

head/neck tingling, slowly take the feeling up through your neck. Now comes the hardest part... Relax ALL the muscles of your head, even your lips should be relaxed. Bring the sensation over the BACK of your head, until your scalp is tingling. It may take a while, but when that is done, send the tingling sensation over the rest of your head.

Your entire body should be tingling, as if you are plugged into an electrical outlet. If it is not, continue to concentrate until it is. It may take a while at first, but gradually it become easier and easier.

Now... To seperate... Think of a place you would like to go, the closer it is the easier it will be... Visualize what the place looks like if you are familiar with it. Will yourself to go there, to BE there. By mere strength of will you should be able to seperate from your body. Continue willing yourself to go until you do indeed seperate. Some people hear a metallic 'Click' when seperation is achieved.

Move about... Simply will yourself to move. You do not have to walk, you do not have to go around objects. You are no longer limited by your physical body. You do not have to walk, you can, actually, fly!

Whenever you want to return to your body, simply will yourself to be there... Going back is the easiest trip!

Now when you return to the body, slowly open your eyes. Do NOT move about suddenly... You will probably feel a little disoriented, and like you just woke from a deep sleep. Slowly move your arms around, and bring your legs up (bend the knees). After you have moved around a bit, stand up and walk around a bit. Now you are back in your physical body, so go about what you would normally do! Congratulate yourself on a successful trip!

After you have actually seperated, it will become increasingly easier and easier for you to do it.

NOTES

The above is just the technique, some notes are in order. If you are a beginner, the seperation process may take a LONG time. Even the tingling sensations may come slowly to you, but eventually they do come. Just have patience and continue to try, and eventually you will make it out. Some people make it out in their first 5 trys, others take as many as 30 trys. You will eventually be able to leave your physical body behind.

On your first few trips, don't try to leave the country or planet! Just simply travel about in the room you are in. After you have done that, you can try going around in your house, then around your property. It is easier to go to places you are very familiar with, so it will be easier for you to begin by staying around your house. Do not be scared by your physical body, it may look dead, but if it was dead you wouldn't be Projecting, correct?

Eventually you will get the hang of it... It is like everything, keep practicing and you'll get better and better.

MYTHS ABOUT A.P.

Can I Get Hurt By Projecting?

No... Now, you can get into fights, but they will be mental, not physical, and the only way you could get 'hurt' is to remember what it is like. If you find yourself scared badly, you will probably find yourself back in your body, but if it doesn't happen automatically, will yourself back when you feel you need to be there.

Can I Get Stuck Out Of The Body?

No... If your physical body is disturbed or placed in danger, you will immediately be recalled... (Of course, if your house blew up while you were out, I don't know what would happen, but. . . .)

The tingling sensation I have described feels differently from person to person. I feel like electricity is pumping through my body (I've had it happen so I know what it feels like!), but others feel like someone is pricking them gently with pins. It will vary, but you will know when the sensation begins...

When seperating, people have had different sensations. Some feel like their physical body is being emptied out, some feel like they are being pulled straight up, some feel like they are melting upwards. Again, this will depend on you and where you are trying to go.

The progression to the Alpha State can be a very useful technique for you. Angry? Under stress? Run through the colors in your mind. It is a very relaxing exercise... You can even do this to get to sleep by doing it in some place where you are VERY comfortable, such as your bed. Those interested in Self Hypnosis will also find it a usefel method of relaxation...

When you are getting the tingling sensations to spread, and just before you seperate, you may become aware of what your physical body is going through. As you know, when you sleep your breath rate goes down. Well, you are approaching the same state as when you sleep, therefore you will be breathing SLOWLY. Do not let it bother you...

Some lucky individuals engage in 'sex' with their Astral bodies. I personally have not done this, but from what I read and hear, it is many times better than what most people experience physically... I wish you luck with that if you wish to pursue it...

CLOSING WORDS

I certainly hope this has helped you with learning how to Astrally Project. I have, by no means, told everything there is to know, that is beyond the scope of this file. However, I have presented everything you really need to know about it, everything else will come with time and experience. Good luck, and happy projecting.

The Coven
are
Mephisto and Omegan