

THE 10 MUST KNOW ASTRAL PROJECTION TECHNIQUES



ASTRAL
BODY
TRAVEL

*Ted
Heywood*

THE 10 MUST KNOW ASTRAL PROJECTION TECHNIQUES

BY TED HEYWOOD

ASTRAL
BODY
TRAVEL

ASTRAL BODY TRAVEL

© Copyright 2016 by Ted Heywood - All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with any others.

ASTRAL BODY TRAVEL

AUTHOR'S NOTE

If you are one of the average people, you will probably brush off the concept of Astral Projection as mere fantasy. But since you have downloaded this book, I know you are not average. You believe, somewhere deep down in your heart, that this might be true. I am glad that you took this small decision to start this journey...a journey towards realization...a journey towards self- discovery.

One of the most difficult things about Astral Projection is making others "believe" that this is true. But for those who have experienced this reality, they know how real it is. No one can make them believe otherwise. They know that they can exist outside their physical body.

It is my sincere request to you not to read this book for entertainment purpose. I also ask you not to believe blindly whatever I have written in this book. But I want you to have an open mind.

Start reading this book with a clean slate. Judge it by experiment. Devote some time to this wonderful topic. Practice. And with practice you will have belief. With belief, you will have experience. And with experience you will have conviction. An unshaken conviction that you are much more than your physical self.

So this is all I ask the reader to do. Experience it!

ASTRAL BODY TRAVEL

It will be my endeavor to give you as much of information possible, theory and practical, and at the same time, avoid too much technicalities, so that you can *understand* Astral Projection and *experience* it.

I can promise the reading will be sheer delight! Hope you enjoy this blissful journey!

Ted Heywood

A handwritten signature in blue ink that reads "Ted Heywood". The signature is written in a cursive, flowing style with a blue color.

INTRODUCTION

There are hundreds of techniques available that induce Projection. The ideal method, or a single, safe, simple, and entirely effective formula to leave the body still does not exist. This is due to the existence of multitude of personalities, physical constitutions and human characters.

OBE techniques are based on one or several attributes of yourself, such as imagination, visualization and concentration. So sometimes it is better to combine several different methods to leave the body, adapting them to your character, circumstances, mental concentration, etc.

You, a candidate to conscious projection, must check, with self-criticism, which is your best attribute or the most versatile, in order to use it as a basic tool.

Since there is no universal method that would work for everyone to attain conscious projection, we will present many different kinds of techniques. It is convenient for you to know them all in order to ensure a greater chance of finding the one which will be more efficient and adequate for you or which will, at least, inspire you to search for your own method.

Whichever technique you choose, you are unlikely to get a result on the very first night, or even on the first few nights - some of these techniques can take considerable

ASTRAL BODY TRAVEL

practice so take your time with them and try not to get frustrated when nothing happens at first. It would be a good idea to pick out the techniques that appeal to you the most and try each of these for a week or two.

TECHNIQUE 1: THE ROPE TECHNIQUE



A key ingredient to this projection technique 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 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.

ASTRAL BODY TRAVEL

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. Physically, reach out and touch it frequently, until your mind gets used to its position. This ribbon is only a tactile aide. By being able to reach out and touch the ribbon, you get used to the spatial coordinates of where the invisible, imaginary ROPE is. This grows both in your mind and hence as a thought form, 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.

This is a complete projection method in itself, if you have good powers of concentration. I suggest beginners to concentrate solely on this method until they have more experience. This projection method will give you a normal Astral projection.

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

ASTRAL BODY TRAVEL

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. This is caused by exerting dynamic pressure on the astral body. 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: 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.

IGNORE *ALL* SENSATION YOU FEEL DURING PROJECTION or it will distract you, break your

ASTRAL BODY TRAVEL

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 all be mental.

Keep climbing, hand over hand, ever upwards, 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.

Keep climbing and you will feel your chakras open in response to the pressure, don't stop.

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. Don't stop.

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:

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

TECHNIQUE 2: WATCH YOURSELF GOING TO SLEEP



Lie down comfortably on your back, facing the ceiling. Dim down the lights and relax by using any relaxation technique described above. Clear your mind of unwanted thoughts and let yourself go limp. Let yourself relax completely. Relax even more.

Tell yourself that you are going to watch yourself in the act of going to sleep. You must be very clear about your intent. You're going to let your body sleep while your mind will remain alert throughout the entire process. Tell yourself you will retain consciousness even while your body is going to be in complete "trance".

As you relax completely, you must learn to recognize the rather strange, distinctive sensations you feel as your body moves into the sleep state. You **MUST** stay aware as this unfolds. At a certain point, you'll realize that you're in a hypnogogic state. (state between waking and sleeping)

ASTRAL BODY TRAVEL

After sometime, you will feel that your body is feeling heavy and numb. You are on the right track! Pay close attention to all your bodily sensations. You may feel yourself swaying or floating. You might even find certain parts of your body tingling. There might be vibrations running from your head to toe. You might even hear a strong buzzing sensation in your ears. Whatever the sensations, do not panic as these are very good signals that you are on the verge of experiencing an OOB.

You have to then visualize that you are rising up from your bed and floating towards the ceiling. How would it feel if you could actually float? Try to make the experience as real as possible. Hold this image for as long as you can. If everything goes on well, you might suddenly find yourself outside the body, floating near the ceiling!

If you have trouble visualizing yourself rising up, the following suggestions might help:

- Imagine flying in an airplane or balloon that is taking you higher and higher
- Imagine a boat swaying lazily in a calm river. You are lying in that boat, relaxing!
- Imagine yourself being carried away by a cloud
- Imagine you are in an elevator that is rising up slowly...
- Imagine you are a leaf that is being carried away by the wind
- Imagine sliding up or down an escalator.

ASTRAL BODY TRAVEL

The suggestion below will make it easier give you the floating sensation that is so crucial to your success.



TECHNIQUE 3: MONROE TECHNIQUE



STEP 1: RELAX THE BODY

According to Monroe, "the ability to relax is the first prerequisite, perhaps even the first step itself" to having an OBE. This includes both physical and mental relaxation. Monroe does not suggest a method of attaining this relaxation, although Progressive Muscle relaxation, coupled with deep breathing exercises are known to work well.

STEP 2: ENTER THE STATE BORDERING SLEEP

This is known as the hypnagogic state. Once again, Monroe doesn't recommend any method of doing this. One way is to hold your forearm up, while keeping your

ASTRAL BODY TRAVEL

upper arm on the bed, or ground. As you start to fall asleep, your arm will fall, and you will awaken again.

With practice, you can learn to control the hypnagogic state without using your arm. Another method is to concentrate on an object. When other images start to enter your thoughts, you have entered the hypnagogic state. Passively watch these images. This will also help you maintain this state of near-sleep. Monroe calls this **Condition A**.

STEP 3: DEEPEN CONDITION A

Begin to clear your mind. Observe your field of vision through your closed eyes. Do nothing more for a while. Simply look through your closed eyelids at the blackness in front of you.

After a while, you may notice light patterns. These are simply neural discharges. They have no specific effect. Ignore them.

When the light patterns cease, you have entered what Monroe calls **Condition B**. From here, you must enter an even deeper state of relaxation, which Monroe calls **Condition C** - a state of such relaxation that you lose all awareness of the body and sensory stimulation. You are almost in a void in which your only source of stimulation will be your own thoughts.

The ideal state for leaving your body is **Condition D**. This is **Condition C** when it is voluntarily induced from a rested and refreshed condition and is not the effect of normal

ASTRAL BODY TRAVEL

fatigue. To achieve **Condition D**, Monroe suggests that you practice entering it in the morning or after a short nap.

STEP 4: ENTER A STATE OF VIBRATION

This is the most important part of the technique, and also the vaguest. Many projectors have noted these vibrations at the onset of projection. They can be experienced as a mild tingling, or as if electricity is being shot through the body. Their cause is a mystery. It may actually be the astral body trying to leave the physical one. For entering into the vibrational state, he offers the following directions:

1. Remove all jewelry or other items that might be touching your skin.
2. Darken the room so that no light is seen through your eyelids, but do not shut out all light.
3. Lie down with your body along a north-south axis, with your head pointed toward magnetic North.
4. Loosen all clothing, but keep covered so that you are slightly warmer than might normally be comfortable.
5. Be sure you are in a location where, and at a time when, there will be absolutely no noise to disturb you.
6. Enter a state of relaxation
7. Give yourself the mental suggestion that you will remember all that occurs during the upcoming session that will be beneficial to your well-being. Repeat this five times.
8. Proceed to breathe through your half-open mouth.
9. As you breathe, concentrate on the void in front of you.

ASTRAL BODY TRAVEL

10. Select a point a foot away from your forehead, then change your point of mental reference to six feet.
11. Turn the point 90 degrees upward by drawing an imaginary line parallel to your body axis up and above your head. Focus there and reach out for the vibrations at that point and bring them back into your body. Even if you don't know what these vibrations are, you will know when you have achieved contact with them.

STEP 5: CONTROL THE VIBRATIONAL STATE

Practice controlling them by mentally pushing them into your head, down to your toes, making them surge throughout your entire body, and producing vibrational waves from head to foot.

Practice this until you can induce these waves on command. Once you have control of the vibrational state, you are ready to leave the body.

STEP 6: BEGIN WITH A PARTIAL SEPARATION

The key here is thought control. Keep your mind firmly focused on the idea of leaving the body. Do not let it wander. Stray thought might cause you to lose control of the state.

Now, having entered the vibrational state, begin exploring the OBE by releasing a hand or a foot of the "second body". Monroe suggests that you extend a limb until it comes in contact with a familiar object, such as a wall near your bed. Then push it through the object. Return the limb by placing it back into coincidence with the physical one,

ASTRAL BODY TRAVEL

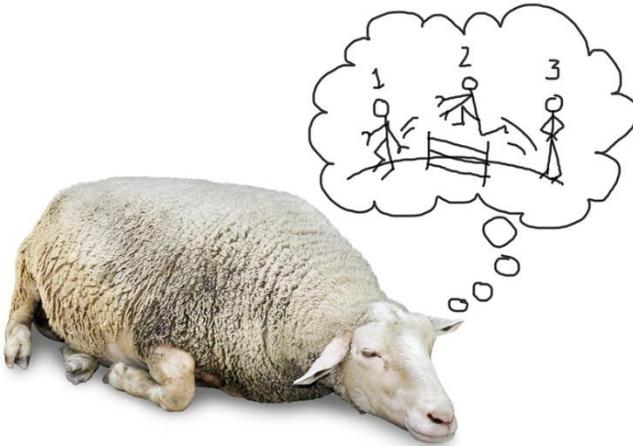
decrease the vibrational rate, and then terminate the experiment. Lie quietly until you have fully returned to normal. This exercise will prepare you for full separation.

STEP 7: DISASSOCIATE YOURSELF FROM THE BODY

Monroe suggests two methods for this. One method is to lift out of the body. To do this, think about getting lighter and lighter after entering this vibrational state. Think about how nice it would be to float upward. Keep this thought in mind at all costs and let no extraneous thoughts interrupt it. An OBE will occur naturally at this point.

Another method is the "Rotation method" or "roll-out" technique. When you have achieved the vibrational state, try to roll over as if you were turning over in bed. Do not attempt to roll over physically. Try to twist your body from the top and virtually roll over into your second body right out of your physical self. At this point, you will be out of the body but next to it. Think of floating upward, and you should find yourself floating above the body. Monroe suggests you begin with the lift-out method, but argues that both are equally efficacious.

TECHNIQUE 4: PROJECTION FROM LUCID DREAM



Lucid dreams are dreams in which the dreamer is aware that he is dreaming. In a Lucid Dream a person is already “out” of his body.

In order to achieve Astral Projection from Lucid Dreams, you have to first become obsessed with OBEs and the idea that YOU can experience them. This is very important. You can't just want to leave your body. You must really DESIRE it. You must read everything you can about it -- then read it again.

You must think about it every free moment that you have. Pound it into your head! Read what it feels like to go out of body, to rush at super-human speeds, to float serenely

ASTRAL BODY TRAVEL

above treetops and spin dizzily with the stars -- then imagine yourself doing these things!

Once your mind is besotted with the thought of OOBes we will need triggers and affirmations so that you have a Lucid Dream. During the day keep thinking: 'Tonight I'm going to have a Lucid Dream'. Remind yourself of this all day long. And – and this is the important part – keep asking yourself during the day “Am I dreaming now?”

You have to remind yourself several times a day. It's easier if you develop a reminder technique. You can write the word 'LUCID' on your hand with a felt-tip pen. Every time you see your hand, repeat your affirmation “Tonight I'm going to have a Lucid Dream”

When you get into bed at night, look at your hand and remind yourself once again that you will become Lucid in your dreams. As you fall asleep, hopefully, you'll have programmed your sub-conscious to induce a Lucid Dream.

Once you are in a Lucid Dream, and know that you are dreaming, you would also know that you are not in your body. You can then will yourself to see your bedroom. In most cases, when you do this, your dreamland will suddenly disappear and you will find yourself in your bedroom, floating above your body.

Once you master this method, you can start by simply giving yourself the suggestion that when you become lucid in a dream, you can just focus on your desire to enter the Astral realm, and you will be there.

TECHNIQUE 5: THE HYPNOPOMPIC STATE



The hypnopompic state is a stage of half-sleeping, half-waking that we pass through as we awaken. It is ideal for projecting your consciousness from the body.

Let's start at the beginning. As you feel yourself coming out of sleep do not move your physical body and keep the eyes shut. In this state of half-sleep do nothing but relax. If you feel yourself coming out of this trance condition, deepen it by imagining yourself walking down a flight of stairs while, simultaneously, to maintain consciousness, you stare at a fixed point in front of your eyes. Don't deepen it too much that you fall asleep -- the goal is to

ASTRAL BODY TRAVEL

maintain a condition of pure relaxation but keeping your consciousness steady.

Once you deepen this state, you may or may not have the ability to see through your eyelids. You may hear voices or your physical body snoring, or you may be aware only that you are in a state of drowsiness – in any case, you are in the correct mode for an OBE,

When you have determined that you are in the hypnopompic state and have managed to hold that position steadily, simply give the command to leave your body, in the manner you feel most comfortable.

A good method is to roll off the bed to the right or left. However, it is a good idea not to have objects in your path as you do this, such as a desk or night table. It is true that under most conditions the astral body can easily pass through such objects, but, despite knowing this, if you still harbor fears of rolling into, or knocking your head against, an object, then complete separation cannot be accomplished. Or, if you like, imagine yourself floating upwards. You can use whichever way you feel comfortable with.

The best method is the one that can get you out of the body quickly. Once out, keep it in mind that a close proximity to the physical body might yank you back into it before you are ready. If you want to, you can look back at your physical body, but the initial shock of seeing yourself with such a deathlike countenance will probably bring about re-entry into your physical body.

ASTRAL BODY TRAVEL

When attempting to project from the hypnopompic state it is important that you do not try too hard. If you try too hard or become anxious, you will destroy any chance you may have had. Take the position or attitude that you don't care a hoot whether or not you project. Be nonchalant about it. Behaving in this manner will keep the nerves and fears at bay.

TECHNIQUE 6: THE RED DOT METHOD



This technique is very simple but it works great. This method should be done after several hours of sleep. As you begin to awaken, keep your eyes closed. Keep the body still and don't move your limbs. The idea is to fall asleep again, but this time with a particular goal firmly planted in your mind as you drift off into a slumber.

As you fall asleep imagine that there is a big Red Dot on the floor near your bed and that you are sitting on that big Red Dot. Just imagine that a pinpoint of consciousness that is YOU, is on the floor next to your bed. Keep this idea firmly rooted as you fall asleep. If everything goes on well,

ASTRAL BODY TRAVEL

the next thing you'll be aware of is that your Astral Body has fallen to the floor. This actually brightens or awakens your consciousness and you find yourself outside your body!

TECHNIQUE 7: THE OBJECT TECHNIQUE



The Object Technique is an excellent exercise to focus and maintain your awareness away from your physical body. By doing this, you can actually have an OOB.

Select an object in your home. It should be a physical item that you can visualize with relative ease. Ideally, the object should be in a different area of your home than the room you normally use for your out-of-body techniques.

ASTRAL BODY TRAVEL

For example, you could select your favorite chair, a gift or artwork, your favorite painting, sculpture, or anything else that holds some special meaning to you.

After selecting your target, physically walk to it and examine every detail. Study the object from different perspectives; notice any imperfections or irregularities. Take your time with your object, memorizing the sights and feelings associated with it. Become aware of all of your senses during your walk, especially your sense of sight and touch. Pay close attention to everything, including colors, textures, densities, reflections of light, coolness, and heat. Also feel and memorize the sensations associated with your walk. Enjoy all the sensory input that you receive.

Repeat your walk several times until you can easily recall the smallest details of your object.

The key to this technique is to focus and maintain your attention away from your physical body as you drift off to sleep. If you are persistent, the results will be dramatic. By this technique you will generally not go to the target but awaken in the vibrational state. And then you can will yourself outside your body.

This technique is a great way to increase your concentration and visualization skill and it only takes about ten minutes to perform.

TECHNIQUE 8: DISPLACED AWARENESS



Close your eyes and get into your usual trance-state. Try to sense the entire room, at once. Feel yourself just above your shoulders and seeing all around. Be very passive about what is going on.

Then imagine that your Astral Body is slowly rotating by 180 degrees. Once you finish your mental rotation, your Astral head should be where your physical feet are, and your Astral feet would be where your physical head is! With this firmly in your mind, try visualizing the room from this new direction.

The idea is to forget about where you really are, and displace your sense of direction. When you do this correctly, you will find yourself getting dizzy. This is normal.

ASTRAL BODY TRAVEL

When you are comfortable with this, the next step is to imagine floating towards the roof. Try to make it as real as possible. You may suddenly find yourself "popped" out of your physical body.

TECHNIQUE 9: THE JUMP TECHNIQUE



The Jump Technique, when done well, can wake up anyone in their dreams and make them Lucid. However, it does need to be done well.

This is how the technique works: We repeatedly need to ask ourselves during the day whether we are in a dream or not. It is important that we do this not just for the sake of asking ourselves the question, but because we *really* want to know where we are. We should really doubt that we are in the Physical. So in order to prove where we are, we jump as if we were going to fly. If we are in the Physical,

ASTRAL BODY TRAVEL

we will land back on the ground. But during a dream, when we jump, we will defy gravity and float.

When this is done for a few days, you will soon find yourself in a dream in which you are jumping to check whether you are in a dream or not. As soon as you jump, you will find yourself floating, thus triggering a Lucid Dream and an OOB.

TECHNIQUE 10: AFFIRMATIONS



The idea behind affirmations is to repeatedly chant something to implant a suggestion into your subconscious. Before you fall asleep, if you chant one of the following affirmations or one of your own, you can increase the chance of having a Lucid Dream / OOBIE.

"I am going to have an out-of-body experience. I am going to let myself drop off to sleep, but I am going to take my waking consciousness with me wherever I go. I am going to leave my body with full awareness."

"I will travel the Astral Plane tonight, going as far from my physical body as I so choose, and returning whenever I want, with complete recollection of the experience."

ASTRAL BODY TRAVEL

"Tonight I will travel out-of-body. I am going to allow myself to fall asleep, but I will bring my waking consciousness with me wherever I go. I will leave with full awareness, and recall all that occurs, upon awakening."

Once your sub-conscious is saturated with your affirmations, your chances of success will be greatly enhanced. You will have more Lucid Dreams and hence more OOBes.