

Astral Projection that WORKS, and a quote requested.

Sometimes an occultist likes to keep a few of his secrets, but I will stop holding on to this one. There is fuck ton of astral projection exercises. Most of them are just plain retarded. However, there are a few that do work. You must settle on ONE, and practice, practice, practice. If you introduce too many variations, you will NEVER achieve a true astral projection. To consciously astrally project you must train the method INTO yourself, and expect that it probably take some time.

This is THE way I was taught. I like this method because it is circular. Meaning, that I can keep logically preforming the actions, and my analytical mind won't erect obstacles to trying and figure what I am doing.

Example, the Indian rope trick projection technique. It works, I have used it, and I sometimes still employ it, HOWEVER, I believe this method to be culturally linked. The western mind, I believe, due to culture issues, has a hard time assessing the purpose, and that is where the failure, for many who attempt to employ it, comes from. The premise for Hindu/Folk India magicians, is that a rope hangs above their bodies, and their astral body begins to climb the rope, until they they astrally project. In the Hindu culture, idea such as "eternal, and forever", and the abstractness of those ideas, are readily accepted. In the western mind, "expects", and measures, and calculates too much, and many western magicians employing this technique.... literally run out of rope, their analytical mind will erect huge barriers to prevent them from moving beyond their own cultural beliefs, and conditioning.

Therefore, my mentor found a technique that DOES make sense, and is circular, has a beginning, and an logical ending point, which can be performed, ad nauseum, but the genius is that you are still actively, astrally engaged the entire time.

Process:

Find five small (size of regular rocks that you throw at old people) quartz crystals. Carry them with you for week (pocket, purse, backpack, whatever). Sleep with them next to your bed, or under your bed. You are literately programming the crystalline structure of the quartz with your own energetic signature.

After a week, place, #1 next to, or under your bed. Place #2, somewhere else in you home, or apartment, place #3 next to the front, or back door of our house, or apartment, place #4 some where outside your home, or apartment (your can bury it if you want), and #5, place somewhere further outside your home, you can also bury that one too.

So now you have created a trial of quartz crystals, with your energy signature.

Now, as you relax, and prepare yourself to sleep. Imagine (astral body) getting out of bed, and picking up the #1, and putting it in you pocket, or whatever, and then collecting #2, then #3, #4, lastly #5. Now you are outside of your house, but you have not yet fully transferred your consciousness over to your astral body. So, now you retrace your steps, place #5 BACK where it goes, and then #4, and then #3, #2, and finally #1. Now, re-collect those quartz pieces, etc, etc, etc.

You will either fall asleep reenacting this process, realize you are dreaming, and have a lucid dream when you are looking for the quartz and you realize your not in your house, or apartment but on a space station surrounded by Victorian era girls (NOT A BAD DREAM! :)), or you will feel a buzzing sensation wash over your body (GO WITH IT!!!!!!!!!!!!!!!!!!!!) and you will astrally project. Once this happens, it will get easier, and easier to re-create. So start working on it!

Ok, someone asked me about a quote I made, here it is

"Any God, or Government that demands you live on your knees, does so ONLY to make it easier to force their dick in your mouth".

Sabbatical starts now!"

-Uncle Bear Heart