, intelligence and ability. By nature, all negative beings exhibit a cold and almost insect-like nature. Higher feelings like love, compassion and mercy are totally alien to them. This does not, however, mean they are evil in the strictest sense of the word. It just means they have no higher feelings whatsoever. Just as a garden spider has no higher feelings, it is not evil for killing and eating a beautiful butterfly. It is a spider and therefore acts according to its nature, and spiders need to feed on insects to survive.

From my experience, negative types do not work well together, regardless of any possible shared origins. They usually appear to be quite aggressive and combative towards each other, which results in a distinct pecking order whenever they are found together. I believe, groups of astral wildlife only appear to be working together if they are encountered as doing such. They may sometimes be forced to work together, temporarily, through circumstances where they have a common interest or need.

Astral wildlife can manifest in an enormous variety of illusory and changeable forms. A regular favorite is the form of an ugly grinning monkey. The gargoyle and harpy forms are also quite common. Some of them seem to prefer a more traditional horned demon-type of look, while others go for a more contemporary appearance. These latter forms are possibly modeled on horror movies and TV shows, or even from the modern nightmares of mankind. The size and appearance of an entity, as seen by a projector, or with real time or astral sight, gives no any fair indication of its actual strength and intelligence. Many small and weak entities seem to delight in looking big and dangerous. This is much like how an animal will fluff up its fur to make itself seem bigger than it really is during a confrontation. Stronger and more intelligent entities, however, do not seem to bother overmuch with pretense and may even use their original form, if they have one that is. I have seen entities the size of polar bears run screaming when "BOO!" is said to them. And, I have seen others the size and appearance of large rats that I would not interfere with by choice.

Many entities seem to choose a form they have taken from the mind of a projector, which indicates some degree of telepathic ability. They use this to generate the maximum level of fear possible. This is a very good reason for projectors to keep their minds clear and mask their true feelings when they encounter or are forced to deal with astral wildlife.

The weaker and by far the most common types of astral wildlife, those responsible for the majority of Elemental and Dweller-type scare attacks, (See Astral Dynamics), seem to have very little power of their own. These are fairly weak, timid creatures and their appearance is always a greatly exaggerated illusion. They will usually beat a hasty retreat whenever approached by a projector with a firm or confrontational attitude. Most negative entities dislike direct attention and actively avoid being seen. They will thus generally avoid direct encounters with projectors, preferring to use illusion to do their mischief for them. This is especially so with more experienced projectors who are far more likely to fight back.

Some types of astral wildlife seem attracted to, and possibly even to feed upon, the energetic vibrations generated and broadcast by overly fearful projectors. Once encountered, continued fear and timidity, on the part of a projector,

seems to make astral wildlife more aggressive. Their intimidating behavior is, however, always minus any kind of direct attack. This indicates they are not capable of mounting a direct attack on a projector, and my experience supports this. Increased and continuing fear on the part of a projector will often attract others of the same type, thus increasing their numbers and making things generally worse for a projector. For all this, the appearance of these types is still quite rare.

The vast majority of astral wildlife do not, I believe, have the power to directly injure a projector, but caution is always advised in these matters. It is commonly thought that non-physical entities of any type are completely harmless to projectors, and are only capable of scaring them. While this is generally true, as with the Elemental and Dweller types discussed in 'Astral Dynamics' there are exceptions. The real time, astral and all higher bodies are virtually invulnerable, and definitely cannot be destroyed or killed. However, it is possible to suffer energetic damage and weakness through intense or prolonged attack by the stronger and more intelligent types of non-physical entities.

While cases of this are extremely rare, if the energetic substance of a projected double became damaged, this damage could reflect back into its physical body. In this case, the physical body could experience unusual tiredness. Even more rarely, swellings, rashes and strange marks could also appear on the physical body. These are much like the swellings, watery blisters and rashes that are an occasional side-effect of energetic development work, (See Astral Dynamics for more details) especially during the early stages when energetic pathways are being cleared and conditioned. All these symptoms heal unusually quickly, often disappearing within just a few hours. The energy body heals and restores itself very quickly if its substance is disturbed or damaged in any way.

Any significant attack causing energy substance loss in the projected double has a fail-safe side-effect. It causes the immediate abortion of that projection as a reflex action. Projection is a delicately balanced process involving a constant two-way energetic-cum-telepathic exchange between the physical body and its projected double. It does not take much to interfere with this process and cause it to abort, resulting in the immediate return of the projected double to the safety of its physical body.

Please keep in mind here that attacks, and especially attacks causing actual energetic damage or substance loss, are rare in the extreme and are not something to overly worry about. To draw a parallel of the risks involved, this is roughly equivalent to a recreational swimmer being seriously injured by dangerous marine life. Injuries are fairly rare events for the average swimmer, with the biggest danger being nothing more than an occasional jellyfish sting. Professionals and deep-sea divers, however, spend a great deal more time in the more unexplored and untamed parts of the ocean depths, and thus face a slightly greater risk of harm than do recreational swimmers. This also applies to frequent projectors, especially those with a natural propensity for the more occult and metaphysical aspects of out-of-body exploration. Lastly, this also applies to more experienced and adventurous projectors, most especially those who actively help people suffering from psychic/demonic attack and other such entity related problems.

The above section provides some clues as to how the relative strengths and threat potential of any type of astral wildlife or non-physical entity can be gauged. If anything manifests directly and acts in an openly threatening or intimidating manner, it can reasonably be judged as having no real strength and thus of being no actual threat. These types can thus be safely confronted and will be found easily discouraged and driven away, by even the most inexperienced and timid of projectors if they have the right attitude. If, however, anything is encountered which acts in a timid or furtive rather than an openly threatening manner, and immediately tries to hide or leaves the area, then this is best left well enough alone and not followed or interfered with. Discretion is always the better part of valor during such encounters.

To the very best of my knowledge, if a projector minds their own business, stays calm, uses common sense and projects away if they ever find themselves in a bad situation, they have very little to worry about. Out of all the thousands of projection related case histories I have been consulted on, I have only come across a very small handful of situations where really troublesome astral wildlife were involved. And, in the majority of these cases, once this situation was confronted with a braver and more positive attitude the problem entities, whether real or imagined, simply vanished. Below are two fairly typical experiences where very low orders of astral wildlife are encountered:

Low Astral Wildlife - Case Histories:

White Whirring Things:

Mr. D: My experience can only be explained as bizarre. My first OBE (so far) happened as I was just nodding off to sleep. I was trying to leave my body in my waking state but did not succeed and so I fell asleep and began to dream. Suddenly I felt as if my astral body were being sucked out of my body through my mouth (I thought my teeth were going to fall out!). Then I'm floating above my body and my vision is all blurred. I was in shock and forgot that I shouldn't panic. I decided to try flying and so began floating through the roof but quickly willed myself to stop this as it was all getting just too weird. A little white thing suddenly flew through the wall making a whirring noise

(imagination? You tell me?) and latched on to my finger, and this also was just too weird. I found a bottle of chocolate milk on my bed which wasn't there in real life, but it seemed empty when I picked it up. Then more little white things started flying in and sticking to my fingers and it all got just too weird for me. I couldn't handle this so I willed myself back into my body.

Furry Sharp-Toothed Things:

Mr. K: My brother and I experienced what we both believed to be conscious astral projection. We both "saw" each other that night. (we were both projecting at the same time, and from the same room). I saw him through a murky vision...but what he saw on me scared him. He said he saw what looked like small, pale, hand-sized, furry little creatures all over my projected body. Their only recognizable features were fur and a mouth full of tiny sharp teeth. Either we both had the same dream, or nightmare, or our attempt at joint projection was successful. It was our first intentional and conscious attempt and because of what we experienced that night we have not tried it since. As a matter of fact, we have avoided the subject all together since then.

My Comments:

These both appear to be fairly normal first time projections, apart from the astral wildlife involved. In Dave's case, the exit sensations were felt from within the dream state. These appear to have woken Dave and he then experience the full conscious exit. The sucking pressure he felt on his mouth is a little unusual, but quite understandable. There are some fairly large secondary energy centers situated in and around the mouth and lips, and the tongue is also covered with a high concentration of energy exchange ports.

The active configuration of the energy centers of individual projectors varies quite a bit. The mouth area may, as in Dave's case, be more active than usual and thus cause more noticeable sensations during a projection exit. All new projectors should therefore expect many subtle variations of what they have heard are normal conscious exit projection sensations.

The small entities encountered in both the above cases are a very low order of astral wildlife. These are a small, energy feeding type of entity, something like a lower astral version of a mosquito or leech. These things are quite common and seem to bother some people more than others, just as mosquito's are attracted more to some people than to others. These small entities would have fed on these people regardless of whether or not they were projecting; and done them no real harm in the process. It may be coincidental that these projectors surprised them while these mosquito-like beings were feeding. It is likely these were attracted to these projectors solely because it was sensed they were sleeping at this time. They either didn't notice, or didn't have the intelligence to care, that their intended prey was consciously projecting and not sleeping at this time.

The fingers or toes are the most common attachment areas for energy feeding types, large or small. These areas both contain high concentrations of energy exchange ports and important secondary energy centers, through which energy is normally exchanged. These areas can also function in reverse, as with healing where a reverse energetic flow is generated by a healer. An energy feeding entity, in a similar way, creates an energetic demand upon the etheric body in order to drain energy from it. If the entity is hungry or low on energy, this energetic flow is probably triggered automatically through simple contact.

It is also possible the sucking sensation Dave felt in his mouth, during the exit, was caused by these small energy feeders. Some of them may have been attached to the mouth area of Dave's etheric body and were disturbed or dislodged when he projected, only to return and attempt to reattach a short time later.

The above types of experience, while fairly rare, can also be classed as something like a Dweller on the threshold kind of experience. This type of astral wildlife appears to be no more dangerous than the average leech or mosquito. They are more annoying than harmful, although they will often scare the daylights out of an inexperienced or uninformed projector. I suggest all small energy feeding types, in any possible variation of the above, be treated accordingly...as natural pests. If these projectors had actively imagined these small entities as bursting into flames, or even swatted at them with their real time hands, they would have vanished or detached themselves and beat a hasty retreat. For more on this subject (See Astral Dynamics).

Astral Rest & Recovery Areas

by Robert Bruce

I have visited astral rest and recovery places many times. The hospital-like scenario and atmosphere is always similar, but each room I visit is quite different. These rooms seem to reflect the life conditions surrounding patients at the time of their passing, i.e., as in the case of my friend Peter (See index: Peter's Tale).

I do not really think there is an actual hospital floating around somewhere in the astral, per se, staffed by beings intent upon nursing sick and tired spirits back to good health; although this is a beautiful thought. I believe this

scenario is created by my own mind as it interprets the energies broadcast from these areas in the only way it can. This perception interpretation is done according to my mind's own learned mental associations, as well as by those set in me by the collective consciousness of mankind. As this is a healing, resting and recovery area for the recently departed, my mind interprets this as a hospital type scenario staffed by caring doctors and nurses. The doctors and nurses that staff and run these astral hospitals do not appear to be real spirit beings, although I could be wrong here. So far I have not been able to strike up anything resembling a meaningful conversation with any of them. They seem to be very two dimensional in nature, re why I suspect they may not be exactly who they appear to be.

On the other hand, many of the people/spirits I have met there seem to be quite real. All are visiting or waiting for a patient in the hospital, just as Peter's mother and father were waiting for him. Many spirit visitors will respond and converse in a reasonably normal fashion. Spirits I have spoken with in this situation do not seem to be aware of the length of time that has elapsed since they passed over, or of many details concerning their afterlife since that time. Memories of their earthly life also seem vague, much like how a half-forgotten dream is remembered by a living person.

Many spirits only seem to be aware of their present reality, that of being in only the hospital scenario for an indeterminate length of time. Some spirits, however, do have vague memories of their earthly life, and of coming from other dimensional areas; but have so far given me only very sketchy details. Often they will speak of a warm, brightly-lit, interesting place where they have many friends and loved ones, but with little more detail than this. The most common response I get from asking spirits what its like where they come from is: "Its really lovely there and everyone is so nice. I don't understand this. I'm very sorry. I know it well and can picture it in my head, but I just can't describe it to you."

The surreal and dreamlike quality of memory exhibited by I have encountered in these astral hospital areas may be caused by their being too far away from their natural, base-level of consciousness at the time. Keep in mind here that the natural or base level of any spirit is, logically, in one of the spirit worlds, and no longer in the physical dimension. And astral R & R hospital-like areas may be somewhere in between. It seems that any shift away from the natural base level of consciousness, either for a spirit being or a human being, causes them to have a surreal experience and memory translation problems. This type of translation problem also accounts, I believe, for the many difficulties and vagaries common to spirit communications and channeling in general. (RB)</P

Dynamics & Bioenergetics Of OBE Sex

by Robert Bruce

Once the exit out-of-body has been mastered and projectors begin tentatively exploring their new environment, another natural barrier will soon raise its ugly head. As projectors begin expanding their horizons they will soon begin encountering other projectors. Out-of-body sex (more commonly called astral sex) is a human-nature complication of consciousness and bioenergetic incarnation. It forms a strong natural barrier in the way it can hinder serious out-of-body operations. It severely limits projectors' time out, and hence what can be accomplished, in the control they have over sexual thoughts and urges. Sexual thoughts are veritable time bombs waiting to go off in the minds of projectors.

In real life, sexual thoughts and fantasy type sexual imagery pop into peoples minds all the time, privately and harmlessly. These are perfectly natural and do no harm whatsoever. In the sensitive out-of-body environment though, where projectors really are what they think, thoughts are not quite so private and harmless. Sexual thoughts not only affect the sensitive environment, but are also inflicted upon other projectors, often against their will. The quality of projectors' thoughts have a strong influence on OBE operations, as well as on any other projector or being they happen to come across. If sexual thoughts are not well controlled, projectors will not get very far or last very long in the OBE environment.

The telepathic, energetic and empathic linkage provided by the Silver Cord, between the physical/etheric body and its projected double(s), transmits energies and emotions back and forth between them. This includes sexual urges and energies generated by erotic thoughts. The sex instinct is one of the most powerful primal urges and, like all strong emotions, can cause serious energetic problems if allowed to flourish unchecked in the sensitive out-of-body environment. Unchecked sexual thoughts and urges can cause powerful energies to compound back and forth between the physical/etheric body and its projected double. This can cause a type of sexual energy feedback to occur which can have a powerful effect on projectors.

Real Time Sex:

Out of body sex is much more intense during a real time projection. The closer to real time a projector is, the more sensitive and vulnerable he/she is to sexual energies. There is a more direct energetic connection between the physical/etheric body and its real time projected double, than there is with its astral double; this being dimensionally more remote. Because of this, primary energy centers can become heavily involved when triggered by real time sexual encounters, especially the genital and base centers. These are the underlying causes of the intensity and speed of real time sexual encounters. Real-time sex can be almost instantaneous, as compared with an astral or lucid dream types of sexual encounters.

A real time sexual encounter, accidental or deliberate, always has the same outcome. It results in almost instantaneous orgasm for the physical body of the initiator. The same thing can also often happen to the initiator's passive or unwary sexual partner as well, when another projector is involved.

With real time sex between two living projectors, there is more at work than just emotional and sensory feedback between the physical and projected bodies of a single projector. The genital centers of both projector's can connect in a powerful way. This causes a flooding exchange of male and female sexual energies to occur between the physical bodies of both projectors, via their connecting Silver Cords, regardless of the genders of the projectors involved.

Once real time sex is triggered between two projectors, a strong two-way energetic connection forms. This can cause them both to experience uncontrollable sexual arousal which may be completely out of character for either of them.

The sexual urge compounds back and forth, causing a shared real-time sexual experience and energy exchange.

Each projector contributes to the intensity of the real time sex act, albeit often unwittingly. In most cases there is no deliberate intent on the part of the initiator of the real-time sex act; only a few stray sexual thoughts gone awry. Both projectors are victims of their own built-in sensitivity to sexual urges and energies, with these being greatly intensified in the sensitive out-of-body environment.

Real-time sex does not require physical close contact as it does in the physical dimension. Sex can be initiated and consummated from a distance of several meters or more, with the two projectors involved never getting any closer. But some attempt to enact a semblance of physical copulation will normally occur once the real-time sex process is triggered.

Enhanced Genital Sensitivity:

When a genital center connection (genital chakras) is made during the real-time sex act, both projectors become intimately aware of the sensation of their genitals interacting with each other; as if their physical bodies were actually copulating. But as with all other senses of the projected double, the sensation of touch is enhanced, thereby greatly magnifying OBE genital contact sensations. I would say genital sensitivity is multiplied by a factor of at least ten. It can be so sensitive that orgasm can occur in the physical bodies of both projectors within only a few seconds. This will normally end both projections, for obvious reasons.

Because of this enhanced sensitivity, genital sensations experienced during real-time sex encounters are highly abnormal and feel nothing at all like they do in the physical dimension. The nearest I can describe this abnormal sensation is that both projectors feel themselves expanding into and becoming their oversensitive genitals. They become their genitals and then feel they are copulating with another set of whole-body genitalia, those of their real time sex partner.

Male Initiator:

A male real time sex initiator (his projected double) perceives the rapid extrusion of a giant penis-like limb as extending from his genital area. He then flows into and becomes this penis-like limb. This extends rapidly and deeply penetrates the body of his real-time sex partner in the genital area, even from several meters distance. It rises up through and fills his partner's whole body. The initiator has the sensation that the inside of his partner's body is made of dense, warm, energetically tingling and throbbing, ultra-erotic jelly.

Female Initiator:

A female real time sex initiator (projected double) feels a similar sensation to the above. But her genital limb is usually perceived by her as more of a vagina-like tube extension. This tube grows from her genital area and she flows into it, becoming it. This then extends and deeply penetrates her real-time sex partner's body in the genital area. It then rises up through her partner's body. Her sensation is more of an engulfing of the inside of her partner's body rather than one of simply penetrating. This variation in female genital sensations has also been described to me as an engulfing of the spine of her real-time sex partner.

Real Time Sex Process:

There are as many possible variations of the real-time sex act as there are variations with physical body sex acts, including gay and lesbian varieties. Also the type of genital-like extension sensations that can be experienced, male or female, are not limited by gender. However, the genital and base centers are always involved somewhere in the

sexual energy feedback equation. The coming break-down of a real-time OBE sexual encounter is therefore best considered as being the basic real-time sex process only.

1. Some variation of boy meets girl happens between two real-time projectors. Sexual thoughts and imagery cause desire to be felt by the initiator. This desire reflects back and causes immediate sexual arousal to occur in the initiator's own physical body.

2. Physical sensations of sexual arousal now rebound back into the initiator's own projected double, from their own sexually aroused physical body.

3. Sexual thoughts, imagery and erotic sensations flood back and forth, compounding swiftly on telepathic, emotional and bioenergetic levels. This rapidly intensifies sexual arousal in both the initiator's projected double and physical body.

4. Now fully aroused, the initiator's physical body floods its projected double with sexual energy from its now highly active genital center, via the Silver Cord, as his/her physical body rapidly approaches orgasm. This sexual energy flooding momentarily strengthens the initiator's projected double, but sexual urgency now consumes the initiator and results in a total loss of control. Once this stage is reached there is no way to avoid the inevitable consummation of the real-time sex act.

5. The initiator's own projected double will now usually attempt some form of rapid and urgent copulation with his/her ensnared passive partner. This forms a remote energetic connection between the physical bodies of both projectors, via both their projected double's Silver Cords. This connection is much stronger if the passive projector becomes sexually active at this stage.

6. Erotic thoughts and sensations, emotional and sexual energies feed back and forth between the initiator's physical body and its projected double, resulting in a type of erotic sexual energy feedback, swiftly compounding and increasing. This will usually involve the passive partner as well, especially if he/she has become aroused and more or less involved. This creates something like a four sided sexual energy feedback loop, greatly increasing its intensity.

7. Orgasm now occurs in the physical body of the initiator, and very often in his/her passive partner's physical body as well. Physical body orgasm usually ends the projection immediately.

Depending upon the speed and intensity of this type of real-time sexual encounter, the passive partner may or may not become actively involved in the real time sex act. Therefore his/her physical body may or may not experience orgasm. This depends greatly upon the timing of the encounter: on whether or not there is enough time before the energy connection is broken by the initiator, when he/she consummates their side of the real-time sex act. The entire real-time sex process can take place, from the first stray sexual thought to orgasm, in under ten seconds; with either male or female initiator.

The above real-time sex process can have many variations and subtle nuances. Orgasm will almost always occur in the initiator, and more often than not in his/her passive partner as well. The above process can happen so fast that the initiator will often be unaware he/she has initiated sex. That is, until a rapidly approaching physical body orgasm signals the end of his/her projection.

Age, physical condition, sexual orientation and inclination do not have any effect on out-of-body sex. Many people, although they may be old and think they have outgrown the sex urge, find they feel young and sexually active again during OBE. In the out-of-body environment everyone is young and vital and therefore has an inherently sexual nature. And you will never see an old, fat, skinny, crippled or ugly projector. The innate sense of whole-body self-awareness that everyone has sets when a person is in their prime, usually around the age of thirty-five. This sense of whole-body self-awareness shapes the image of the projected double, which is not limited by the true appearance and condition of the actual physical body.

Because of the above, sexual identity can also affect perceptions of the physical body during OBE. For example, a male with female sexual identity can appear as having a female body during OBE. In the fluid OBE environment you are what you think and can become what you feel. (See 'Shape Shifting' -- Astral Dynamics)

Astral Sex:

Astral sex (and even lucid dream sex) is dimensionally more remote and thus causes far less sexual energy and sensory feedback than real-time sex; although this will still occur to some degree. Astral sex is therefore slower and more like normal physical body sex. The enhanced genital sensitivity and abnormal genital sensations, as discussed above, are also greatly reduced during astral sex. Because of this, astral sex can provide extremely realistic sensations: much more like normal physical body sex. Astral sex can also sometimes be orgasm-less due to this reduction in sensitivity, and because of the lengthier time it takes to achieve orgasm and hence consummate the astral sex act.

Apart from other living projectors, many of the characters encountered during astral projections do not appear to be real; although some are what could be called native inhabitants of astral realms. Also, as I mentioned earlier, most of the characters encountered during lucid dreams do not appear to be real. Many seem to be something like created shells, whose sole purpose is to form a temporary part of the scenery.

It is possible to have sex with a created or unreal character, although the genital contact sensations resulting from this type of sexual encounter are greatly reduced; seemingly more distant than sex with other projectors. The sensations of sex, in this case, appear to be provided by the subconscious mind of the projector/dreamer; probably based on memories of past real-life sexual encounters. The erotic mental imagery and sexual sensations are, however, just as real to the physical/etheric body and energetic feedback will still occur, albeit less strongly and in a kind of solo sexual energy feedback loop.

In my experience, other people encountered during real-time OBE's are usually other living projectors. However, this does not hold true once a projector shifts out of the real-time zone and into the lower astral; which will often happen unnoticed. There is one main way to tell real projectors and sentient astral beings from unreal created characters. Real and unreal beings behave and react quite differently to interference, including sexual advances. An unreal character will simply stand there and let anything be done to them, be it sex or murder. They will not resist or complain in the slightest, no matter what is done to them. However, real astral beings and other projectors, even unaware sleep projectors, will be found to object, resist, fight, verbally abuse and even attack interfering projectors; although they will usually just leave the area.

In the crowded areas of the lower astral (the lower astral is heavily populated, mainly with unaware sleep projectors) projectors may find themselves occasionally passing through the bodies of other projectors. This often cannot be avoided, given the usual directional control problems. If they are not careful, this in itself can often trigger the astral sex process, especially when passing through the projected doubles of the opposite sex. Even if a projector keeps his/her mind clear they will still feel a sexual stirring; although this can be controlled and overcome if his/her stays focused and keeps moving. This type of accidental astral sex will only snare projectors if they are careless.

As I said, the majority of OBE sexual encounters are unintentional and/or accidental affairs; although there most definitely are exceptions. Sex just happens when sexual thoughts, fantasy imagery and sexual energies get out of control. Either male or female can initiate the out-of-body sex process with the same end result. This can also happen between two projectors of the same gender.

Only one projector is needed to initiate out-of-body sex, which in most cases is usually enough to involve and consummate sex for both projectors. If projectors do not wish to have out-of-body sex, they have to be aware of what can happen and act quickly. If they meet another projector and think or sense a sexual encounter may be likely, they must move away very quickly to avoid it, especially in real time. But this is easier said than done. It can happen very quickly and the initiator may not even intend to have or cause a sexual encounter. He/she will often be just as shocked by what transpires as their unwitting partner may be.

One comforting thought here is that no one can get seriously hurt through chance out-of-body sexual encounters; no matter what or how it happens. It is not only very quick, but there is no actual physical contact. It is also rarely remembered by either party; and if remembered then only as a dream. And as there is no actual physical contact, it really is the ultimate safe sex. In my opinion, OBE sex can cause no more psychological scarring than a bad dream might.

An important aspect of the natural barrier which out-of-body sex forms, which deserves consideration, is just what this can do to the energetic value of a projector. In the out-of-body environment like attracts like in a very big way. If projectors deliberately seek out and engage in disreputable sexual behavior during a projection, they will find the dimensional level they are capable of operating on will begin to lower significantly. Repeated deliberate sexual encounters (one could call this astral rape, with all this implies) could well mean projectors will begin sliding down the dimensional scale until they find themselves frequenting the very low astral sub-planes. This new level will have a more predatory sexual nature and theme to it; better suited to this type of projector.

For all the above, occasional chance or unintentional out-of-body sexual encounters do not appear to cause any significant or lasting drop in projector's natural dimensional level of operations. And this does not apply to out-of-body love and romance: where there are shared feelings of love, intimacy and desire. The energetic values involved with love and sex are, I believe, quite different from those generated by lust and sex merely for the sake of release. Consummation of the out-of-body sex act will, however, still be found to cut OBE short, especially real-time OBE sex.

Privacy, Ethics & Projection:

There is a widespread belief stemming from early this century that has not only remained unchanged but has been continually propagated ever since. This belief is that if a projector deliberately invades the privacy of another person

for immoral purposes or unethical gain, or engages in any disreputable or sexual behavior during OBE, they will be banned or stopped from further projecting -- grounded by a higher authority. It is even believed by some that there is a kind of astral police force watching out for ethical, moral and astral rights transgressors.

According to my experience this belief is a total myth. There are many natural barriers associated with OBE, but there are no ethical nor moral limitations. No higher authority is interested in the activities of projectors. No astral police force will appear and punish bad or naughty projectors.

The ethical and moral correctness of any out-of-body action depends entirely upon the judgment and conscience of the projector concerned. With out-of-body sex especially, strong natural barriers are encountered and there are natural repercussions for repeated disreputable behavior. If projectors cannot control their behavior they will not last very long nor travel very far while out of body. Their experiences will tend to be quickly curtailed whenever they meet any potential sex partners, real or unreal. This cuts their OBE's very short indeed and keeps them off the astral streets, so to speak.

If projectors go actively seeking sex, they will come across an ever increasing number of potential sex partners. The lower astral planes teem with these. Like attracts like in a big way in the sensitive out-of-body environment. The only repercussions stemming from habitual bad behavior, as far as I am aware, are a lowering of energetic values and of the levels of operation possible. In this case the attraction of other like-minded projectors and beings is, I consider, natural consequence enough. This has the effect of keeping sexually overactive projectors away from more serious-minded projectors. This has, I feel, a certain poetic justice to it.

As to invading the privacy of people in the real world, or other projectors in the out-of-body environment, even for deliberate unethical gain or immoral purposes, there are no restrictions. In my experience there is no astral police force or astral overseer who will suddenly blow a whistle and say: "OK mate...I saw what you just did! Get straight back into your body and stay there...Right Now!" Imagine the enormous number of astral police that would be required just to keep tabs on several billion people day and night?

The intentions involved with privacy issues are important. Continual deliberate breaches of privacy will cause a serious alteration in a projector's energy values. This will attract other like-minded projectors and negative-type beings into their OBE's as well as into their real life; which is consequence enough methinks.

It seems the whole idea that out-of-body behavior is policed was started by early researchers and authors on OBE and related subjects, early last century and late in the century before this. Most would have realized the real truth of this matter, of this I am quite sure. However they seem to have worried that if the public knew the whole shocking truth about the sheer freedom of OBE, they might use OBE for what they considered to be immoral purposes. In a way, these researchers and authors tried to impose their own set of moral judgments and values upon the public with a "Stop it or you'll all go blind!" kind of attitude and blanket warning. They hoped by this, I am sure, to influence people into using OBE for good and noble purposes only.

Stemming from this, these early writers and researchers have unwittingly imposed this same set of values upon the present day. Consider the early written works in OBE and related fields, and how these have been used as reference and source material by all researchers, authors and teachers ever since. All of these early works have had some influence on present day thought, concerning behavioral limitations of OBE. As a result of this we now have many versions of 'The Astral Overseer' and 'The Astral Police' types of beliefs to deal with; all stemming from the original morally inflicted Victorian fallacy. (RB)

OBE, Understandability & Memory Download Problems

by Robert Bruce

The mind boggles at the potential complexities of interdimensional subtle-body relationships and energetic conflicts created during OBE; most especially during wake-induced OBE. Consider the memory compatibility problems that could arise between different levels of consciousness, and the differences in levels of understandability between these; and of how thought and memory sharing between these might work. And let's not forget basic reintegration problems and the fickle nature of the eventual shadow memory download into the only permanent storage medium all subtle bodies share, stretched between all aspects of the mind-split: the old gray matter of the humble physical brain. Everything experienced during out-of-body experience must eventually be downloaded into the physical brain in base-level understandability format, if it is to generate any kind of recallable and enduring memory at all that might be accessible to the awake conscious mind.

If you examine any number of OBE case histories, or have experienced them yourself, you will find that every projection starts fresh, right from the very beginning, just as if it were the very first OBE. There are no continuing memories of having any kind of astral other type of life available to any projector, ever, even if they suddenly shift into an astral projection that has apparently been going on for some time. In this case, the first part of the astral projection (all that had happened up to the moment when the projector became conscious in his/her astral body) is effectively wiped and is unrecalable. The projector will remember other successful projections they have had in the past, sure, but absolutely nothing of all their OBE failures, or of all the nights when they just fell asleep. I consider dreams and overactive imagination to account for those who believe their experience is contrary to this scenario. To be more specific: I do not believe it is possible to remember (at the base level of consciousness in the normal waking state) more than a tiny surface fragment of high level projection memories; including OBE experience memories gained in the mid to high astral planes. Basically, when it comes to recalling OBE's, it becomes increasingly difficult anywhere above the real-time zone. Sure its possible to recall something of mid to high level astral experiences, but I stand by my earlier statement that a great deal of what is experienced is lost in the download. And the higher in the astral you to the more will be lost in the eventual download when its all converted into base-level (physical brain) storage format.

So just what happens to all these lost astral and higher level OBE memories? Do they download into inaccessible levels of subconscious and/or unconscious mind, hiding in places within us where even the deepest level of hypnosis cannot dig them out? Why does one successful wake-induced conscious-exit projection provide vivid and lasting experience memories, while all other unconscious (unremembered) OBE's leave nothing at all to show they ever happened? And why do the words "Memory Fails Me" ring through my head whenever I think about this subject? In an attempt to answer some of the above questions, it seems likely that an intrusion by the base-level of consciousness (as manifested through the physical brain/mind in its normal waking state) into the astral double, causes the astral double's level of consciousness and understandability to drop sharply. This event causes the astral level of consciousness to revert back to its lowest form, back to its fully integrated or base-level of consciousness. The lowest and coarsest level of a consciousness unit appears, in all cases, to be far stronger (and what it experiences is far more memorable) than any higher level or aspect of that same consciousness unit (consciousness unit = a whole person or being).

When it is present, the base-level replaces any higher level of consciousness, e.g, astral plane levels of consciousness and higher. The base level overwrites any experience memories gained independently by those higher levels of consciousness. This is what I believe happens when higher and lower levels of consciousness integrate, on any dimensional level or level of consciousness, during an OBE. The stronger and more robust base-level simply replaces and overwrites the higher level. The OBE continues from that point AT the base-level of consciousness and understandability. This neatly replaces any higher level experience memories that might have existed before base-level integration with a higher aspect of itself occurs.

Higher level memories still exist after this event, but they are driven into inaccessible levels of the subconscious or unconscious mind and memory. The overall effect of this event is that a projection continues from that moment on as if it had just started; often with a vague feeling of having been doing something, but with no real memories to support this feeling. This occurs whether reintegration occurs at the bottom end of the scale in the waking physical body, or whether this occurs at a higher level, say in the astral body when the projector suddenly becomes aware and wakes up inside his/her astral body mid-projection. The lowest level of consciousness always replaces and overwrites any higher level of consciousness and effectively wipes out all trace of its experience memories at the moment of integration.

Higher level intrusion and replacement by the base level does not allow memories of any continuing astral existence to be recaptured. This very same thing appears to happen every time during the integration of the real-time projected double with its physical counterpart. The real-time double contains the experience memories of all of its higher aspects within it when it reintegrates with its physical counterpart. But the majority of its experience memories of higher levels of existence are usually lost, downloaded into inaccessible levels of subconscious and unconscious mind and memory. This shows there is an inherent problem with OBE reintegration: downloading and storing shadow memories in accessible levels of the physical brain. To be recalable, shadow memories must be accessible to the base level of waking consciousness, and must be stored in base level format, if they are to be recognized by the physical brain as recalable memories.

While I think it is unlikely as a continually ongoing memory process, I admit its possible that the projected double and all of its higher selves could lead something like separate lives while they are out of their physical body. But the physical brain at the base level of consciousness could not be totally privy to these levels of continuing existence. But it may remember small fragments of possibly linked sequential events gleaned from a string of OBE's. Higher aspects could be, as is commonly believed today, continually gathering experience memories that the base level of

consciousness simply cannot be privy to. The physical brain is not capable of storing and recalling most high level memories unless they are first converted into base level format. And unfortunately the vast majority of high level experience memories do not translate into base level format. At a very rough guess I'd say that less than one-percent of high-level experience memories are potentially accessible to the physical brain at the base level of consciousness in the normal waking state.

Memories from higher levels of consciousness (and/or higher levels of OBE) do not seem to be in sync with what the physical brain is capable of recognizing and storing in physical body memory. This factor may cause the full memories of high-level experiences to be stored deep within the subconscious and/or unconscious mind. The only parts of high-level experiences that are storable as recallable memories are those parts the physical brain is capable of recognizing and converting into base level format.

I believe the above conversion factor account for the metaphorical abstracts, symbols, images and feelings that are sometimes remembered after high-level OBE's and dreams, instead of more recognizable types of OBE and dream experience memories. This goes a long way towards explaining the abstract and metaphorical nature of OBE's visions and dreams, and why these are so difficult to understand and interpret at the base level (in the normal waking state). The physical brain is only capable of storing the surface layer of high-level experience memories, as highly condensed metaphorical abstracts.

The thin surface layer download and storage of memories from high-level experiences (if and when they occur) are the physical brain's 'interpretation' of higher and more abstract levels of its own existence in higher dimensional levels. This interpretation is done through necessity, to store experience memories that are being downloaded into the physical brain in an unrecognizable format the brain is not designed to interpret and store, i.e., in high level format. The physical brain is incapable of recognizing and storing complete high level experience memories in base level format, and therefore cannot make them accessible to the normal waking state of consciousness. But the bulk of information may (and I definitely mean maybe here) download into inaccessible levels of subconscious or unconscious memory. Therefore, when an attempt is made to store them at base level format, a great deal of information is effectively misplaced. Only fragments (the thin surface layer) are stored and are thus recallable as memories by normal waking consciousness. But these fragments are abstract, symbolic and metaphorical, as is the nature of high level memories. In a way the end result of storing this thin surface layer can be likened to complex hieroglyphics, where a picturegram tells a thousand words. But if you don't understand the language, hieroglyphics become a collection of vaguely interesting but virtually meaningless pictures.

A Geekish Analogy: Another way of describing this, to the geeks among us (myself included:) is to think of a high level memory as being something like a five second .mpg motion picture file. If you view the inside of the .mpg with a file viewer (say Windows Notepad) you'll see a huge mass of dots and squiggly lines and symbols that make no sense whatsoever. But if you have .mpg player software you'll see five seconds of movie you can see, enjoy and understand. Now you use your imagination and reverse this process. Let's say someone emails you an .mpg file. The guts of this .mpg file contain an entire volume of the Encyclopedia Britannica; really interesting stuff. But your software will only let you view a highly compressed five second metaphorical representation, of the huge volume of information actually contained within the .mpg, when you download and play it. So, you store this fantastic .mpg on your hard disk drive and wait until you upgrade your PC (raise your base level of consciousness) and in effect develop the right software with which to play it.

The higher the level of consciousness attained during an OBE, and the higher the dimensional level projected into, the more abstract and metaphorical existence becomes. Theoretically, the only reliable way to overcome this incompatibility problem is to raise the level of consciousness the base level of consciousness is operating on. By this I do not mean to 'temporarily' raise the base level of consciousness during an OBE, but to 'permanently' raise the base level (upgrade its high-level OBE interpretation software) so the normal waking state is operating at a higher level of consciousness than before. This will allow more, but not all, of high level experience memories to be downloaded, remembered and understood. The only way I know of to accomplish this feat is through long-term spiritual, bio-energetic and consciousness raising development.

The above string of thought shows that wake-induced conscious-exit projection causes a shift of the base level of consciousness (normal waking consciousness) into higher dimensional levels, neatly replacing the higher levels of consciousness natural to those levels. This may be the only thing which allows fragments of high level experience memories to be captured and downloaded into the physical brain at the base level. As I said, this shift of the base level of consciousness into a higher aspect of itself, appears to override and replace the higher level of consciousness operating at that time, effectively wiping all memories gained up to that moment by the higher level of consciousness natural to that level. This event, while infuriating if you aspire to higher levels of OBE understanding, appears to be necessary. If the base level of consciousness is to operate at all in higher and more abstract dimensional levels, and is to return and tell the tale of it, this event is logically unavoidable.

The base level of consciousness is absolutely 'necessary' to operate down here in the physical dimension, i.e., to 'live' and 'exist' successfully within the physical dimension. To hazard a guess I would say that to do otherwise would cause a type of high-level autism that would not allow one to function successfully here in the physical dimension. One would not be able to relate to the physical dimension, nor to communicate with others operating at the base level of consciousness. One would live in a quiet world of highly compressed metaphorical abstracts. Human words and ways would seem like so much noisy clamor and clatter to one existing at this level of consciousness. This can be likened to how a pack of annoying seagulls might seem to a person while they are trying to read an interesting book. Pretty soon he/she will likely move elsewhere, or tune out the seagulls and retreat into his/her own inner space, where he/she can read and think in peace. And following along these lines, it seems possible that autistics may indeed be operating at a higher level of consciousness than the norm. This would help explain the 'savant' abilities some autistics display. These include great artistic, musical and mathematical abilities, e.g., see the movie 'Rain Man' starring Dustin Hoffman as an autistic savant (mathematical genius). Shadow memories are first cousins to dream memories, which are themselves extremely delicate and easily lost. How many times have you woken after a vivid dream and thought "Wow, cool, that's so clear I'll never forget it!" so you don't bother writing it down; only to find the memory completely missing a few moments later. The one thing missing from every seemingly failed OBE or lucid dream memory is simply the mental recording of that experience, i.e., the memory of it being stored by the physical brain; that final wrinkle in the old gray matter. Memory is 'everything' to successful OBE or lucid dreaming.

Meditation: To allow myself another brief aside: Along these same lines, the above also explains why meditation experiences are so difficult to explain and remember; re they share the same inherent translation and downloading problems as do high level OBE experiences. Apart from simply falling asleep, this is the 'other' main reason why so many people remember little of what transpires while they are meditating.

The difficulties understanding and grasping the complexities of the mind-split, not to mention the enormous difficulties inherent to explaining all of this, I think, highlights why current theories on OBE have so far only allowed for a singular perspective and existence of a projector. Current popular theories therefore promoted the belief that the conscious mind actually leaves its physical body during an OBE, leaving an empty husk in its wake: what I call The Empty-Body Theory. Some people even go so far as to believe the essential animating soul actually leaves the physical body during OBE; called Soul Travel. Even the term Out-Of-Body Experience propagates the empty-body theory. It seems likely the reasons and needs that sprouted the empty-body theory were the sheer complexities, and often uncomfortable issues, raised if any more realistic and workable theory were applied to the mechanics and dynamics of OBE, i.e., The Mind-Split Theory, which allows for the simultaneous plural existence of any single consciousness unit, or person, in multiple subtle bodies.

Unfortunately, the singular empty-body theory also causes a great deal of needless worry, i.e., about getting lost or not being able to get back into the physical body during or after an OBE. But according to my experience and theories this could never happen. The original copy of mind and memory never leave the physical body while it still lives. Only a subtle copy leaves during any OBE. And even if, under circumstances I cannot imagine, the projected copy were somehow destroyed during an OBE, the physical body would wake up as usual the next day; albeit maybe with a slight headache and dizziness due to a minor loss of (replaceable) etheric matter: nothing a few good meals and a good night's sleep could not rectify.

If you drop the singularity (empty body during OBE) theory, you must by default allow for the mind-split and the existence of multiple copies of the original during OBE. And it would be logical to suggest that each would have a different perspective, level of consciousness and understandability. But you must then allow for the possibility that a plethora of energetic and mental conflicts may at times exist between these multiple copies; especially if more than one aspect of the original is functioning at any one time. You must also then consider how all of this would affect the original mind and its physical storage medium, the humble physical brain. And more importantly, how the original mind/brain would deal with the end result: with the multiple memory streams it would sometimes experience and have to account for, and how it would handle and store these during and after OBE.

The mind-split phenomenon is an extraordinarily intricate phenomenon with far reaching implications. It is fundamental to the entire field of metaphysics if you seriously examine it. But its real headache material, especially if an attempt is made to grasp all its complexities in one bite. I am not surprised the mind-split and the issues it raises have so far been overlooked; or maybe even deliberately avoided. However, I believe the mind-split theory (given fully in Astral Dynamics) provides the only realistic and workable foundation to explain the nature and dynamics and intricacies of OBE. Only when it is understood can the complex nature of humankind's multi-dimensional bio-energetic existence even begin to be grasped; and maybe understood just a little... RB

Lauràelle, the Ceremony & the Sword: An OBE Experience

by Robert Bruce

I have profoundly hesitated over the telling of this tale for many years. I have a lifetime of experiences like this to share, but some (like this one) may seem way over the top to some people, no matter how its written. This is simply because they lack any kind of experience that would allow them to relate to it. Because of this, part of me says to keep these things to myself, while another part urges me to share everything freely. So, although I am still undecided on this matter, I've decided to take a risk and let you, the reader, be the judge.

The following experience happened in the mid 80's. This is one of the most extraordinary OBE experiences I have had to date. It occurred during a powerful real time projection around midnight. It depicts some highly unusual events. Please trust that I have taken great pains to add nothing to this powerful experience; and have not taken poetic license nor romanticized it in any way. On the contrary, I shortened and toned it down a great deal during the writing of it.

Many of you are, or will soon become, projectors in your own right. Some of you, I am quite sure, will have experiences every bit as awe-inspiring as this one may seem to you right now. And after reading this, at least you will have something to measure your own extraordinary experiences against. And maybe one day you'll think to yourself, hey, that Astral Knights story of Robert's is not so weird after all. When out-of-body it really does pay to be prepared for the unexpected -- understatement! And if you think "Hey, Robert's getting really strange on us here" then I challenge you to prove me wrong or otherwise: get out of your body and see for yourself what's really and truly out there.

My friends, there is a whole lot more to OBE and other dimensions than meets the eye. Other dimensions, even the relatively simple and stable real-time zone, have aspects to them that are hidden for the most part, even to the most serious and dedicated of experienced projectors. I honestly think its more a matter of sincerity, heartfelt open-mindedness, belief and a willingness to believe, than it is of skill or ability or natural talent. But I do not extend this thought to include the imaginations and fantasies of a vaporous mind.

The following is, going by all I know and trust and hold dear, a fully objective Real-Time experience, had immediately after leaving my physical body. I was fully awake when I left my body, fully awake and coherent during the experience, and fully awake when I reentered it. There was no break in consciousness at any time, and I had a full shadow memory download. I did not leave the real-time environment; nor my own house (nor my own mind for that matter) at any time during this experience.

It begins. Buzzing out of my body around midnight, I floated towards the dining room and stopped cold. A being, looking much like a traditional gargoyle, was hovering near the kitchen entrance, high up on the wall. It was an ugly brute about the size of a large dog, humanoid but with over-long legs and arms, dark leathery body and a leering caricature of a face with dull-red glowing eyes. It was hunched motionless with knees held to its chest just inside the wall about head-high. It seemed to be watching me but I don't think it was aware I had spotted it yet. I floated forward to confront it and it sprang to life. It moved with the strobe-like jerkiness common to many negative entities; when seen clairvoyantly or during a real-time OBE. Turning, it moved through the wall away from me...and into the nursery. A fierce shiver of energy coursed through me and all fear vanished as I thought about what this thing might be doing to my children.

A cold, calm rage filled me and my heart center (of my projected double) throbbed heavily as energy poured into me; coming from my physical body. I desperately wanted to drive this thing away, or kill it if I could. There had been an uncomfortable atmosphere in our house lately that came and went. My children had not been sleeping well, having nightmares, night terrors and et cetera.

I racked my brain for a way to attack it and remembered something I'd read many years ago by Dione Fortune, in her excellent book, *Psychic Self Defense*. Dione said to ask for your sword and armor whilst out-of-body, or if this failed, to create them for yourself. I decided to try creating one first, not having much faith that some mysterious being or force from above might actually give me a sword and armor. I'm a realist at heart and although I'd seen a lot of strange and wonderful things, especially during out-of-body experiences, I'd never seen anything that might lead me to believe something as fantastical as this might ever happen.

I held out my hand and visualized a big, double-handed broad sword, just as Dione had suggested in her book. The sword slowly formed and came into sight over a few seconds, like an image appearing on photographic paper in development fluid. I turned to move after the creature but the sword faded as soon as I ceased holding it in shape

with my mind. I remade it several times but it kept fading away. Frustrated and with a sense of growing urgency, I gave up on the idea of creating a sword. In exasperation, I decided to try the other method. 'What did I have to lose,' I thought? Quieting my mind I raised my hand, sincerely and most-reverently asking God aloud for my sword. What happened next totally blew me away and changed my understanding of OBE forever!

The following events, apart from being greatly shortened and toned down here and there, are as accurately given as I can remember and write them.

A long, deep horn blast sounded far off behind me and hung in the air as a rumbling cloud slowly formed in front of me, just above my dining table. It looked like a heavy rain cloud: mottled dark-gray and solid looking, like a miniature thundercloud about the size of a small motor car. It had shape, depth and movement and generated an atmosphere of great power and presence. Flashes of internal lightning and sparks of colored light came from within the cloud, lighting up the dimly-lit room with every flicker and flash. The cloud hummed and rumbled, pulsating with awesome power. A deep voice then boomed from inside the cloud. It was mega-loud, deep and resonant, sounding just as anyone might imagine the voice of God would actually sound.

To date, I still have no idea what this cloud was, where it came from, why it appeared before me, nor of who the being was that spoke to me from within it was. I am not in any way, shape or form, claiming or intimating this was the actual voice of God -- but it does make one wonder, as this is most definitely a 'burning bush' kind of experience.

The voice from within the cloud addressed me by my full name. It then began a long address, speaking powerfully and eloquently in clear English. It went through a lengthy spoken ritual and finished by listing the extensive virtues and accomplishments of something or someone named, Lauràelle. This went on for several minutes with no repetitions. I was absolutely awe-struck and speechless by all this. I don't remember all the dialogue as the voice had a whole lot to say, but as memory serves me the ritual went something along the lines of this:

"You are summoned here by the Continuance."

"To stand forth; free and unfettered by flesh."

"For the timeless ceremony of knighthood."

"As in your beginning, so stand you now."

"Having passed the required trials and tests."

"As defined by the ritual of Continuance."

"Judged fit for service by your peers."

"Judged fit to rejoin the Continuance."

"Judged fit to renew your vows."

"Judged fit to receive your sword."

There was lots more, but in brief, the voice continued,

"Who holds this man to rejoin the Continuance?" The far off horn sounded one loud, sharp blast.

"I do!" spoke a strong male voice from close behind me. Startled ([understatement of the century](#)) I turned to see a large man with an enormous broad sword, wearing a full suit of heavy plate armor and chain mail standing behind me. He raised the great sword and moved to stand beside me. He lifted his visor and nodded as if he knew me. I smiled and nodded back at him.

By this time I was beyond speechless and nothing would have surprised me.

The voice continued

"Who holds this man to rejoin the Continuance?"

The horn sounded another deep blast that made me jump; out of my skin if I had one.

"I do!" spoke a woman's voice from beside me. Turning, again stunned, another armored knight with a raised sword moved to stand on the other side of me. This one was a woman by the sound of her voice and the shape of her armor. She was much smaller than the man and wearing a different type of armor. Her's was almost white with a platinum sheen to it. They kneeled each side of me, he on my left and she on my right. They faced the cloud with heads bowed and swords held by blades, points resting down with hilts before their faces as if they were praying.

This same ritual was repeated many times until a dozen armed and armored knights, both men and women, stood all around me with swords raised. Each one appeared and answered as the horn sounded a blast and the great voice repeated the question. They slowly formed a semi-circle with me in the center, all kneeling and facing the awesome cloud. At certain points in the ritual they spoke, sometimes singly and sometimes together, answering the many questions put to them by the incredible voice.

The voice told us all to rise. The first two knights who had spoken out, moved to stand close on either side of me, with each resting a hand on my shoulder. They lifted their visors and smiled warmly at me. The big man looked me straight in the eye and nodded his bearded head firmly. The woman smiled and winked at me. I nodded and smiled back. They both seemed very real, human and familiar, but from where or when I knew them I could not recall. At the time of writing this book, I still don't know who or what they are or where they come from, even though I've seen them many times since and have grown extremely fond of them all.

The great voice continued:

"Forged and wrought for the glory of God, shaped by angelic hands and blessed with the gift of life by the Holy Spirit, I give you the sword... Lauràelle! Lauràelle stands out against the darkness! Defender of life! Slayer of dragons! Scourge of all demons! Bringer of light and wielder of death! Child of the holiest of holy swords... I give you the sword... Lauràelle!"

The voice went on at some length here, listing virtues and deeds and battles and all kinds of stuff that made no sense at all to me. I remember only a very small part of the entire dialogue.

At the end of this, the voice stopped and a brilliant shaft of light appeared, coming from high above and piercing a hole through the swirling clouds, up where my ceiling used to be. Something long and sparkling swirled and sank slowly towards me from a great height. The voice started talking, and again it had a whole lot to say. I was prompted to kneel in prayer at this point and then to raise my right hand and repeat some lengthy vows, as given me by the voice. It felt right so I went along with this in all sincerity. My outstretched arm and hand I noticed at this point was covered in burnished steel. Glancing down at myself, I found I was wearing a full suit of armor. With a final sparkling sunburst, the sword Lauràelle spun down into my open hand, slamming into it like an old friend shaking my hand. I stood up and the wonderful cloud slowly faded from sight with a final verbose blessing.

I hefted the sword and swished it about, marveling at its glittering length and feel. Engraved along its blade were strange designs and words etched in a language I did not recognize. These moved under my fingers as I ran my hand over them. The sword felt alive and vibrant with energy.

I had originally tried creating a huge two handed broad sword like my bearded friend held, so tried to manipulate the shape of this sword with my mind. It faded slowly and formed into the huge sword I had earlier tried to create, but snapped back into its original form the moment I relaxed my will. Lauràelle has a set form I cannot alter. She looks something like you might expect an ornate knight's sword to be, possibly French, with a beautifully engraved blade and bejeweled cross hilt. Lauràelle has a quality and presence that demands respect, making it very clear she is not just some pretty toy or adornment.

Looking around, wondering what I should do, dumbfounded at the enormity of this whole experience, I saw the other knights were sheathing their swords and waving, as if about to leave. They began fading and winking out all around me, disappearing to God knows where or when: maybe back to normal lives like mine, maybe not. I soon found myself alone and moved through the wall to check on my children. They were all sleeping soundly, thank goodness. There was no sign of the thing I'd seen earlier.

Taking one last incredulous look at Lauràelle, I let her go. She faded from sight along with my armor. Returning to my physical body, I got out of my recliner in the living room and switched on a lamp. I had been out of my body for less than thirty minutes. Writing down this whole amazing experience, over a pint of cold milk and a cheese sandwich, I remember smiling and saying to myself: "Mat one is EVER going to believe any of this!" I could hardly believe it myself, but it did happen.

Later, as I sat in the near-darkness, pondering on what had just transpired, I suddenly felt a bit lonely and out of place. The house seemed to have a surreal quality and, just for a moment, I wondered if this reality were any more real than the one I'd just experienced. "Oh my dear God its all so very real", I said to myself. And as I walked through the house on my way to bed after tucking in my children, I stopped and looked back at the dining table where the awesome cloud had been earlier. I felt something nagging at the back of my mind, like a far-off memory. Something was telling me that what had just happened was more important than I realized, and that someday OBE was going to play a very important part in my life. Of course, this was many years before Astral Dynamics was even a proverbial twinkle in my eye:)

Since having the above experience, I only have to raise my hand and think of Lauràelle, at anytime whilst out of my body, and she appears instantly, sliding into my hand. This continues to amaze me every time it happens, but I must admit I've become rather attached to the old girl over the years. I have also put her to good use many, many times since all of this started. But about that part of my life I cannot really speak any more on at the moment; sorry. I have, however, been considering writing two more books, called "Advanced Astral Dynamics" and "The Astral Missions". These would, of course, include further investigations into the Astral Knights phenomenon.

I know the above experience sounds crazy, but its the Gods truth; I swear this on my life and all I hold dear. I almost did not share this experience because of this. And the Astral Knights chapter was cut from my book, Astral Dynamics, for this same reason -- re its just too crazy to conceive of! I still know very little about the astral knights, their purpose, history and origins. They seem a loose-knit group of projectors who are occasionally gathered together: but gathered by whom or by what or for what purpose I have no idea. By loose-knit I don't mean to say its casual. Far from it, the Astral Knights seem a fairly disciplined group. I meet up with the Astral Knights, during OBE, a couple of times a year on average. I have no idea who or what controls this group, but some higher-force most definitely appears to be behind it all. There are usually a dozen or so knights present, but many more will appear at times.

I'd like to make it very clear here that I do not control this group and cannot call them up at will, or get them to do my bidding -- I wish! I have been in many situations over the years where I have tried to summon this group, to help people in cases of apparently genuine need, with varying results; usually negative. Also, these knights will not always appear when I call them, even while I am out of my body. This makes research extremely difficult. To be perfectly honest, I know very little about this phenomenon and am still trying to come to terms with it myself. (RB)

"A Case History"

Following is another example of an astral combat type of experience, but this time from another projector's viewpoint. This illustrates that this type of out-of-body event is not quite as uncommon as it may appear to be. I have come across many other projectors over the years who also appear to be astral knights, and the majority of these men and women are very matter of fact about it. They do not consider themselves as being anything special. It is just something they are moved to do occasionally during OBE's. Please note that coming across seriously negative type entities during a projection, as shown in the above and below experiences, is extremely rare...unless you go actively looking for trouble, as Rod seems to have done.

Rod: I have found my sword at last! I tried many times to summon and create one, but eventually it just appeared in my hand. It has an embossed leaf pattern forming the entire outside of it. It also has a leaf-like shape which is like nothing I have ever seen before, but my sword it is. After your armor and sword suggestion in your last letter, I also created a suit of armor. It just appeared on me and is made of leaf-like plates, in a similar pattern to the sword. Suffice it to say - I like it!

I was out-of-body recently and, K, was with me. I felt something was missing and raised my arms above my head. I saw a light above me and a beam of silvery-white light shot down from a portal about 30 feet above me. It touched my hand and formed into my leaf sword. It felt right and comfortable and I knew it could never be taken from me. Now I have it I can 'vanish' it and bring it back any time I like. In all other projections, since this, I did the same thing and the sword came back to me each time. I have since used it against several malevolent entities I have come across on my travels.

The other night I was out of my body, in real time, and passing over the city. I saw a black fountain, huge and cloud like, coming out of a building, extending maybe 50 feet above the roof. I went to investigate and the fountain disappeared. I felt it was some kind of a marker and that something was inside the building, and I was being called to it. I went in through an open window on the fourth floor and found something in that room. It was horrible and black - very difficult to describe - and worse than any film monster I've

ever seen. It was standing, snarling over a cowering person lying on a bed. I tried to push it away but it pushed me back a 'lot' harder and I was thrown out the window. I went back in and invoked my sword. It came at me and I swung the sword over my head and cut the thing in two. Then I swung the sword from right to left and cut the thing into four. On some level I knew this wouldn't work and as I watched, the creature flowed back together, trapping my sword inside it.

I knew the sword was mine and couldn't be taken from me, so I 'vanished' it and formed it in my hand again. Intuitively, I raised the sword above my head and visualized a tunnel above me, going straight up. It formed, and at the other end of the tunnel I saw a very bright light. Something or someone flew down the tunnel. They were vaguely humanoid and surrounded by golden fire. It looked around and then shot back up the tunnel again. I sent a beam of golden energy out of my sword, and used it to push the creature upward into the tunnel. It resisted very strongly, but I kept pushing until finally it fell in. It tried to crawl back down again but I pushed it one more time and then closed off the entrance. The tunnel vanished, the room went dark again and my sword disappeared. I looked at the person curled up on the bed and saw big purple and black bruises on them, although maybe this was in their aura. I tried to send energy and love and healing to them and hope it helped. Then I left and went back to my body. It was an exhausting and rather disturbing series of events. I got up and wrote this down and then wandered around my house, feeling disoriented and odd for quite some time. (Rod)

Receiving a sword and armor when requested appears to be the sign a projector has long-term connections in the astral planes and/or higher realms, but of which they may be totally unaware. It may also mean they have in some way passed a test and been promoted to active astral duty, or so to speak. Asking for your sword should ideally be done at the very start of a real time projection, after moving away from your physical body. You should raise your hand (feel yourself doing this but don't try and look at your hand) and ask aloud with deep sincerity and reverence for your sword. If you are ready for it you will receive it; it's as simple as that. If your first request is not answered, try again the next time you are out, and keep on trying until you are ready. (RB)

The Blue Ray: An OBE Ceremony Experience

by Robert Bruce

This is what happened to me, many years ago, after my very first successful deliberate wake induced OBE. I had been trying to project for several months at this time, and had made a projection attempt almost every night for the previous two weeks. Trying to balance everything, relaxation, trance, energy, technique, etc, for a conscious exit projection is very difficult and can take some time to master. At this time, I was sleeping in a strange house and bed as I was watching over a depressed (suicidal) friend who was asleep in another room at the time.

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Amidst massive waves of energy, pressure and vibrations: thinking I might actually be dying -- I buzzed free of my body. I floated across the room and hovered there, internally awed by my success as I looked around and got my sea legs. Just as I was about to head for the great outdoors, only a few seconds after the exit, I felt myself in the grip of a powerful force. Unlike the Astral Wind phenomenon, this force pulled me to the middle of the room and transfixed me in a horizontal position several feet above the floor. I hung there looking up at the ceiling for a few moments as the room slowly dissolved around me.

I found myself lying in near-darkness on what appeared to be a stone altar. I was unable to do more than move my head very slightly from side to side. The scene around me grew more solid and was soon broken by several burning torches. They floated towards me and hung in the air all around me, suspended several feet in midair. I sensed movement and heard the muttering of many voices nearby, and realized I was not alone.

Straining to move my head, I made out the shapes of trees and stone pillars in the distance, faintly illuminated at the outer edge of the ring of light cast by the flickering torches. Several groups of strangely dressed people, men and women of many different races, were approaching me. Some wore long robes while others were almost naked, and many wore elaborate headgear. They spread out and formed a deep circle around me several feet away and waited, quietly talking among themselves as if I were not even there.

Suddenly, a ripple of excitement spread through the crowd and they parted in the direction my feet were pointing, all now facing this direction. Floating down a pillar-lined path came several large shields, all brightly painted and glowing. Each one held a colorful, glowing magical symbol. The shields were oval in shape and looked very African in design. They came to rest a few feet away and hung several feet in the air around me. I heard several voices say at once "The Master is coming!" and a reverent hush settled over the crowd. The inner-circle of people closest to me kneeled and joined hands.

An old but powerfully built African-looking man, at least seven foot tall, walked solemnly towards me through the break in the crowd near my feet. He was bare headed and wore a simple loin cloth made of some kind of animal skin. There were symbols and designs painted in glowing-white over most of his body. The Master walked up to the altar and stood just to the side near my head. He looked down at me solemnly for a moment before raising his hands over my head. He moved them over my body, making what appeared to be magical signs and gestures, his deep voice chanting resonantly in a strange tongue.

His words and gestures had a great power to them. From his hands came colorful sparks and glowing trails formed in their wake as they moved. Symbols and magical designs appeared in the air above me, some flowering and spreading and some sinking into my body. His palms slowly dissolved as multiple rays of colored-light sprayed from them. I felt these rays touching and burning into me and something very strange seemed to be happening inside my body. It felt as if my internal organs were being warmed and moved about in response to these penetrating beams of magical light.

After what seemed to me like several minutes, the light coming from the master's hands changed dramatically, solidifying into a single gorgeous royal-blue colour, only deeper, brighter and more vibrant. The colour was simply breathtaking and no colour on earth could compare with it. I heard awed whispers from beside me saying "Look...look...the master's using the blue ray now!" This single ray of light grew in size and power and burned right through me.

I felt a tugging pressure in my chest and throat and my heart fizzed and tingled and thrummed wildly as the light burned through it. The blue ray spread upwards through my throat and head, growing stronger and brighter until it filled my mind's eye, blotting out everything around me. This light was breathtakingly beautiful and my whole world filled with its royal-blue light and energy. I felt myself falling into and becoming this light. I adored this light and was this light and the light became me. Then, the light slowly faded away like an afterimage and the bedroom started materializing around me.

I floated free and hovered awhile, trying to work out what had happened while holding onto the light I could still see in my mind's eye. I could see a royal-blue tint in the atmosphere all around me and took a quick look at my hands.

As they melted, they glowed brightly with a royal-blue aura around them.

I slid back into my body and came wide awake, but could still feel the peculiar fizzy-tingling sensation in my heart. This lasted for several days and during this time I loved everything around me intensely. I was on something like a spiritual high. After this experience, my heart center became my most active primary energy center. This changed the course of my life dramatically. Even now, whenever I cover my closed eyes with the palms of my hands, as I always do immediately after meditation, my mind's eye still floods with this same wonderful royal-blue light...the sight of which I still adore.

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For interest's sake: Two weeks after the above experience, my mother and I attended a large development circle at a Christian Spiritualist church in a town nearby. This was at the invitation of some acquaintances. I had not told a soul about the above Blue Ray experience (being rather staggered by it) not even my mother. During the ensuing development circle, two of the mediums working there (total strangers to us at the time) commented on a thick ray of blue light they claimed to see coming through the ceiling and penetrating my upper chest. Because of this blue ray, one of these mediums talked us into attending a healing center with them the following night, and literally wouldn't take no for an answer.

Thus began a very important chapter in my life, one of healing, service, learning and development. The minute I entered this healing sanctuary I was requested to work as a healer: something fairly new to me at that time. There, at this healing center, my mother and I met an small, elderly, buxom lady with a twinkle in her eye and a wonderful sense of humour: Selena. My mother had briefly met Selena once before at a spiritualist convention several years earlier. During the course of the evening we three took an instant shine to each other and quickly became the best of

friends. Selena is one of the finest mediums (clairvoyant and clairaudient) and wisest person I have ever had the privilege to meet. She was destined to become my teacher, mentor and dearest friend for many years to come. Selena passed away fairly recently (1999) but she still comes to visit us occasionally.

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To be truthful, I have a slight problem with death. When people die its really sad (tell me about it!) but I 'still' see them and talk to them at certain times, and its often hard to tell deceased people from living people. I remember once, many years back, riding on a bus in the evening, chatting to the guy next to me; as one does. A pretty normal event by all accounts; or was it? Read on and see what happened....

I was chatting with this young man and having a normal transient-type conversation (we'd both had a few beers, re why I was taking the bus instead of driving) when we came to the scene of a car accident. We'd only been on the bus a few minutes when the bus slowed to move around the wreckage. He was totally amazed and said "That looks just like my car! That is my car! But who's driving it? I'm on my way home from my sister's wedding. But what am I doing on a bus. Oh my God! I was driving! What happed? I wasn't that drunk!" (But he 'was' that drunk: totally legless) He broke down after this and slipped into a kind of trance-like stupor as the gravity of his situation dawned on him. Although by then I had realized what was happening (he was a recently deceased spirit) I could not get any sense out of him after this. Sad but true. He vanished shortly after this. Realizing this, I was not surprised when the bus driver made tactful inquiries about my wellbeing as I got off the bus. I explained I had been rehearsing a play; which usually works in situations like this.

Just so you don't get the wrong idea: please note that I don't see spirits all the time. That would be a most uncomfortable way to live. But sometimes my clairvoyant ability is triggered without my noticing it. Because of this, occasionally I'll have trouble telling the flesh-and-blood living from the not so flesh-and-blood living. This is especially likely to happen in the presence of recently departed spirits, especially at the scene of accidents and places where people have died suddenly. I think this may be due to the large amount of energy surrounding this type of event.

Privacy, Ethics & OBE

by Robert Bruce

There is a widespread belief stemming from early this century that has not only remained unchanged but has been continually propagated ever since. This belief is that if a projector deliberately invades the privacy of another person for immoral purposes or unethical gain, or engages in any disreputable or sexual behavior during OBE, they will be banned or stopped from further projecting -- grounded by a higher authority. It is even believed by some that there is a kind of astral police force watching out for ethical, moral and astral rights transgressors.

According to my experience this belief is a total myth. There are many natural barriers associated with OBE, but there are no ethical nor moral limitations. No higher authority is interested in the activities of projectors. No astral police force will appear and punish bad or naughty projectors.

The ethical and moral correctness of any out-of-body action depends entirely upon the judgment and conscience of the projector concerned. With out-of-body sex especially, strong natural barriers are encountered and there are natural repercussions for repeated disreputable behavior. If projectors cannot control their behavior they will not last very long nor travel very far while out of body. Their experiences will tend to be quickly curtailed whenever they meet any potential sex partners, real or unreal. This cuts their OBE's very short indeed and keeps them off the astral streets, so to speak.

If projectors go actively seeking sex, they will come across an ever increasing number of potential sex partners. The lower astral planes teem with these. Like attracts like in a big way in the sensitive out-of-body environment. The only repercussions stemming from habitual bad behavior, as far as I am aware, are a lowering of energetic values and of the levels of operation possible. In this case the attraction of other like-minded projectors and beings is, I consider, natural consequence enough. This has the effect of keeping sexually overactive projectors away from more serious-minded projectors. This has, I feel, a certain poetic justice to it.

As to invading the privacy of people in the real world, or other projectors in the out-of-body environment, even for deliberate unethical gain or immoral purposes, there are no restrictions. In my experience there is no astral police force or astral overseer who will suddenly blow a whistle and say: "OK mate...I saw what you just did! Get straight back into your body and stay there....Right Now!" Imagine the enormous number of astral police that would be required just to keep tabs on several billion people day and night?

The intentions involved with privacy issues are important. Continual deliberate breaches of privacy will cause a serious alteration in a projector's energy values. This will attract other like-minded projectors and negative-type beings into their OBE's as well as into their real life; which is consequence enough methinks.

It seems the whole idea that out-of-body behavior is policed was started by early researchers and authors on OBE and related subjects, early last century and late in the century before this. Most would have realized the real truth of this matter, of this I am quite sure. However they seem to have worried that if the public knew the whole shocking truth about the sheer freedom of OBE, they might use OBE for what they considered to be immoral purposes. In a way, these researchers and authors tried to impose their own set of moral judgments and values upon the public with a "Stop it or you'll all go blind!" kind of attitude and blanket warning. They hoped by this, I am sure, to influence people into using OBE for good and noble purposes only.

Stemming from this, these early writers and researchers have unwittingly imposed this same set of values upon the present day. Consider the early written works in OBE and related fields, and how these have been used as reference and source material by all researchers, authors and teachers ever since. All of these early works have had some influence on present day thought, concerning behavioral limitations of OBE. As a result of this we now have many versions of 'The Astral Overseer' and 'The Astral Police' types of beliefs to deal with; all stemming from the original morally inflicted Victorian fallacy. (RB)

Planes of Existence

by Michael Lewis

Planes of existence should not, as they commonly are, be thought of as discreet states but rather as a continuous scale.

As we distinguish between body, mind and soul, we must equally distinguish between physical, mental, and spiritual. In this way we can see our bodies, our minds, and our souls as the states in which we exist in each of the respective planes of existence. The body is our physical form, the mind is our mental form, and the soul is our spiritual form. However, we should not think of the physical, mental and spiritual planes as discreet states, rather we should think of them as bands along a continuous scale of infinite divisions (planes).

The intermediary states, astral and ethereal, are most easily explained in relation to their neighbour states. The astral shares properties of the physical and the mental, and the ethereal shares properties of the mental and the spiritual. However, as should already be clear, these are not discreet states, and so any given thing may exist at any point, or between any points, on the scale. An 'ordinary' object exists only in the physical plane (or more accurately, the physical band of planes), a thought-form exists in the mental plane, and depending on the nature of the thought-form, its existence may also reach partially into the astral or ethereal planes, a person exists across the entire spectrum, and so on. Everything has its place on the scale, existing within a range of planes.

This suggests that it is possible that ghosts, demons, or other controversial entities do exist, occupying planes that are not normally used by people. Imagine that you are driving on a colossal roadway (marked into an infinite number of lanes) and that you can only see straight ahead of you. Imagine what you must pass without ever realising. Let us imagine a thought-form existing within a particular narrow band of planes in the mental band of planes. It is a malicious thought-form, a demon. It is entirely impossible for a person to encounter it physically, since it does not exist on the physical plane. It may only be encountered within the narrow band of mental planes within which it exists. A person may only encounter this demon, therefore, as a thought, and it will appear to the person just as any other thought in their mind would appear. Although it will be a malicious thought, there may be nothing to clearly identify it as a foreign body within the mind, something that the mind has picked up, rather like a radio scanner, scanning specific frequencies (planes). The person will never realise that they have encountered a demon, and they will not be aware of its effect upon them, which may be permanent, although it is unlikely to be significant. We may encounter such loose thoughts every day, and each one may influence our thoughts. This would explain inspiration, both positive and negative, the 'voices' heard by schizophrenics and other 'mentally ill' people. This also has implications for the way we understand the mind and the nature and process of thought, and the way we monitor and evaluate our own thoughts.

This theory of a continuous scale of planes of existence has one very significant implication. Physical dimensions (height, width, and depth) apply in the physical plane but not in the spiritual plane - where everything exists in one point with no spatial dimensions. The mental plane has spatial dimensions in its lower band (near the astral) but not in its higher band (near the ethereal). This means that at different levels of thought, different spatial rules apply. At

the lower levels, thoughts are restricted within the mind of the thinker, but at the higher levels, thoughts exist regardless of spatial dimensions, and may therefore be shared by any number of minds that are on the same plane, and therefore on the same mental frequency. This would explain telepathic abilities and contribute to an explanation of the psychological phenomenon known as 'contagion', where a crowd of people all reach the same mental state. This also has profound implications for the way we understand the mind and the nature and process of thought.

Recently I have found it useful to think of the planes of existence in a tri-form as depicted in the above image. This image shows how the planes can be thought of as equal and balanced forms emanating from a central point, rather than as a linear scale. In this model, the focal point can be thought of as God/Chaos/Reality - the central focus point of reality where existence is pure, whereas in the perceived world, which is created from this focal point as matter, thought and spirit, existence is impure. The fractal boundaries created using Newton's Method show, in this context, how each plane overlaps with the others. Between any two planes is the third.