

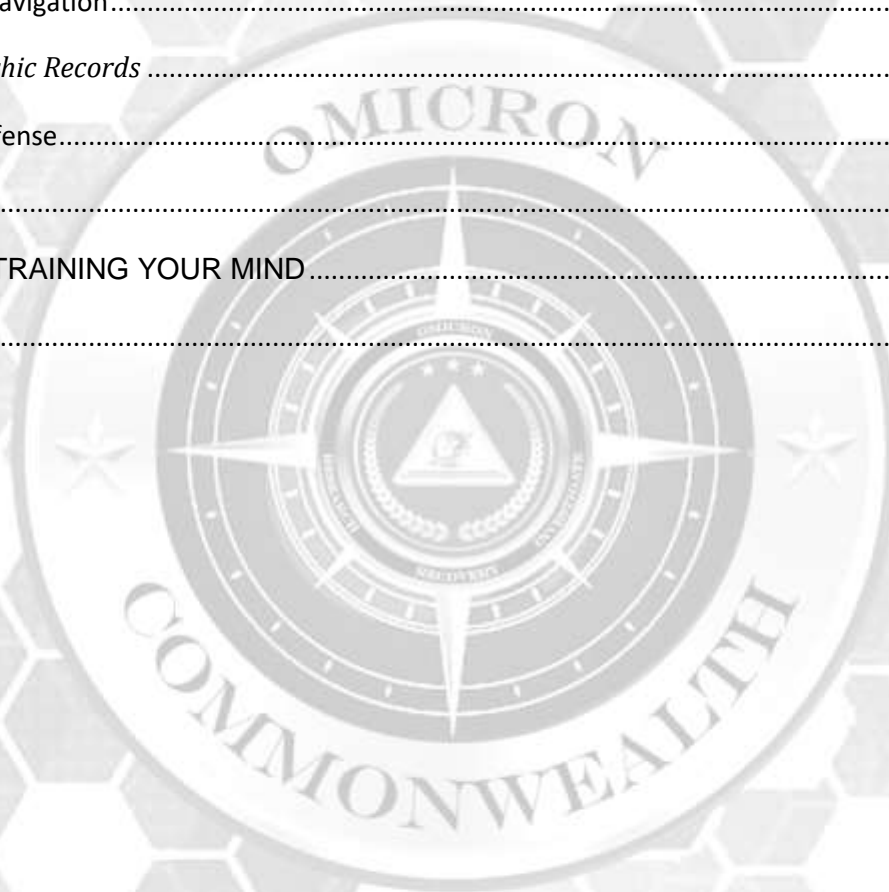
THE ASTRAL CODEX



Chaldai Foundation LLC

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Introduction

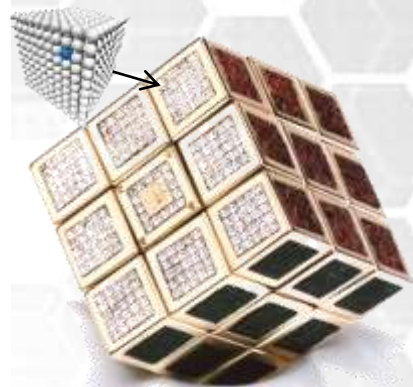
This document provides the understanding and keys to the fourth dimension. Other worlds and dimensions exist all around us, throughout every time and space, infinitely and eternally. The Astral Dimension is the vibrations in which light, sound, color, and frequency, are the creative constructs and forces. The Astral is therefore an emanation of the Eternal and eternity without beginning or end, and is therefore timeless, spaceless and infinite.

Nothing can exist in the third dimension without first originating in the Astral dimension.

ASTRAL DIMENSION

The astral dimension is a reflection of the great field of intelligent energy that connects all things in existence, for all of time. It reflects all things, serves as a instrument of information, a means for manifestation, and a mirror reflecting truths. We are merely part of the equation. The astral is both the catalyst for the events of all energetic aspects, as well as the experiences of what is created and these things are happening at the same time!

The astral planes are an energetically generated reflection of the Universal Source's consciousness. They have definite form, order, and structure and are a magnificent representation of the multidimensional universe. While the astral is located in the fourth dimension it is the second dimension of creation, which is merely a level of existence. Each plane within this dimension has its own rules and if an entity wants to exist in a particular plane the entity must respect the rules of the plane. The astral dimension contains nine major levels, or planes, each housing a plethora of subplanes, realms, and kingdoms.



You should understand by now that spirit and matter are not independent realities, but merely expressions of energy. Like every aspect of energetic creation this gives rise to the many possibilities of the Astral dimension. The structure of the astral planes can be clearly observed, and even used for navigational purposes, if they are approached from the correct energetic perception. Astral planes are complex, multilayered, energetically generated dimensional environments with variable perception-based aspects.

The astral can be likened to a gigantic cube made up of individual cubes, further defined by more cubes, and each cube containing a condensed series of spheres within, outlined with lightly color-tinted gaps between the lines. These cubes/spheres or planes appear to be great distances apart during an astral projection. The areas between planes are akin to buffer zones or astral voids separating each primary astral plane from the next.

For all intensive purposes, these areas vary in color, but appear to resemble oceans of colored empty space. There is a distinct relationship between the colors of these astral voids and the primary energy centers of the energetic bodies. The surface of an astral plane appears two-dimensional covered with a horizontal and vertical uniform grid. Each square of the surface grid contains aspects of multicolored sacred geometric designs. The surface of each astral plane has its own unique pattern, completely different from that of any other astral plane's surface pattern.

Each astral plane appears two-dimensional when its surface is approached. However, a fully three-dimensional environment is experienced when this is penetrated. Each astral plane contains connections with every other primary astral plane. These connections will appear in the colors and patterns of the surface skin. Entering any of the connection patterns will transport to any astral plane associated with it. *(For example, the purple dot in the middle of each centerpiece of every square is the connecting link with the seventh plane. Likewise four gold petals surrounding each dot is the connecting link with the sixth plane. The navy-blue star is the connecting link with the fifth plane).*



Astral Subplanes

Within each primary plane is a complex structure, consisting of positive and negative interconnected levels and sub-planes. Internal to each of these levels and sub-planes are a host of realms and kingdoms.

To understand the construct of these levels and relevant interiors, it is best to have a basic foundation in sacred geometry and thoughtform creation. In an attempt to provide an abstract description (since

there are no physical comparisons to describe how this internal structure actually works), dimensionally speaking the internal parts are situated at right angles to the primary planes holding them.

You should have a basic understanding that all energy is influenced by thought and structures into thought forms as an observable effect. Everything that happens, or has happened, or will happen, must first have originated as a thought, which in turn has its corresponding effect on energy and becomes a corresponding and potentially observable effect.

The Ultimate act of Creation is by the Universal Source, and can be observed in all the spheres, planes and dimensions, and originated in the very beginning as a thought in the Mind of the Universal Source. By understanding and seeing things from a unified perspective, we know that the physical state of matter and energy are “created and converted” by being transformed from one form to another. All things preexist in energetic (spirit) form and are converted or transformed to physical form and back.

We already understand that this Energy is conscious and infinite therefore it could be described as an Infinite Living Mind! Everything in the Universe has its being from this infinite intelligent Energy. Imagine that every time this Intelligence moves or thinks an icicle is formed in the water, exactly corresponding to the thought. We might have countless numbers of icicles of different forms, colors and sizes but these icicles would still be water. If we could heat the whole mass, it would melt, and all the forms would again become fluent. Nothing would have changed but form. This is all there is to matter.

All the electrons and subatomic particles of an atom are held together in their precise position and orbit by an invisible force, by which without it, everything would fall apart and reality as we know it, would cease to exist in an instant. Subatomic particles are simply energy packets. You are a cluster of energy, so is everything else. A cluster of energy is always in motion, moving and changing to form new configuration at every moment. The table that is in your dining room is not as solid as it appears to be. On a highly magnified level, you would realize that it is in constant flux, “losing” and “gaining” billions of energy packets, but intelligently maintaining the overall “look” of a table. There is a consciousness that keeps the energy in that particular form.

When something is no longer observed by consciousness, it will cease to exist by converting or transforming it back into a state of potentiality or Quanta, Energy. Ultimately all matter, energy and information are one and the same. All matter is energy, all energy is information. Information is thought,

thought is consciousness. Consciousness is Mind. The Universal Source is intelligent energy. The Universal Source Construct is Mind.

The subplanes and lesser realms within each astral plane are parts of an extremely complex energetic filtration system. These internal energetic structures channel negative and positive energies (energetic reflections of consciousness) which repel each other into dimensional levels with which they are in tune. This astral energetic filtering process is not apparent at all on surface structures, nor can it so easily be perceived within the higher astral planes. Higher astral levels are designed to attract and filter only higher frequency/high-level energies.

This process works by allowing the flow of these energies from the coarse lower-dimensional areas that are not capable of handling high-level energies. Once filtered, these energies are converted and transformed to energetically contribute to the environment in the dimensional layer, area, realm, or kingdom with which they are most in tune. Positive and negative areas coexist within all subplanes and realms, holding each other dimensionally apart through natural energetic quanta mechanisms.

There are no hard or clearly defined divisions between the positive and negative areas but they are naturally confined by the polarity repel between positive and negative. The energetic filtering process can be perceived, during an astral visit, as a subtle gradient of light, or a gradual brightening or darkening, or a heaviness or lightness. Gradients of light and atmosphere exist between connected groups of related opposites. If you maintain a single directional heading for any length of time, you are able to perceive the changes between astral landscapes. You will learn to override the energetic filtering process so that you can go wherever you choose. Your astral spirit always projects to the astral level you are in tune with energetically, but you can move on from there into positive and negative areas with which you are not naturally in tune.

We know that everything....literally everything must be in balance. Positive and negative aspects are related in that neither could exist without the presence of the other. It is the same theory that magnets can not exist without having both positive and negative poles. The opposites contained within the structure of the astral planes are not as precisely defined as are the poles of a magnet. Therefore, an often-perceivable atmospheric gradient of energetic opposites exists.

Each connected energetic gradient has many directions and they are not obvious all the time. With much practice, you will find that emotional, spiritual, and psychic directions will become intuitive, but they must be innate to the projector, as they are not always visibly represented in the internal parts of astral planes. The majority of visible astral plane directions have a reasonably positive outcome. If a positive direction is taken, you will generally move into a progressively brighter and lighter area, resulting in higher-level areas. Likewise, you can take a negative direction and hold that negative energy, which will take you to the darker lower level areas. The underlying intentions and qualities of your thoughts will safeguard you from accidentally entering negative areas that are not in tune with you energetically. So if you have a positive energy-oriented mind, you will have very little to worry about in this respect. In practice, if you find yourself wandering the astral planes at random, you will experience a great many varied and interesting environments. You typically will not come across any seriously negative areas unless you actively go looking for them.

Lower Astral Subplanes

The lower astral subplanes (traditionally the ones to be avoided) appear to be areas where negative emotion, thought, and fantasy-generated energies have been collecting for eternity. These areas are negative manifestations of the darker side of the mind and imagination. The fringes of these areas are not dangerous, but are decidedly unpleasant. The very worst lower subplanes are dark, shadowy areas filled with all kinds of demons, monsters, and nightmarish figures ever imagined.

If you find yourself in or near a negative area, consciously think of your physical body or a positive area that you would rather be. It truly is about holding the positive energy. You can hold an image of the entrance structure and instantly transport yourself back to the surface or “lobby”, without getting lost or aborting your trip. If this does not work, fly straight up while using uplifting spiritual thoughts to elevate your consciousness. Likewise, fly toward the brightest area or spark of light that can be seen above or ahead. An upward direction will usually take you away from a negative area.

You certainly don't need to pass through negative or lower astral subplanes to travel to more positive and higher astral levels. Descriptively, the negative areas in the astral subplanes are energetically sideways to the normal plane dimensional structures. There again, energetic differences and the natural repelling process generally prohibit this from occurring accidentally. It is important to note,

that you will have your own energetic limitations. You normally only project into areas with which you are naturally in tune. You have a natural energetic encoded value within your origination marking that provides you with your level of energetic access. Unless you have an actual astral destination, you will automatically project to the astral plane you are most energetically in tune with at that particular time. This plane will always bear an energetic relationship with your most active primary energy centers. Long-term energetic and spiritual development considerably affects which astral planes you can attain naturally.

*(Side note** Generally individuals who use hallucinogenic drugs to precipitate out-of-body experiences have seriously bad experiences with lower subplanes. Drugs, while capable of causing out-of-body experiences, sidestep the required skills and abilities necessary for safe conscious-exit from those areas. Drugs break all natural laws concerning projection and overcome many safeguards and barriers. Natural barriers are there to protect you from operating in dimensional areas you are not equipped to experience. It only takes one bad experience, to ruin your mind and your life, possibly forever.*

Astral Realms and Kingdoms

The astral planes are similar to stratified layers of an ocean and each zone within the stratified layers is a reflection of thoughts, emotions, and memories of transformed energies. Many of these layers develop a cohesive integrity that holds them distinctly separate from any other dimensional area. These areas are traditionally called astral realms and kingdoms, which are generated by the collection of structured, like-minded energies, thoughts, memories, ideas, beliefs, and fantasies that have coalesced over time. It is not uncommon for you to experience more than one realm or kingdom each time you visit the astral planes.

An astral realm is a specific environment or world that varies greatly in size, theme and structure. Some are as small as a country village, while others seem infinite in size and scope. Each realm has a distinct and enduring theme, unique environment, and defining atmosphere. Many contain native inhabitants with varying levels of intelligence and society. Some feature fairly modern structures, while others very ancient.

On the other hand, an astral kingdom is an island or city or social structure inside a realm. These often have a single theme with consistent structures. Many of the Astral kingdoms are civilized areas containing groups of like-minded astral beings. In time, as astral navigation experience is gained, it

becomes possible to travel to more-specific destinations and to then explore the astral planes, realms, and kingdoms in a much less exploratory way.

Astral Regions

You need to be aware that some of the lower astral areas contain regions that are simulations of real life and these are often mistaken for reality with a time zone. They are actually extensions of real-time zones constructed of raw energetic reflections of consciousness, both objective and subjective, that have not yet undergone any noticeable dimensional filtering process or transformation. These regions are fluid and constantly changing mixtures of landscapes and structures. Sometimes they seem to bear similarities with the physical dimensions, but in reality they are just subjective astral reflections.

Likewise, lower astral areas are heavily affected by dream states. These regions are reflected crossovers between the real-time zones, the astral planes, and the dream dimensions that can take you through many different cities and countries, and often into alien places that do not exist in the real worlds at all. Experiences here can be quite confusing because these lower astral areas are dismal places that lack order, are badly lit, and poorly constructed, and in a constant state of flux.

These areas are usually heavily populated, but the beings appear to be half-asleep and wandering aimlessly with no order. They are usually not aware of where they are or of what they are doing. Some seem actively engaged in performing some task. If wakened, they usually remember who they are but are amazed at where they are. This area is best considered a lower astral region, but is not truly negative, although parts of it can contain negative aspects, and anything and everything can be found here. If you project to areas, because of your level of awareness, you will usually hyper and overexcited. This over-exuberance results from the astral experience itself and is rarely remembered.

Voids

Dimensional gaps are called voids that are totally dark and featureless areas found throughout the astral planes. Entering a void area causes total sensory deprivation in a projector, a quiet blackness with no sensory input, but there is really nothing to fear here. Voids do not connect to the mental or higher levels of the standard dimensional scale. These areas are null-dimensional areas waiting to contain subjective or objective structure or form when it has been processed and transformed.

Astral Plane Portals

There are definite structures you will need to recognize in order to navigate the astral dimension. These structures mark the entrances to different astral planes and subplanes, and can be used for astral-plane navigation. The sacred geometry, colors, and patterns of an astral-plane entrance structure, represent its internal subplanes, realms, and kingdoms in an abstract visual way. You will use these structures to successfully enter and navigate the astral planes. Which type of structure perceived by you is dependent upon the energetic value of your origination marking and angle of your perception at the time. The similarities between astral tube-type and plane-type entrance structures indicate they share an underlying relationship. In all cases, you will see definite astral structures containing grid lines and colorful geometric designs.

Portal Gateway: We begin with a portal gateway to gain access to the dimensions. This type of gateway is a shortcut linking all of the dimensions and within those dimensions, all planes, realms, worlds, and kingdoms together. The gateway is represented by the sacred geometry of a transmutation circle. Your origination marking will have the encoded energetic level with which you have access.

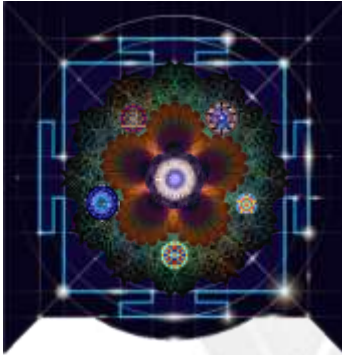


Astral Portal: In order to access the fourth dimension, you would need to choose the fourth dimensional portal from the choices on the gateway transmutation circle. With much practice you can by-pass the portal gateway and fourth dimension portal and go directly to any destination in the fourth dimension. If you don't have that experience, this is the way to get there.



Once you have gained access to the fourth dimension, you will perceive two basic types of structures to enter the astral planes through the surface:

Astral Plane-Type Structure - a flat, two-dimensional plane of infinite proportions, usually first



seen as if from a great height, with the plane's surface seen below extending to all horizons. The surface is covered in thin, black, neatly spaced, horizontal and vertical grid lines, making for a neat, checkered appearance. These grid lines outline squares that cover the entire surface. Each square contains a single, identical multicolored geometric pattern, repeated endlessly in every other square.

Astral Tube-Vortex – This is a complex vortex or tube-like structure, containing internal grid



lines and geometric patterns, that are brightly colored and in constant motion. The grid lines and patterns are completely internal to the vortex/tube and are not easily viewed. You will usually hear a rushing sound, musical notes, tones, or other sounds as you move through an astral vortex/tube. These are complex structures

and you should be aware that as you move through a vortex/tube there is usually a rushing sound and at each exit point there is a change in sound or tones or melodies or a series of complex musical notes.

TIME GATES

A time gate allows travel between two similar temporal cycles in different timelines. Once the tachyon/graviton apparatus is constructed and a working time gate is created, the operator may use it to traverse the sixth dimension into a past temporal cycle. Time gates are not typically opened into the future to avoid creating parallel or divergent timelines and paradoxes of time. Once a time gate has been opened into the past however, traffic may flow in either direction through the gate as long as it is open.

There are certain limitations that should be observed when using a sixth-dimensional time gate. There is a point in the past at which the matter for which the time gateway is projected does not exist in its present state. For example, even the stone walls of the deepest cavern on Earth had to be created at

some point in Earth's geologic history, so the practical limitations of any time gate on Earth would be less than a billion years into the past. To go farther back in time, a time gate would have to be constructed within a much more ancient and more geologically stable area, such as the Moon, Mars, or one of the moons of the outer planets of the Solar system.

Once again, you should be reminded that access to time gates is dependent upon your level of access in conjunction with your origination marking. A final warning: Once a time gate is closed, the link between the two timelines will be lost forever. Every opening of a time gate, even into the same time period, creates a link to an entirely new and distinct timeline. If a traveler is on the past side of a time gate when it is closed, the time traveler will be trapped in that past time.

Note that these structures are consistent and will be found unchanged every time the same part of the astral planes is visited. There will be slight differences in the aspect of the design when approaching the same astral entrance structure from different dimensional angles creating a different point of view. These different angles of approach show you completely different aspects of the very same astral entrance structure. The tube-type astral entrance structure can thus be thought of as something like a rolled-up astral plane-type entrance structure, but whether rolled up or unrolled it is one and the same thing, just perceived differently, from different angles of perception.

These different perceptions are caused by different patterns and levels of activity of your primary energy centers. Your primary energy center activity (chakra activity) sets the dimensional angle of your approach. Those of you with strong brow or crown centers often feel yourselves leaving your physical bodies through their head or brow areas. In doing so, you will generally perceive a tube-type astral entrance structure. Those of you with strong heart or throat centers usually feel yourselves leaving through the front of your physical bodies and generally perceive a plane-type astral entrance structure. Your type of perception gives some indication of the level on which you are operating, and, in turn, indicates the type of entrance structure you can expect to encounter.

Astral Plane Structure

The atmosphere above the plane is faintly color-tinted, as if consisting of thin vapor radiating from the astral plane's surface. This color-tint is not apparent when looking directly down upon the surface, but can be seen misting on all horizons. If you are able to turn your eyes away from the surface beneath and look behind, you will see a colored blur as far as you can see. It is like looking into deep space on a clear and starless night.

To enter an astral plane entrance structure, you simply dive toward it. Keep your gaze upon its surface and keep your mind positive and clear. Choose any square as you get closer and aim for the part of its pattern you wish to enter through. The chosen square and its pattern will grow steadily larger, until it is about the size of a football-field. The transition through the surface is very distinct, but there is no real sensation with it.

Once through the surface pattern, you will usually find yourself inside an astral realm, or you may find yourself temporarily in another faintly colored buffer zone, which indicates that you are approaching an internal subplane. If you enter a colored buffer zone, just must keep traveling in the same direction until you get to an astral realm. To move among the subplanes, you can change direction while inside, moving at a different angle from your original direction. If you are not sure which way to go or cannot make up your mind, any angle between straight ahead and straight up will generally have positive results. Time generally passes much slower there, especially in the higher astral planes, and quite a lot can be accomplished even if you only have a few minutes of real time to work with.

Astral Plane Navigation

The most reliable way to navigate within the astral plane structure is to use the surface pattern as a guide. As explained before, there is a direct correlation between the individual parts of this design and the internal parts, subplanes, and realms within. The point of entry defines exactly where you will appear. Therefore, if you remember the exact point of entry, you can return to any given astral realm or kingdom again and again.

The comers of each square contain small but distinct dots and splashes of yellow, green, orange, and red color. Each of these are an entry point into a specific internal realm or kingdom. For instance, the

fifth astral-plane surface pattern centerpiece is a curved, six-pointed, dark-blue star surrounded by a crisp, thin, yellow outline, topped by a four-petaled gold flower, topped by a circular purple center, set in an indigo-blue background. The background color denotes the level of that plane in the astral spectrum. Any part of the corner patterns or centerpiece will take you into the more structured realms within that astral plane. If the purple centerpiece is penetrated dead center, it will take you to the highest possible internal realm within that plane. All astral planes and their entrance structures are dimensionally solid and consistent structures.

Astral Tube-Type Entrance Structure

Once you enter the astral tube-type structure and you immediately find yourself rushing through it. You feel a sensation of great speed and often hear a rushing sound like air whooshing past you. Grid lines and colors and patterns and tones and musical notes change as you move through it. Exits appear at regular intervals, marked by definite changes in the colors, tones, and patterns around you. It's not uncommon for you experience third-eye visions and/or intuitive feelings of where exits lead. You cannot be hurt in the tube.

The look and feel of the colors, patterns, and musical tones surrounding exit points inside a tube-type structure can provide a fair guide to the type of astral level or realm they lead to. Murky colors with tints of black or gray, accompanied by low and discordant or unpleasant-sounding tones, will take you to lower astral subplanes. Likewise, brilliant colors of red, orange, green, blue, yellow, purple, and gold, accompanied by harmonious or pleasant-sounding tones or musical notes, will take you to higher levels and realms. If you memorize the patterns, colors, tones, and the look and feel of an exit, you will be able to find this realm again during later projections. There will also be more astral tube-type entrance structures that appear during the course of the astral tube-type travel.

If you wish to return to the tube, but cannot see it, all you need do is image it strongly in your third eye and it will appear somewhere close by. A slick trick is to visualize yourself back inside it. Another way of finding it is to reach out to your physical body, and the astral tube is usually waiting near your physical body.

Returning to an Astral Plane

The colorful geometric pattern on the surface of each astral-plane entrance structure is distinctly different from that found on the surface of any other astral-plane entrance structure.

This pattern appears to be a kind of dimensional color-coding, abstractly representing the internal components of each astral plane. The different color tinting found in the open-space areas near astral planes may also correspond with the level of the astral planes being traveled. Using the known spectrum as a basic guide can give you some idea of where you are among the astral planes.

Keep in mind that there are many colors above the normal physical spectrum that can only be perceived on the astral. Some astral colors are impossible to describe, there being nothing in the physical dimension with which to compare them. Take time to feel the energy and listen for specific sounds to learn about these colors.

Navigating the Astral Realms

You do not need to perceive an astral-plane entrance structure in order to enter realms and to move among them, although this is obviously a more accurate way of navigating. You will find you can enter directly into astral realms easily, bypassing any kind of entrance structure entirely. There are many ways to get into astral realms and to move from one astral realm to another.

These all cause a dimensional shift, moving you into an astral realm, or to other astral locations.

- Imagine a place you'd like to astral jump to.
- Raise your energy level by drawing more energy from your physical/etheric body. Increase in intensity and frequency and you will feel yourself growing lighter and rising. Feel yourself rise and shift into the astral planes.
- Fly as fast as you can, aiming midway between the horizon and straight up, while reaching out and feeling the star-filled galaxy ahead of you.

- Look at your hands and watch them melt away until they are completely gone. Your subconscious mind will have trouble accepting this, which will cause a dimensional shift, transporting you into an astral realm. This can also be used for shifting to another realm.
- Spin around as fast as you can and attempt to disorient yourself. This will often cause a dimensional shift and move you into an astral realm, or cause a shift to another realm.

Astral Jumping

As you become familiar with the astral realms, you can automatically astral jump to these locations without going through individual astral portals. The key is to visualize where you wish to go then simply envision being there. A few tips to astral jumping are to never envision a precipice or cliff in which you wish to astral jump. That is unless you are excited by near misses and free falls.

Astral jumping eliminates passing through portals which also eliminates picking up monitoring devices usually associated with entering portals.

If you are someplace you do not wish to be simply visualize someplace else and envision being there. To effectively astral jump, set a key word as a trigger that will activate and initiate the jump. Don't use common words or you will astral jump when you don't mean too. Use a complex word that would not come up during normal conversation such as "mixelplix". Then visualize and use your trigger. Voila! You astral jump to your destination. When you get really good at astral jumping then you can just say the destination and trigger.

Astral Rest and Recovery Areas

It is not uncommon for physical beings that have passed over to shift into astral rest and recovery areas. Spirits rest and sleep in these areas until they recover from conditions imposed on them during their lives and are ready to progress into the spirit world proper and take more active roles in their afterlives.

Your angle of perception interprets the energies contained within astral rest and recovery areas, and translates them into living metaphorical imagery. If you enter these recovery areas, you might perceive a hospital-like scene since that is similar to your normal frame of reference. This does not mean there is an actual hospital-like astral realm where advanced spirit beings care for recovering spirits; most likely your mind creates the hospital scenario.

Your raised energetic activity and altered states of consciousness can allow you to project into higher dimensional levels. All experiences of this nature must be downloaded and interpreted before the physical brain can interpret and store them as understandable and recallable memories. This accounts for the abstract metaphorical nature of all higher-level experiences. It also accounts for the difficulties inherent in interpreting and understanding them, at the normal base level of waking consciousness natural to the physical body.

This perception interpretation is done according to your mind's learned mental associations, as well as by those set by the collective consciousness of mankind. As this is a healing, rest, and recovery area for the recently departed, your mind interprets this as a hospital-type scenario staffed by caring doctors and nurses.

Many spirit visitors respond and converse in a reasonably normal fashion. These spirits 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 a half-forgotten dream.

This is just one of the spirit worlds and has no association with the physical dimension. Therefore, it is a shift away from the natural base level of consciousness, either for spirit beings or human beings and causes memory translation problems.

Your Astral Form in Motion

This section only applies to out of body experiences. In an out of body experience, there will be a silver cord attached between your body double and your physical body which must be protected at all times. Very rarely do Chaldai practice out of body. Out of body is not as effective as astral presence.

If your projected double seems to have a mind of its own, tends to move in directions you do not want to go, and you feel resistance when you try to correct this, it is quite possible that your physical/etheric body is having a remote-eye type of projection experience. It may be seeing through your eyes and trying to remotely control its projected double - meaning it is trying to control your movements.

This problem is caused by the mind-split and can be very confusing, but has a simple cure. Move well

away from your physical body; you'll find these remote-control effects progressively ease with distance. The remote-control effect seems to pretty much disappear when the projected double gets a hundred yards or more away from its physical body.

The awake time of the average physical/etheric mind is quite limited during a projection. It is guaranteed to begin losing control and start falling asleep fairly quickly. Its attempted control over its projected double will thus not last very long, usually a few minutes or so at the most.

Astral Momentum

Most individuals that experience astral presence for the first time experience simple movement problems. Movement problems are more noticeable in the real-time zone than in the astral planes. In real time, simply moving across a room in the right direction can be a major accomplishment for a novice. This lack of control is quite normal, and happens simply because you are unfamiliar with the real-time environment. This is a little like finding yourself suddenly in zero gravity and not knowing how to move around properly. Some experimentation and practice is necessary.

A type of momentum problem very much like one you would find in a real zero-gravity environment causes most early movement problems. This momentum causes projectors to continue moving after they have decided to stop, and may take them through walls, ceilings, doors, etc.

Only practice teaches you how to get about with any degree of purpose, accuracy, and grace. Learning to move can be a very comical. It's not uncommon to get airborne for a while by flapping your arms or using a swimming, but careful because you might not be able to clear surrounding trees and rooftops.

Falling appears to happen in slow motion with a slow and heavy impact when you hit the ground. You can experience a concussion, and a feeling of remembered pain, but falling never really hurts you.

It's not uncommon in the beginning to float unintentionally into strange houses, blundering about like a drunk in zero gravity. To move, do not think about what you are going to do or how you are going to do

it, just do it! Will yourself into motion by using your sense of whole-body awareness to provide the forward motion.

For forward motion just feel yourself moving forward. Call on the memory of what it feels like to move. Re-create this feeling with whole-body awareness. Feel what is in front of you moving toward you, as if you were already moving. With a little practice you will find yourself gliding gracefully over the surface. This is probably more accurately described as skimming.

Changing direction and stopping takes a little more practice, but can be a whole lot of fun if you have the right attitude. A sense of the ridiculous is an invaluable asset in the real-time environment.

Once you master simple movement, get out into the open or on a road and practice skimming along the surface at a higher speed. Imagine you are driving an automobile or motorbike. Don't try to visualize or see or create anything, just feel the movement of it. Adopt a natural driving or riding position and feel yourself moving forward as if you were actually driving or riding along the road. Feel the road and its surroundings moving toward and past you just as they would if you were actually driving. Feel yourself accelerating and braking just as you would in a real car, using imaginary pedals if you like.

Turning corners, you will find, does not have the same inertia limitations as it does while driving a real car, but the habit of having to slow down to turn a corner will continue to affect you until you realize you can zoom around corners while maintaining a constant speed.

All flying actions take whole-body awareness effort; in the early stages a novice may have to put in quite a lot of effort to overcome the gravity habit. If you continually find yourself falling back to ground, refuse to accept this and apply more willpower to feeling yourself rising upward in the direction you want to move in.

It is not uncommon to encounter problems when learning to fly. It is far easier to blast yourself at hyper-speed into outer space than it is to hover or fly like a bird over rooftops and trees. You have to remember there is no actual gravity affecting you, but there is your sense of gravity to deal with. Flying is exactly the same as skimming above the ground, no matter at what height, and is accomplished in exactly the same way as simple movement.

Flying can be exciting, but be aware that excitement stimulates your physical/etheric body, and can cause you to awake. This will cause a falling sensation or end your astral projection completely if the physical body wakes up. It is better to be a disinterested observer and control your excitement. This will make flying easier and extend the length and strength of your astral projection.

In the early stages, you may start flying by skimming down the road building up speed, then feeling yourself leaping into the air while flapping your arms and feeling yourself lifting off. Feel yourself flapping your arms and feel yourself springing into the air like a water bird taking off from a lake. Angle your vision upward slightly and feel the open air above the ground moving toward you. Keep flapping your arms and feel them propelling you faster and higher, adding lift and speed to your forward motion.

Another technique you might like to try is to clear your mind and just feel yourself floating up into the air, feeling as if you were lighter than air. Feel yourself rising and feel and expect the ground to slowly fall away beneath you as you rise. This is also good practice for hovering. Simply feel yourself suspended in midair and feel the ground and surrounding area holding their places as you hover.

With practice you will soon get the hang of this and will find it immensely pleasurable. It is an incredible sensation, especially during the daytime: able to leap tall buildings at a single bound; capable of the infinitely variable speed of thought; able to hover like a helicopter or to sit on lonely tufts of cloud; able to fly rings around birds of the air; able to safely explore the ocean depths, playing with whales and dolphins; able to leave the earth and explore other planets, stars, and galaxies. You can explore and experience all, seeking out the new and the interesting, and going where no human body has gone before.

Solid Matter Penetration

Sometimes astral projectors have some difficulty moving through solid objects like walls, doors, and windows, not to mention solid rock. Your belief system plays a large part in this ability. If you believe you can move easily through a solid wall or door and are willing to just do it, without even thinking about it, you will be able to do so. If you can't move through solid matter, it may mean you are not subconsciously accepting this ability. Awareness effort and willpower can be used to overcome this.

There are also a few ways of tricking the subconscious mind and getting around this problem. Once it has been done a few times, it quickly becomes easier as the subconscious mind begins accepting this ability.

Tips, Tricks, and warnings

1. Avoid windows and mirrors, as well as any other highly reflective surfaces, even still water that is reflecting the sky. Passing through a reflection can shift you out of real time and into a mirror-image world, into an anomaly. This is, in principle, very much like how virtual reality projection works.

Once inside an anomaly, it can be difficult to return to the true real-time zone without returning to the physical body. Use walls, ceilings, and doors, wherever possible, to maintain the real-time aspect of your astral projection. Even looking into a mirror or reflection is a potential hindrance to the integrity of a real-time projection. It is very easy to unintentionally slip into a reflection without noticing the shift out of real time, into an anomalous copy of it.

2. Moving through obstacles backward has helped many people overcome their difficulties passing through solid matter. Position yourself in front of the barrier or wall you wish to pass through, then turn around and simply push yourself through it backward, without looking and without thinking about what you are doing. Don't think about it; just do it! This method is also handy for passing through reflective surfaces without shifting into an anomaly. If you cannot see your reflection, it will not usually affect you.
3. Take a run at the obstacle by putting your head down and barging your way through it quickly, without thinking about what you are doing.
4. Find a crack, keyhole, or window and look through it. Concentrate on what you can see on the other side and feel yourself as being there on the other side. Really want to be there. Wish for it as hard as you can! In most cases you will find yourself suddenly on the other side. This is something like very short-distance astral jumping.
5. Approach the barrier while keeping your mind clear. Reach out with one hand and, without directly looking at your hand, push it into the wall. Push your arm into it up to the elbow. Observe that your arm easily moves inside the wall and remember what it feels like on the inside. Your hand will feel slightly tingly and fuzzy. Push yourself forward firmly, head slightly lowered so it enters the wall first. You don't really have a head, so just feel yourself as lowering it. Keep your mind clear and do not think about what you are doing. Once you feel yourself moving through the wall, keep going and walk on through it. If you have to, claw, wriggle, or swim the rest of the way through.

There is no possible way you can become stuck inside solid matter, so there is no possible way this could cause you harm.

Speed, Distance, and Limitations

Although speed is not a limiting factor for your projection, the maximum speed at which it is possible to travel is set by your subconscious mind. There is a direct relationship between what appears to be a reasonable speed and the maximum speed that is actually possible. This is generally set according to the distance seen ahead that you will be traversing.

In the beginning you will find that your speed is relative to the distance you see ahead. There is no speed limit at all. The speed of thought is infinite and your top speed is also infinite. Possible speed increases in direct proportion to the distance seen ahead to be traveled. In outer space, it is possible to see incredible distances ahead, to other galaxies and beyond. If something is seen ahead, you can be there in virtually no time. Intergalactic speed far in excess of the speed of light feels quite natural and is hence easily attained.

In general, if you can visualize a destination, you can project yourself there at the speed of thought. This method works reasonably well, but can be a bit of a hit-or-miss while traveling in real time. The accuracy of this method depends on whether you have actually been to your target destination, and how well you can image it in your mind's eye. If a projector has not personally seen the destination, instant projection will usually take that projector straight into an astral location resembling it - and occasionally into an astral realm totally unlike the intended destination.

An astral reflection or copy of an intended location is created (or tuned in to) through the act of imagining the target. This is based on your idea of what the destination is like. You can arrive at your true real-time target, but will usually find discrepancies between the real-life location and where you have actually projected. There are exceptions with traveling instantly to distant locations where you have never been to in real life. It is possible to instantly project to another person in real time, regardless of where that person might be, if you know that person well or have strong feelings for them. In this case, you can lock on to the remote location and person by feeling their personality and essence. You need to know that person and be able to feel and taste their essence very well, to instantly project to them in real time. If the target person is asleep when projected to, you will either project to their

actual location and see them as they really are, which is asleep in bed, or you will project to an astral reflection of their location.

This copy will usually be strongly influenced by the dream mind of the target person. If the target person is in the real-time zone or astral planes, it is also possible to project directly to wherever he or she happens to be. If they are found asleep in real time near their physical body, it is usually possible to wake them up and communicate with them. Real-time projectors can have the perception of being able to physically touch other real-time projectors if they so choose. If the target person is awake (in real life) when projected to, it is sometimes possible to travel to their actual physical location and observe them in real time. This location will usually be found to be influenced by reality fluctuations, caused by the mind and imagination of the target person. These reality fluctuations may not be obvious, especially if the projector is unfamiliar with this location. The target site may therefore be overlaid with some degree of mental imagery. If the target person is in a crowd of many other people, say in a big city, mental imagery (static) from all the other people in the area will also be found to intrude on and affect the real-time environment. The clearer the target area is of other people, the clearer it will be of mental static. For example, a target person on a mid-ocean yacht or in a remote cabin in a forest can be projected to far more successfully than would otherwise be possible. Projecting to a person well known to the projector is probably the most effective and reliable way to travel long distances while retaining some of the objective aspects of a real-time projection.

Long Distance

This section is for real time travel around a planet such as Earth. There are different constraints that apply than on the astral planes.

Flying is the best way to travel, but you need to remember it is all too easy to slip into an astral copy of reality while traveling in real time. Reality fluctuations are constant anomalies of any real-time travel. These exist whenever you relax or break focus. You must maintain mental control at all times while traveling in the real-time zone. So it can seem that this may not sound like much of a distance when you take into account your potential speed. Extreme distances can be quite a challenge if the objective qualities of a real-time projection are to be held.

There are a few key concepts you should remember for traveling real time on planet Earth.

1. It is not practical to follow Earth's surface for long-distance real-time travel. For example, a country on the other side of the world may be around twelve thousand miles away. You would need to travel at roughly sixty times the speed of sound to reach there in under fifteen minutes. This level of speed is not natural within Earth's atmosphere, and anything close to this kind of hyper-speed will cause your view to blur. Blurring causes disorientation and an immediate shift away from objective real time. The real-time objective aspects are then lost, usually for the duration of that projection.
2. As you gain experience, twenty to thirty minutes is about the maximum length of time you can hold onto in real time to be able to return for a conscious reentry before slipping away into the astral planes. As a novice you can usually only hold onto real time for a few minutes. In either case, the physical body must be capable of being woken up by your return. Any long-distance real-time travel is therefore limited by how long it takes for the physical/etheric body to fall into a deep sleep.
3. Traveling long distances in real time is like flying by the seat of your pants at night, with no instruments and only the stars and landmarks to guide you. You need to be able to recognize oceans, continents, countries, states, cities, towns, roads, and landmarks.
4. Traveling long distance by following the surface is possible only if projectors have the time and energy to do all this and return to their physical body for reentry before slipping away into the astral planes.
5. To project to a distant location, after all the details are memorized, it is far easier to go into orbit and reenter the atmosphere directly above the target. As you approach Earth's surface, you must adjust your angle of approach, aiming for the geological features, landmarks, and roads around your target destination. Use this method for any projection where the distance to be traveled is over a thousand miles. This is akin to taking a giant leap a few hundred miles straight up then back down onto the target and is much faster than surface travel. This is the same concept as astral jumping.
6. Entering orbit for the purpose of taking giant leaps is a little more difficult than it sounds. Getting up there is easy; you just feel yourself going straight up very fast. But stopping when you get high enough for the drop back down is quite difficult. It is not uncommon to blast yourself right out of the solar system. It is important to control the speed of ascent by keeping an eye on the surface and keeping a constant check on height.

Distance and Speed

There are no limitations to distance, destination, or speed, apart from those few already mentioned. It is therefore possible to travel to the most distant star or galaxy. The speed of thought is infinite, which is really, really, really fast! Traveling at infinite speed in outer space feels like space is folding itself around you. There is hardly any sensation of forward movement apart from the millions of stars flashing by, but enormous distances are traversed in the blink of an eye. If you see something ahead and wish to go there, all you have to do is to feel yourself moving toward it and feel it moving towards you and you will be there as quickly as that.

The key concept to remember is that the solar system is an enormous area and its planets are tiny dots moving in space. They can be difficult to identify with the naked eye, even from orbit. Because our planet rotates once every twenty-four hours, while also orbiting the Sun, the positions of the planets and stars change rapidly and are never in exactly the same place twice. To project to a planet by line of sight, with no navigational instruments to show the way, you must have a reasonable grasp of astronomy and must be able to plot the position of the target planet in relation to the surrounding stars with some degree of accuracy.

Traveling to the planets of the solar system using the instant projection method does not work. If an attempt is made to do this, even if using actual photographs taken by space craft as a guide, you will shift into an astral realm resembling what you believe is your target planet. The only way this works is if you have been there before. Several astral realms have the definite look and feel of being other planets. Many astral projectors travel to these planet-like astral realms, believing they are traveling in real time to their actual locations.

Returning from a long-distance projection is very simple. Simply think of your physical body, become aware of it and this will return you into or close to your body and end the projection in a moment.

Ethics

There are some natural barriers associated with astral projection, but no ethical or moral limitations. Conscience and natural consequence are the only true behavioral modifiers. These are in place to protect you.

While there are no actual laws governing astral projection, there are some natural energetic repercussions to consider. If base emotional urges and behavior are not well-controlled, the quality of projection will steadily deteriorate. Deliberate misbehavior will affect your energetic values more than anything else, lowering your potential level of astral operations. Remember, like attracts like in a big way in the astral environments and the real-time zones. The attraction of other like-minded projectors and beings is another natural consequence worthy of consideration. This has the effect of segregating miscreants from more civilized projectors, with each operating on different levels of the astral planes.

Intentions surrounding real-time privacy issues are also important. Occasional or accidental misbehavior will not attract any noticeable consequences. But repeated, deliberate invasions of privacy and other types of antisocial behavior will quickly generate negativity in the astral environment. This will progressively worsen until a more civilized approach is taken. Invading the privacy of others accidentally or through well-intentioned exploration, and not for self-gratification or unethical gain, will not generally generate negative repercussions.

THE AKASHIC RECORDS

The akashic records are part of a medium that are integrated throughout all dimensions, on all levels, and has many different aspects. These are a permanent record of every thought, perception, and event that has ever occurred, and is akin to a huge and infinitely detailed history book, where past events can be accessed, viewed, and even experienced firsthand. The akashic records can be accessed and experienced within the astral planes or with clairvoyance, remote viewing, and other psychic abilities.

The akashic records also contain potential probabilities that are energetic records of the future. These energies stem from and are generated by past and present events, actions, and thoughts. These energies can be tuned into and read, visually or otherwise, in many different ways, both in and out of the astral planes. The akashic records are far more accessible as a searchable type of records structure from within the astral planes, where they can be searched, viewed, and experienced firsthand, even by unskilled projectors. Like the astral hospital, the akashic records are an energetic dimensional structure with no actual shape or form.

The appearance of this structure is affected by your angles of perception, belief systems, and creative abilities. Your needs for a definite and well-known structure within which to work have created a fairly

solid library-like astral structure, which has been added to and maintained over many years.

The most popular structure is the traditional library scenario. Imagine a large and imposing white stone building, beautifully kept, with wide marble steps leading through several large stone pillars that mark the main entrance. This building is set well back among neatly kept lawns and gardens. Inside is a large main foyer with high ceilings. Several hallways lead off from this into different parts of the library.

Occasionally a librarian will greet you and guide you to the part of the library you wish to use. If not you must use your intuition to choose a hallway and move down it to a section of the records. The chosen hallway opens into a larger room full of books and scrolls. Even computer terminals can be found and used there these days. An item must then be selected for viewing and, once again, it is important the query be kept firmly in mind at all times.

There are several methods to get to the Akashic Records.

Direct Projection: The sooner you project to the akashic records after your exit, the better, as projection time is always limited. After the exit, move at least twenty feet away from the physical body and stop. Imagine the library scenario strongly. Hold the intention of visiting the akashic records firmly in mind. Feel yourself moving toward the imagined destination and feel it moving toward you.

Using Entrance Structures or Portals: If, after the dimensional shift, you find yourself hovering above an astral-plane entrance structure (portal), dive into it and penetrate the central part of the pattern as close as you can to dead center. This will take you to the highest realm your energetic value can attain within that astral plane. As you plunge through the centerpiece, hold the intention of seeking the akashic records firmly in mind and picture the traditional library scenario.

You should find yourself there shortly after the transition through the surface. If you are using an astral tube-type entrance structure, hold the intention of finding the akashic records firmly in mind as you are shooting up the tube. Either use your intuition to select an exit, or wait for a mind's-eye vision flash that shows something resembling a library-like structure. Alternatively, just keep this in mind and wait until the tube drops you somewhere. Hopefully, this will be at or near the akashic records.

Instantaneous Travel Method: After the exit out of body, strongly imagine or visualize the library scenario. Hold this as clearly as you can and project there, using the instantaneous travel method. Feel yourself moving toward your destination and feel yourself as being there.

Creating a Door: Another good way of entering the akashic records is to use your creative ability to create an imposing door. This is much easier to do than it sounds; even a novice can do it. After astral projecting, strongly image a large door. Construct it in your mind and imagine it slowly appearing before you as you construct it from the memory of a similar door you have seen in the past. Next create a sign on it that says "Akashic Records".

Hold your intention of finding the grass lawn-fronted library steps beyond the door. If you concentrate your creative energies, this door will slowly appear in front of you, as if by magic. When you can see the door clearly, simply open it and you will usually find the traditional library scenario just beyond it. If you cannot touch or open this door, use your creative ability, imagine it opening, feel it opening, or pass through the door itself as you would pass through any other door or wall.

Virtual Records: You can also use virtual reality projection to gain access to the akashic records from within the real-time zone. Use a picture of a library building and use this as your mental association. Hang this picture on a wall and write the words "Akashic Records" on the building in the picture, just over the doorway.

After the real-time exit, move toward and through this picture and you will usually find yourself at or near a semblance of the akashic records. This picture can also be reflected into a mirror for added depth and realism. If using a mirror, write the words "Akashic Records" backward, or write them on a piece of clear plastic, then reverse it and tape it to the picture, so the words will read normally when reflected in the mirror.

Using this method, as you shift into the picture or mirror, hold a firm intention in mind of your desire to visit the akashic records. This should be enough to shift you into the real akashic records. Once there, proceed to enter the building as normal, and consider yourself as being in the real akashic records.

The Records

Once you arrive at the akashic records library, by whatever method, enter the building and expect to find inside exactly what you are looking for. Firmly hold in your mind whether you are going to look at past or future events. When you get to the records room, you may find books, scrolls, or pictures on walls, shelves, desks, or tables, or even computer terminals. Alternatively you may find yourself transported to a mysterious cloudy world filled with strange symbols and active metaphorical images.

Although it may look like a traditional library, the contents such as books are not normal. These records allow you to see titles, pictures, images, and symbols in active motion. It usually doesn't matter which book you pick up. It matters more what your intention is when you select and open a book. You will usually see moving images and living pictures within it. Concentrate on one of these images and allow it to fill your mind, which will happen automatically if you stare at it. This will usually move you inside the page where you can experience an akashic vision or record firsthand.

To return to the library from within a book/vision and start over, imagine and feel for the library scene you just left and you will be transported back to it. In most cases, once a record has been experienced, you automatically slip back into the records room as it finishes, or when you have seen enough, simply by wishing for it. Whatever method used, hold a firm intention in mind of the time period required: past, present, or future.

Future events seen in akashic records are strong probabilities. They are not to be thought of as being completely unchangeable destiny. The keys to changes that could be made to affect future events will be symbolically or metaphorically represented as a part of the event being viewed. These potentially modifying elements may be subtle and can be quite difficult to recognize, but they will always be there. Unfortunately, these elements are usually apparent for what they are, only in hindsight.

If you tune in to the akashic records without a definite subject in mind, you will usually find yourself viewing one of two general subject areas:

1. Disasters: Wars, earthquakes, airline crashes, floods, fires, train wrecks, mass murder, assassinations, death and destruction, etc. Disasters have a far greater energy surrounding them than any other type of event, because of the dramatic effect they have on the lives of so many people. The energy surrounding these records makes them stand way out above

everything else. In a way, they bubble to the surface where they are much easier to see.

2. Personal: The events surrounding your own life, property, and interests, and the lives of all those connected with you - past, present, and future - are also very strong. As with disasters, high-energy events will stand well out from the more mundane events.

If you look into the general future, into the area of probabilities, you often experience a confusing maelstrom of symbolism and complex, multilayered metaphorical imagery mixed up with apparently real-life events. This can be very confusing at times, but if you understand something of the underlying nature of the energetically generated metaphorical imagery you are dealing with, there is much to be learned.

Imagery – Metaphorical and Living

Emotions are the language of energy and likewise, poetry, art, and music are the language of the soul. Symbolism, metaphorical, and living imagery are the language of the spirit. At higher levels of consciousness, the thoughts and words of consciousness become progressively redundant. Communications and perceptions always match the altered level of consciousness being experienced. At higher levels, perceptions, thoughts, and communications become progressively more abstract and compressed. Ancient Egyptian hieroglyphics and other ancient symbolic pictorial languages were considered to be a high level of written communication, rather than the simple picture languages of low-level civilizations.

Understand that living, abstract metaphorical imagery is the universal language of the spirit and far beyond the base level of consciousness. This is a highly compressed form of perception-based communication, where a great deal of information is packed into high-speed, multilayered telepathic interchanges, with emotional and intuitive overlays. The end result is living, abstract metaphorical imagery. The higher the dimensional level experienced, the more abstractly simplified this becomes. So in essence, this reduces a book-length saga into a simple picture or vision that only appears to be simple on the surface. The reason it appears so simple is because much detail is lost in the translation, from high-level format to base-level format, when it is recorded as a memory by the physical brain. When the base level of consciousness receives any form of perception or communication from a higher

dimensional level, or higher level of consciousness, it interprets this in the only way it can, at the base level of consciousness, in base-level format.

Complex energetic impressions and communications are thus interpreted and rendered into anything from simple pictures and abstract symbols, to living metaphorical imagery. Instead of words, sentences, and paragraphs, the end result is something like a selection of abstract art pieces appearing amidst a series of brief one-act plays, where every item, costume, word, action, and gesture has deep meaning to it.

When your consciousness shifts into higher dimensional levels, you take your base level of consciousness, awareness, and understanding. Your base level of understanding overrides higher levels of perception and communication that are natural to higher levels, which means that all received perceptions and communications cannot be completely understood. Your base level is only capable of fully understanding base-level perceptions and communications natural to it in the physical dimension, at your normal level of waking consciousness. Even if a raised state of consciousness is incorporated into a projection, eventually everything has to be downloaded, interpreted, and stored in base-level format by the physical brain as a normal memory. This factor is responsible for the loss of details and meaning common to any astral projection above the real-time zone.

The only exception is with spirit communications. Spirit beings can deliberately interpret and encounter communications at the base level of understandability, to communicate with you in the physical dimension. Any higher-level perceptions or communications that are not immediately understandable, therefore, are unlikely to be intentional communications from an intelligent spirit being.

This problem of interpretation particularly applies to information contained within the akashic records. The levels of perception and communication within the astral planes and akashic records are not completely understandable at the base level of consciousness, because information gleaned from the akashic records must be interpreted at the base level of consciousness, by the human mind and its physical storage medium, the brain. Information gained from higher sources is interpreted into something the brain believes it most closely resembles. This causes the brain to interpret high-level energetic perceptions into metaphorical abstracts, into pictures and images that most closely resemble

the raw and compressed essence and meaning of what is received. Unfortunately, the end product, the memory, may appear not to make sense.

Each of us perceive and experience the akashic records differently, according to our energetic angle of perception and awareness. The energy units representing each recorded event are stored in compressed energetic frequencies natural to that level. When records are viewed and interpreted, they are seen as a type of astral mind's-eye vision experience, with overlays of emotional and intuitive impressions. How this energy affects your mind's eye depends not only on your angle of perception, but also on how your subconscious mind works.

Subconscious awareness is affected by ancient symbolism embedded within the collective consciousness, even though it may appear on the surface to be contemporary mind's-eye imagery. This historical symbolism can be used to index the akashic records. For example, the reference symbol Dogs of War, Grim Reaper, or weapons of war is easily understandable as representing the subject of war.

The Grim Reaper is a symbol representing the subject of death. Thus, to find "war" in the akashic symbolic index, you might use the combined symbols of the Grim Reaper and Dogs of War, or other symbolic variations. You could then browse through past, present, and future wars, and related areas. Future wars are Great Big Disasters and carry a lot more energy than any other type of human-precipitated event.

These are, therefore, much easier to tune in to, and thus usually appear first if you are searching within or near that subject area. This accounts for why many prophets, psychics and remote viewers have made such doom-and-gloom predictions about the future of the world and mankind. They have accessed the akashic records and have seen a stream of terrible disasters looming ahead in the near future.

One aspect of the akashic records, can be thought of as being a complete energetic record of past events and future probabilities. Past events exist as lingering energetic reflections. Future records are generated by these lingering energies. The future thus exists as abstract probability energies, generated by past and present events, actions, and thoughts.

The stronger the probability of a future event, the stronger the energies associated with it. Some probabilities, like big natural disasters, are so strong as to be virtually unchangeable by any possible

human-precipitated modifying action. These events can thus aptly be called the inescapable energies of destiny.

Past and present thoughts and actions cause reactions in the energetic medium of akasha, energetic ripples that affect future probability energies being generated within akasha. Every action recorded in the energetic medium of akasha causes an equal and opposite reaction therein. This energetic action-causing-reaction mechanism has a strong modifying influence on probability energies, an effect more commonly called karma. Karma generates an equal and opposite future energetic reaction to match and balance each action.

Karma is not reward and punishment, but is the long-term process of energetic balancing whereby individual consciousness units (spirits) progressively attain balance throughout multiple incarnations within the physical dimension.

- *Karmic Law*: Every action generates an equal and opposite energetic reaction within akasha.
- *Universal Law*: Like attracts like and opposites repel, but only as modified by karmic law.

Influential karmic probability energies are compounded for each individual consciousness unit into an influential akashic pool.

This is something like a private energetic storage area, containing both positive and negative attributes. Positive influential karmic energies have a positive effect, and negative influential karmic energies have a negative effect, on the life of the person/spirit concerned. Karmic law sets the balance of these positive and negative energies.

The akashic pool concept can be further simplified as a kind of energetic scoreboard accounting for positive and negative actions of consciousness. These are balanced against the scores of all other players in the game of life. Conditional life influences are set and applied to all players according to the rules of balance governing the universal karmic scoreboard.

Probability energies do not exist just as part of a peculiar set of records that show past and future events (which is how the akashic records are normally considered). These energies also have an incredibly strong effect on the present and future. They are the energetic modifying essence of now

and the future. Probability energies generate all present and future energetic conditions (life influences) according to karmic law.

This process involves a complex, interconnected, time-spanning series of arranged attractions and repulsions. These energies attract like and opposites repel, but only as set and applied by karmic law. Karma is the underlying modifying factor of universal law, the rule-maker and scorekeeper wrapped in one. Karma and universal law work hand in hand as aspects of the same influential life-affecting mechanism. It is energetically indivisible, with universal law and this is why probability energies exist and why they affect us so profoundly.

Akasha is a fluid interdimensional medium, an infinite time-spanning ocean filled with the abstract energies generated by consciousness. It contains passive energetic reflections and the not-so-passive influential energies generated by karma. It exists and flows through everywhere and continuously. Much like an ocean, it is full of complex tides and currents, with depths, shallows, shoals, reefs, islands and continents. Above all else, it is infinitely filled with life.

When energetic pulse flows through akasha, it absorbs and records, computes and modifies, and finally applies karma, through universal law, to all living beings in the universe. Akasha is the ether, the interconnecting interdimensional medium, the universal carrier wave that allows the regular adjustment of all life influences, down to the minutest details of even the lowliest of life forms. This absorbing, computing, and adjusting mechanism is initiated by *The Universal Source* of, from within *The Great Center*, as it reaches out through the multidimensional universe, generating the incredible astral wind phenomenon.

But akasha is not just some strange energetic medium and carrier wave, part of which contains a peculiar collection of time-spanning records. It is a living, breathing, dynamic force that affects everyone twenty-four hours a day. It is the heartbeat of universal consciousness. Akasha is responsible for all life conditions and influences surrounding everyone's lives. It affects us all profoundly and is as much a part of us as we are a part of it.

The Great Center is at the very top of the dimensional structure, the highest of all dimensional levels. It holds within it the seat of universal consciousness, the Universal Source, that great spark of original life that thought, imagined, created, and filled the whole universe with the original energies of light and life.

The aspects of the Universal Source responsible for the workings of the akashic pulse, and for the application of karmic and universal law, can be likened to an infinitely powerful, intelligently aware, computer processor. This is merely a mechanical description of what can be called an aspect of Universal Source to simplify and explain the unexplainable at the base level of consciousness and understanding we are all forced to live with.

The astral pulse phenomenon occurs when the Universal Source reaches out and breathes in is a subtle reflection of the life essences of all individual units of consciousness in the universe. Each of us whether sleeping or conscious, contains within us a complete energetic record of all past and present thoughts and actions. It also contains within it a set of conditional and influential energies that are regularly collected, examined, modified, and updated by the Source during the astral pulse phenomenon called energies consciousness seeds. Consciousness seeds profoundly affect the lives of each and every incarnated spirit in the universe. These consciousness seeds are drawn in for checking, processing, and updating during an akashic pulse episode. The Source checks and processes each current set of thoughts, actions, and events contained within each individual spirit. These are weighed and computed against the sum total of all past actions and thoughts, throughout all incarnations, including their effects on all other spirits. These energies are then balanced and modified, individually and in groups, according to karmic law. The consciousness seeds are thus regularly updated by karmic and universal law, according to the divine equation of balance, harmony, and spiritual growth.

The Source then breathes OUT the modified essences of all projected doubles as a massive interdimensional energetic wave through the akashic pulse. This wave contains within it all the newly adjusted life essences of all individual consciousness units in the universe. The essences are now full of updated influential consciousness seeds, life-adjusting energetic droplets of consciousness. All this is breathed back down through the dimensional spectrum and back into the physical universe, back into the dimension of hard experience. If you are caught up by the astral pulse during a real-time projection, you will return to full awareness.

As you reintegrate with your physical body, these consciousness seeds are carried into your etheric body, where they take root. Some seeds begin their energetic influence immediately, while others lie dormant, ready to surface whenever their energies are triggered by real-life events. When a coded

seed is triggered, the energies it releases begin to modify the set of attractions and repulsions contained within you. This profoundly affects how you interact with the environment and with all other people, because it affects how the attractions and repulsions of universal law work at the base level. This accounts for *deja vu*. A powerful seed triggered in a person causes *deja vu* - a strong feeling of knowing, of having seen, experienced, or done something before. *Deja vu* is caused by a consciousness seed's coded trigger sequence as it explodes upward through the subconscious mind. It feels like an important memory has suddenly surfaced within the conscious mind - a memory of something only now being experienced. Many people realize this at the start of the trigger event, and thus often know exactly what is going to happen next. This type of experience is most remarkable and can have a great effect on people's lives. It is much like knowing the future before it happens, then of witnessing a small part of that future as it unfolds.

The akashic pulse is a massive, influential energetic carrier wave. It influences our thoughts and feelings and adjusts the life influences and surrounding conditional energies affecting each and every one of us, on a personal as well as a group basis. It is a vast outpouring of universal law, the heartbeat of universal consciousness. It breathes IN and causes the pulse to blow throughout the universe. It breathes OUT, causing the akashic pulse to flow through all time and space, permeating all dimensional realities. The infinite complexity and scope of The Source sees all. It observes and assimilates and calculates and balances and adjusts all, down to the minutest details of the highest and lowliest of lives.

The Source is the original center of universal consciousness, the highest level of consciousness. At the bottom is the physical dimension, our reality, the dimension of hard experience, where all our lives are lived and played out at the base level of consciousness and understandability. Between these two extremes of consciousness are ascending and descending dimensional layers.

Akashic pulse episodes occur multiple times each twenty-four-hour period. No one can spend that amount of time out of their body and retain a clear memory of it. At certain times during the year the astral pulse phenomenon seems to be much stronger than usual.

Time Shift Energetic Pulse

There will be times when you are traveling about the real-time zone and all of a sudden you are gripped by an irresistible force. You feel yourself being dragged away against your will, usually

backward. It feels like you are being blown away by an incredibly strong wind, but you cannot feel or hear anything resembling a wind.

Everything is quiet and there is no noticeable disturbance in the surrounding environment. This pulse is similar to that feeling caused by your physical body when it attempts to reclaim you from the astral, but is far more powerful. There is no anxiety, no feeling of dread or weakness, just an irresistible force dragging you away. This grows progressively stronger until you are dragged away up into the sky and the great beyond. After what seems like a short time, you find yourself floating downward again, but into another time and place. You float down at roughly the same angle as you were originally dragged away. You may see the rooftops of a town or a city, which you may or may not recognize at the time, growing steadily larger as you fall toward it.

You are deposited into a mundane setting, sometimes recognizable, maybe only a few months into the past or future - usually the future. The pulse releases you there for a short time and you are free to wander about for a while - never scared but always perplexed. The entire pulse experience may appear to be completely unrelated to you. You may see and interact with people you know, or total strangers, or both. Sometimes these other people will be aware of your presence, sometimes not.

You may witness a real-life scene from your past or future. You may feel you are just a point of consciousness without a body, an invisible spectator seeing in all directions at once. Sometimes you merge with your past or future self and see through a new set of eyes, as if you were really there. You may arrive somewhere in the distant past and observe peculiar events. You may see an old town and houses and people and events from hundreds of years ago, and wander among unrecognized streets of olden days. No reason for any of this is usually apparent at the time.

Higher beings easily give projectors clear messages and understandable experiences. They could, for example, easily create a blackboard and write a simple message on it, or show simple pictures and symbols. They would surely choose a message of some import to the projector, rather than something totally defying interpretation. I think that the astral wind is not deliberate action by a higher intelligence, but a natural phenomenon with a natural cause.

The vast majority of people do not have conscious experiences, and most frequent projectors spend

only a short time in the real-time zone before shifting into the astral planes. Projectors usually lose track of a pulse experience on the astral level and remember little about it. This type of event has been explained away as some kind of forced or spontaneous high-level projection, or a projection from within a projection that shifts them to a higher dimensional level.

A real-time pulse experience is far more down-to-earth and recognizable than its astral-plane counterpart, because memories of pulse experiences above the real-time zone appear to be greatly affected by the base level of understandability. The physical brain's translation of this type of higher-level experience apparently does not allow recognizable memories to form after you reintegrate with your physical body.

These are always of short duration, especially the real-time parts of them. Mind-split, base-level understandability, translation, and shadow memory loss problems cause the vast majority of projection experiences to be forgotten. This all suggests that people are not meant to be operating consciously in the real-time zone when the pulse arrives. Their projected doubles are meant to be floating in real time, fast asleep, as in normal sleep projection. The majority of people in the world are sound asleep whenever the pulse hits and gathers them up, so it is not surprising that pulse experiences are only rarely reported.

Free Will

Life is full of choices to be made and this is called free will. We make a stream of seemingly insignificant choices every day of our lives: what we eat and drink, what bus or train we catch, what we read, etc., etc. These choices made by us or made for us by other people- profoundly affect our lives and the lives of others. We have freedom of choice and our lives are not mapped out like a script to be followed blindly. You have the power to change the future by choosing your paths in life as you live them, making life's choices. We never know when a small choice, or a chance happening resulting from one, is going to have a big effect on our lives and the lives of others around us.

Our choices are influenced by four main factors: reason, circumstantial pressure, emotion, and intuition; but not necessarily in that order. Intuition provides the most random element of choice, often making us choose to do what we feel like doing. Often when we follow our feelings no other element is involved. This random factor is the element most affected by influential energies. These

shape our lives and the lives of others, working through us and through all those around us, creating long-term reciprocating influential effects.

The Purpose of Astral Projection

During normal sleep, the etheric body expands, refines, and generates the projectable double, which, as stated, contains a complete reflection of consciousness and all memories, both conscious and subconscious. This is a perfect copy of your physical self in subtle energetic form, which is one small step away from the physical dimension.

Your copy can also be thought of as containing all the higher subtle bodies. As your copy, sleeping or otherwise, is breathed IN by The Source, its denser subtle bodies are progressively stripped away like the layers of an onion as it rises up through the dimensional spectrum toward The Great Center. Your copy exists separate from the physical body during sleep. It waits, sleeping or awake outside its physical body, for the next akashic pulse.

When the astral pulse arrives, your copy is irresistibly drawn upward toward The Great Center, becoming more and more refined as it progresses. The coarser layers of its energetic body are progressively shed as it moves upward, until only its pure essence remains: the highest possible energetic expression of itself. This highest and purest of all energetic bodies is assimilated directly into The Source.

A timeless moment later it is breathed OUT, now fully updated, and the akashic pulse carries it back down through the dimensional spectrum. It regains its coarser subtle bodies along the way, as it is blown back into the physical universe, to finally reintegrate with its waiting physical body.

This happens naturally during sleep. The assimilation of adjusted influential consciousness seeds is thus not normally experienced or remembered by the conscious mind - unless it happens to a fully awake real-time projector. Real-time projectors will experience the entire astral wind phenomenon, and may also experience the abstract metaphorical imagery associated with the coded trigger sequences of updated consciousness seeds.

This can happen as these seeds are transferred into their awake real-time double, before they are downloaded into the physical/etheric body. This event can cause the awake real-time projector to

experience firsthand a powerful out-of-body mind's-eye vision. Because of the fluid nature of the out-of-body environment, this is usually experienced as an event rather than as a vision. I believe that this process causes some prophetic dreams. This allows for a strong experiential connection with The Source, The All, The Great I Am, with the originator of everything - tiny sparks of which rest deep within our hearts.

Reality Fluctuations

There are no simple explanations for the underlying causes of the reality fluctuations that plague real-time astral projections shortly after you exit your physical body. In most cases, especially with novices, reality starts to fluctuate only a couple of minutes after the exit. Reality fluctuations are more noticeable during real-time projections, especially inside projectors' own houses, as the details of this area are well known. Several possible factors have the potential to cause or contribute to reality fluctuations.

The surface mind, if not strictly controlled, provides a continual stream of random dialogue and random thoughts. This is available from the subconscious in response to associations triggered by thoughts, surroundings, and events. Part of the problem is what is commonly called the overlay. The overlay plagues psychics, clairvoyants, and remote viewers alike and interferes with objective perception and analysis. In the case of real-time, the overlay has a far more creative effect than in real life. It is much more visual, and hence will often trigger the creative powers of the subconscious mind.

For example, if an object, shape, or shadow is vaguely seen during a projection, the surface mind will often guess what it is, even if you are not thinking about it. This can stimulate the subconscious mind into altering the object, or into creating a form to fit whatever has been half-guessed. If you are subconsciously fearful of the astral environment, these vague shadows can easily transform into fearful images. During any type of projection, the subconscious mind holds the bulk of creative power. Once triggered, it can create complex objects and scenarios instantly, without the time and effort required to build a similar creation using the weaker creative powers of the conscious mind. The subconscious mind waits in the background, ready to leap out and create something at the drop of a hat. But there is usually no intelligent purpose in what is created.

The dream mind, when it becomes active, can access the strong telepathic, energetic, and empathic

links between the physical/etheric body/mind and your projected double. It is therefore capable of causing reality fluctuations - something like dream-generated real-time hallucinations - around the projected double. The effects of dream mind interference are most noticeable within close proximity of your projected double, and lessen with distance. The length of time it takes you to enter the dream state is extremely variable. The start of reality fluctuations during a real-time can be used to indicate when the dream mind is becoming active. This is a very good time (recommended for beginners) to end a projection, and to attempt a conscious reentry while the physical/etheric body is still easily awakened, before it falls into a deeper level of sleep. However, as you gain experience and get to know your strengths, weaknesses, and limitations, reality fluctuations can be weathered and even overcome to a certain extent. Time out during an astral projection can then be gradually extended, with successful reentry still being possible.

With any projection attempt, the desire and effort to induce projection will often carry over into the dream state. Your dream mind will often believe it is still involved in a projection attempt when it becomes active, especially if it fell asleep right in the middle of one. When it feels projection-like symptoms coming from its physical/etheric body (vibrations, rapid heartbeat, etc.), it will believe it is having an astral projection exit from inside its physical body. It will then experience a false but very realistic dream version of a conscious-exit projection.

Your dream mind's imaginary will seem extremely real. The real-time aspect of this dream will be based on your actual memories of the surrounding area. This has the potential to overlay the true real-time which is already in progress with a false dream version of exactly the same thing. The false dream will always have a different viewpoint from the true real-time. This can overlay the true real-time environment with a twisted, backward, or fluctuating scenario that will not make any sense at all to you. Other minds, awake or asleep, are also capable of contributing to reality fluctuations. This can be thought of as mental static or background noise. Distance affects the strength of this type of interference. The reason for this is directly related to how your copy becomes noticeably less affected by its own physical/etheric body with increased distance from it.

If you are operating in sparsely populated areas you will notice much less background noise. Heavily populated areas have greatly increased background noise. For this very reason, serious metaphysical pursuits and magic rituals are never carried out in densely populated areas.

Your third eye is also capable of receiving visions during astral projection. Primary energy centers are far more active than during the normal waking state, due to the increase of energetic activity within the physical/etheric body. An active third eye during a projection can thus act as something like an out of tune vision receiver. (This varies according to the level of the clairvoyant ability of individuals and is hence less frequent.) It causes strange visions and unexplainable imagery, seemingly unrelated to the projector during real-time. This activity can also cause complex visions to be experienced. If you receive a strong vision during the course of a projection, your copy can find itself experiencing that vision firsthand, from inside the vision. In effect, a strong vision can cause a dimensional shift that transports the your copy into an astral realm. A vision experience like this will usually end the real-time aspects for its duration.

Once reality fluctuations start, it can be difficult to make sense of what is happening. It is usually best to accept whatever is happening, to keep your mind as clear as possible, and to continue on with your projection as best you can. If reality fluctuations become pronounced, though, it often helps to move away from the affected area and hope things will be more stable elsewhere. If this fails, attempt to reenter your physical body while you still can, or risk losing the memory of that experience entirely. The norm is a strange and fluid mixture of objective and subjective perceptions, with reality fluctuations steadily increasing as the projection continues. This might leave you floundering for some kind of a logical cause or explanation, which is unlikely to be found. Most fluctuations are annoying but are not bad or negative elements of a projection.

To avoid reality fluctuations, try the following

- Focus on what you are doing at all times and don't let your mind wander. Keeping control during a projection strengthens it and makes shadow memories stronger.
- Keep moving at all times and do not stay in one area for too long.
- Move away from your physical body immediately after the exit and stay at least fifty feet away from it at all times - the farther the better.
- Concentrate on forward vision and turn slowly and deliberately.
- Keep up a running commentary during the projection. Talk aloud to yourself at all times, describing what you are seeing and doing. If your voice does not work, say it in your mind.
- Do not concentrate on any one object or scene for too long. Observe each object and scene only briefly in passing, noting it aloud, then moving along.
- Glance briefly at your hands frequently, and whenever reality fluctuates, but not for long enough to cause them to melt. Each time you do this, a small shock wave is sent back down the silver cord to the physical/etheric body. This

gives it a small shock that slows its entry into the dream state, thereby strengthening the projected double.

- End the projection when reality fluctuations become pronounced, while you still can.

Astral Affects

You are an infinitesimally small point of consciousness, a spark created by the pure energies of your consciousness. You have no real size or shape. You are totally free of the limitations of your physical body and of all the laws of the physical universe. In many ways, the physical body and your copy can be likened to a car battery and the energy stored within it, or to an electrical capacitor and its stored charge. If you could somehow separate one of these physical devices from its stored energy, releasing yet containing its energy in a single cohesive unit, what size would the energy unit be? What would the energy unit weigh? What would the energy unit look like?

There are no real answers to these questions, as energy has zero size, zero mass, and zero weight, but the product of these questions would exist in some form and have an energy potential that could be calculated. It should, hypothetically, exist as pure energy once freed of the restraints of matter. For all that your copy is considered a body of sorts, albeit an energetic one. You can perceive this body, but only when parts of it are deliberately self-observed. The subtle body parts that appear seem to be created by the subconscious mind. Your mind does not seem able to accept the total nonexistence of its body, so temporarily creates body parts when they are looked for.

If you try to look closely at parts of your copy during a projection, especially your hands, you will find they start melting away very quickly, within two or three seconds. You can glance at any body part and look away again and it will appear to be fairly stable and solid, but studying any body part closely will cause it to melt. For example, if you look at your feet and then lift one of them for closer inspection, it will begin melting just as hands do.

Hands, being the most commonly looked-at projected body parts, look pale and unearthly. They sometimes even appear macabrely elongated and spectral. Do not panic if you observe this effect, as this is quite normal. It usually is seen only during low-powered projections. In all cases, after only a few moments of observation, the fingers will begin melting rapidly away into pale stumps. The rest of the hand and forearm will soon follow suit if the observation is continued. If you look away and then look back at your hands, the melting process will begin again from the start.

Any other real physical object observed closely during a projection will not melt. Things will change; they'll morph, disappear, reverse, and mutate into other things, but they will not melt away as body parts do. The subconscious mind provides temporary subtle body parts, seemingly as a reflex action triggered by the act of self-observation. It knows its real physical body exists in another place, and knows it should have a body with it during a projection. So, when your copy looks for its body, the subconscious mind is tricked into creating temporary body parts. However, these body parts cannot be maintained in existence, because the subconscious mind cannot accept that its body is existing in two different places at the same time. Internal subconscious and energetic conflicts cause the body parts to rapidly melt away. The melting-body-parts phenomenon is more noticeable in real time than in the astral planes or higher, although it still happens in much the same way.

Likewise, vision reversal is an occasional real-time problem. This problem arises because the physical body has a natural frontal vision perspective of approximately 220 degrees. It can see the front half of its visible environment, but cannot see behind itself at the same time. However, your copy is a point of consciousness with the potential to have real-time vision in all directions. Your copy does not contain functioning sense organs, nor even energetic copies of them. It is therefore not bound by the vision limitations imposed on its physical counterpart. It can see in all directions at once if it can get past its ingrained natural frontal vision perspective. This increased vision potential will occasionally cause problems when it happens accidentally.

A 360-degree viewpoint is not readily acceptable by the conscious or the subconscious mind. In a similar fashion, this real-time vision problem can also interfere with your copy's ingrained sense of left and right, which can further compound the spherical vision problem. This spherical vision can cause some very peculiar real-time effects and some pretty mind-twisting reality fluctuations. For example, frequent real-time projectors often find that their world suddenly becomes reversed during a projection, as if in some kind of mirror dimension or reversed astral realm. Everything looks the same, with the same objective qualities as normal, but everything is back to front and/or out of place.

During some projections, your visual senses have become disoriented and they have momentarily experienced a change of perspective that has reversed their left and right perspective. This can happen if they suddenly change direction without noticing the change. Their viewpoint suddenly changes,

without you actually moving or rotating, as you would have to in your physical body. This action has reversed your natural frontal, left and right, back and front, up and down viewpoint. This disorients and tricks the vast creative powers of the subconscious mind into instantly remaking the environment to suit how it feels it should be. A split second of unnoticed disorientation and the astral environment goes haywire.

The subconscious mind makes instantaneous alterations as its viewpoint changes. It either makes the real door vanish and reappear on the other side of the room, then switches the TV and chair to fit this new perspective, or more likely simply creates another door, another TV, and another chair for both sides of the room. You may now find that you have a room with two doors, one on each side, with a TV and a chair on both sides to match.

During a real-time projection, the subconscious mind will usually create something to help with what it feels is its natural left and right perspective at the moment of reversal. This is done according to the visible evidence it has before and after the change of viewpoint occurs. This generates an anomalous view of real time; once this happens, it's way too late to correct it. The subconscious mind will not accept a conscious change of left and right, and anything it has created will stay in existence for the duration of the projection.

If you understand spherical vision and happen to get reversed during a projection, you'll find it's not really a problem. You simply take what has happened into account and continue to function reasonably well in objective real time, rather than thinking you are wasting your time in some strange mirror dimension. This means that if you have plans to do something in real time, you still can. You just have to adjust for it in the best way you can.

Higher-Level Projection

Higher dimensions are similar in structure to the astral dimension, but exist at much higher levels or vibrations of consciousness. Like the astral dimension, each is a completely separate dimensional area, although they can all be said to occupy the same space. Between each level is an intermediary area, or buffer zone, similar to the color-tinted buffer zones that divide the major planes of the astral dimension, but wider and harder to traverse.

Each major level of consciousness corresponds with a particular dimension, and each has a subtle body to match it. Higher levels become progressively more abstract and complex in nature, as do the levels of consciousness associated with them. We all reflect, to a greater or lesser extent, an energetic facet of ourselves into all higher dimensions and levels of consciousness, at all times, just as an aspect of the astral body is constantly reflected into the astral dimension. The strength of these reflections, and their effect on inner and outer realities, depends greatly on the energetic development, intellect, spirituality, and natural potential of the individual.

To project into a higher level, you must first raise your energetic value to harmonize with that level. This is best done before the exit, but can also be done during a projection, and can happen spontaneously. The most effective way of reaching higher levels - barring natural ability - is through the practice of consciousness-raising meditation, energetic development, and other related spiritual practices.

The generation of a high-level projectable double is affected by the level of consciousness, by the active configuration of primary energy centers, and by the quality of energies they produce. The higher-body generation process is therefore limited by the projection mechanism's ability to generate the energetic qualities required.

Projecting consciously into levels higher than the mid to high astral, say past the high fifth or lower sixth astral plane, takes either a high level of skill and development or strong natural ability, or both. A projector usually needs to be proficient at both consciousness raising and energetic stimulation to do this. There are, however, ways to achieve this that take advantage of latent natural ability.

Astral Beings and Wildlife

The astral dimension contains a wide variety of nonphysical energetic life forms, whose intelligence level 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 angels, guides, spirit masters, they range from friendly, to occasionally helpful, to playful, to neutral, to mischievous, to malicious, to downright nasty and evil.

These 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. Although these all appear to come from somewhere in or near the astral dimension, many are capable of operating in the real-time zone. And some of these, unfortunately, delight in tormenting projectors, especially new ones.

The astral dimensions can be likened to the ocean - given the fluid nature of its many internal environments, you can find absolutely anything there: fish, shellfish, octopi, dolphins, whales, sharks, barracuda, sea snakes, crabs, shrimp, jellyfish, turtles, seals, and penguins, etc., etc. Some ocean wildlife is friendly; some is harmless; some is harmful only 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.

Although many parts of the astral planes appear to be full of life, it is fairly rare to meet up with interested beings while 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 of any reality or dimensional level other than their own. They are often amazed when they meet an astral traveler. Other types seem to be well aware of other dimensions, but most seem to have little patience with projectors and tend to ignore them. 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, too, 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. Projectors' awareness and memories of their physical existence, of who and what they are, vary greatly. Many seem to be 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.

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 a projector has made a conscious exit and has retained awareness afterward. The conscious exit out of the 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 you might come across in the astral dimension is that they are not all dream beings or creations of your own subconscious mind. Intelligent or otherwise, 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. And yet, some astral beings will converse with and even actively encourage astral travelers, especially if projectors are courteous and sincere. Like attracts like in the astral planes; if you are friendly and sincere, you are far more likely to meet beings who are also friendly and sincere. The best conduct and safety rule is to keep to yourself, be polite, and 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 projectors come across advanced spiritual beings, and even more rarely will they encounter angels. Angels are a race of highly advanced spiritual beings. They are impossible to track down or find intentionally during a projection. They are especially rare in the real-time zone and the low- to midastral planes. You occasionally come across them accidentally, especially in the high-astral and mental dimension. Angels, and other advanced spiritual beings, seem to make themselves visible only 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 to manifest in any level, even in the real-time zone and the physical dimension. 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 kind of thing always has very good reasons behind it, although those reasons may not be apparent at the time.

Typically, a spirit manifestation like this will begin with a strong buildup 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 a hand or resting a hand on a shoulder.

Advanced spirit beings rarely contact or allow themselves to be contacted by humans. Contact will be made when they think it is warranted - when they think the time is right. Projecting consciously out of body and into the astral planes will often, in itself, precipitate some level of contact with advanced spirit beings. The best way to cultivate high-level contact, and to speed this moment along a little, is through regular, meaningful spiritual service and development, complemented by energetic and psychic development, in that particular order of priority and effort.

Lower Subplane Wildlife

The most troublesome types of astral wildlife appear to come from the notorious lower astral subplanes that 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.

Low astral wildlife normally seem capable of operating only in dimensions similar to or lower than their dimension of origin. This is reasonable, based on the 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 showing varying degrees of strength, intelligence, and ability. Negative beings exhibit a cold and almost insectlike nature. Higher feelings like love, compassion, and mercy are totally alien to them. This does not, however, mean they are evil; it just means they have no higher feelings. A garden spider has no higher feelings; it is not evil for killing and eating a beautiful butterfly. It is a spider and acts according to its nature; spiders feed on insects to survive.

Astral wildlife can manifest in an enormous variety of illusory and changeable forms. Regular favorites are ugly grinning monkeys, gargoyles, and harpy forms. Some seem to prefer a more traditional horned-demon 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 fair indication of its actual strength and intelligence. Many small and weak entities seem to delight in looking big and dangerous, much as an animal will fluff up its fur during a confrontation to make itself seem bigger.

Many entities seem to choose a form taken from the mind of a projector (which indicates some degree of telepathic ability) and use it to generate the maximum possible level of fear. 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 seem to have little power of their own. These are fairly weak, timid creatures and their appearance is always a greatly exaggerated illusion. They generally avoid direct encounters with projectors, and 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.

Some types of astral wildlife seem attracted to, and possibly even feed on, the energetic vibrations generated and broadcast by overly fearful projectors. Continued fear and timidity on the part of a projector seems to make astral wildlife more aggressive.

Their intimidating behavior is, however, always without 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. Still, the appearance of these types is quite rare.

The vast majority of astral wildlife have the power to directly injure a projector, but caution is always advised in these matters. It is commonly thought that nonphysical 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, there are exceptions. Real-time, astral, and all higher bodies are virtually invulnerable, and definitely cannot be destroyed or killed. But it is possible to suffer energetic damage and weakness through intense or prolonged attack by the stronger and more intelligent types of nonphysical entities.

Cases of this are extremely rare, but 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 chapter 13), 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. Keep in mind here that attacks, and especially attacks causing actual energetic damage or substance loss, are rare in the extreme and not something to overly worry about. The risk is roughly equivalent to a recreational swimmer being seriously injured by dangerous marine life. For the average swimmer, injuries are fairly rare events, with the biggest danger being nothing more than an occasional jellyfish sting. Mind their own business, stay calm, use common sense, and project away if you ever find yourself in a bad situation, you have very little to worry about.

Exit Sensations

The presence of the awake mind during the separation phase of projection, even though the full-trance state has been achieved, causes major energetic conflicts between the physical/etheric body and its projecting double. This is especially true for novice projectors, whose energy bodies have not had time to develop and allow for the conscious-exit projection mechanism. Unwary projectors are usually completely unprepared for the visceral enormity of the final stages of the exit. They are usually blown away by a massive sensory overload. Many people honestly and sincerely believe they are dying, which panics them into aborting the exit in any way they can.

Exit sensations are always much heavier during the first few conscious exits. However, they progressively ease during repeated attempts, as the projection mechanism begins energetically adapting and developing. This makes early projection attempts, even failed ones, something of a two-edged sword. They force the energetic development of the projection mechanism and the energy body, thereby making future projection easier. But, they can also cause intimidating stresses and strains that may create a psychological flinch response if not handled carefully, thereby making projection more difficult during future conscious-exit attempts.

Projections involving the brow and crown centers, where projectors perceive themselves as leaving their body through their head, are generally accompanied by fairly gentle exit sensations. However, the majority of projectors should expect strong activity in their heart centers. Heavy exit sensations will not be experienced by everyone. Nor will they happen during every type of projection. It is far better to expect them, though, than to be caught unprepared, as happens so often to so many new projectors.

The solution to all these above problems is to stay calm, focused, and relaxed. Keep a firm grip on emotions before, during, and after the exit and throughout the whole course of the projection. If

projectors can ignore heavy exit sensations and overcome fear, anxiety, and excitement during the exit, they can also refuse to feel these after the exit.

The Unknown and the Darkness

Fear of the unknown astral environment is another natural barrier all new projectors face. This is an experientially unknown environment. It is quite natural to feel some measure of trepidation, even a little healthy fear. New projectors may have read many stories about what this is like, but they have never truly experienced it for themselves.

Many children are afraid of the dark. Their parents tell them there's nothing to be scared of. They open the wardrobe doors and prove there is nothing lurking there or under the bed. After all that, children still fear the unknown and all-encompassing darkness and demand a nightlight. This is natural caution turned into fear by imagination, simply because they cannot see in the dark and hence don't know what's really there.

This is very much like what can happen in the back of new projectors' minds, fed by imagination, when they first get out of body. The unknown qualities and changed aspects of the once-familiar environment, plus the rumors, horror stories, and movies can scare them witless. This can easily break their nerve and ruin their focus, time and time again ruining otherwise successful projections, driving them back into the perceived safety of their physical bodies. Some courage is definitely required during a projection, especially when sojourning into the real-time environment at night. These fears must be quashed before they can take root and start interfering with the projection.

Always remember that the sensitive astral environment is greatly affected by emotion, and like attracts like in a big way. If fear is allowed to grow, then a more fearful or even sinister aspect can be added to the astral environment, manifested around projectors by the creative ability of their own subconscious mind.

Even if deep inside some genuine fear is felt, it is strongly advisable not to allow it to surface in the conscious mind. Be positive and brave and act as if you are totally fearless. Face the unknown out-of-body environment bravely! If you cannot do this, you really should not be projecting. Always remember that nothing can hurt you while you are out of your body. Your copy is an energetic being

and therefore virtually invulnerable. It can swim in molten lava or fly through the middle of a supernova without getting a scratch.

Cultivate becoming a calm and dispassionate observer at all times, fearless in mind and spirit, and you will soon become unafraid of the out-of-body environment. This attitude will help you progressively overcome any genuine fears you may have, even little ones, through the accumulation of personal projection experience. This turns the unknown into the known and familiar, which progressively reduces fear levels.

In the real-time zone, especially, fear can cause compounding and tangible feelings of presence, dread, and mindless terror to be generated and compounded between the physical/etheric body and its projected double. This is an emotional energetic interaction related to waking paralysis and astral feedback. It is not caused by an independent source.

This feedback will progressively intensify and compound if nothing is done about it. The stronger the emotion, the stronger the feedback, especially if the projector is operating close to the physical body in the real-time zone. This effect pretty much disappears if you put some distance between yourself and your physical body. Leave the house and keep on moving until the feeling subsides.

Mental focus and control, plus a calm and dispassionate observer attitude, stop emotional feedback from starting and reduce the likelihood of other potentially negative problems manifesting.

The most difficult type of fear for any new projector to overcome is the primal gut reaction caused by energies generated by the physical/etheric body during the projection process. During the conscious exit, or the spontaneous exit in which the projector becomes aware during the exit, the body and mind of the projector experience strong, full-body sensations caused by energies normally only generated during the sleep state. The presence of waking consciousness magnifies these energetic sensations greatly; the conscious mind has no experience with these energies and therefore has nothing to fall back on as it tries to get used to them. Projectors experience a fearful gut reaction, a strong sense of wrongness and great danger all around.

This is caused by the primal fight or flight response. Projectors sense danger, but as no source of

danger is apparent, they intuitively sense flight as being the only option for survival. This primal survival instinct floods the projector's mind with overpowering primal fear.

Most new projectors will have to deal with some level of primal fear during early OBEs. This fear progressively eases as they gain experience, but some level of fear is usually always present. This fear forms a strong natural barrier to projections. Your ability to master your fears and plow through this barrier shows you have passed a significant test and are ready for projection.

Threshold Dweller

The infamous dweller on the threshold type of experience, plus astral noises and voices, are probably the most well-known manifestations faced by some new projectors. The dweller phenomenon is another aspect of the natural barrier that fear creates. This must be faced and dealt with bravely before new projectors affected by this problem can operate freely out of their bodies.

The dweller type of manifestation, while well known, is definitely not a universal projection-related problem that everyone has to face. Dweller-type manifestation will trouble less than one in twenty new projectors, and then only during their first few projections. Astral noises and voices, however, will intermittently bother most new projectors.

Don't expect this to happen when you first project. Worrying about this could easily cause your own subconscious mind to manifest it. This is what happens in most cases, considering the sensitive astral environment and the effect that fear can have on it. The dweller can happen in a great many variations, but is usually a combination or variation of the following: Immediately after exit, you find a shadowy, menacing humanoid shape, usually all featureless black with burning red eyes.

It may just stand there motionless, or it may take a few steps forward and make threatening gestures. It may be silent or may breathe heavily and loudly. It may snarl, growl, giggle, or laugh. It may even speak and order you back into your body, often by name. It may threaten you with doom and gloom if you continue with your projection. The classic dweller monster never attacks or harms a projector. I have not had a single report of a dweller so much as touching a projector. It is an illusion. It should be confronted and ordered away, or totally ignored, or both.

Be brave, march right up to it, glare at it, and as loudly as you can order it to (#*&) off! Then, turn around and leave the area, totally ignoring it from then on. It will not be there waiting for you on your return.

Astral Voices

A loud and aggressive astral voice may order you (often by name) to stop what you are doing and return to your body immediately, or face a terrible doom. The dialogue and timing of this voice(s) will vary greatly from experience to experience, but the main thrust will always be the same: to intimidate you into aborting your projection.

You may also hear a voice talking to another voice about you, loudly discussing and criticizing you for your stupidity for trying to leave the body, intimating strongly that this is a very dangerous thing to do, or that this is a very dangerous time for it. This onslaught of negative input causes projectors to begin seriously doubting themselves. They begin to worry that they might indeed be doing something foolish or dangerous. But these distracting and intimidating voices never harm projectors and should be totally ignored. Once the exit has been made, these voices will stop immediately and no cause for them will ever be found.

It is possible that natural sounds and voices are picked up by the heightened senses of the projecting double, as it tunes into parts of the local real-time or astral environment during the prelude to the exit. The random nature of these noises suggests they may only be heard when there is activity in the local real-time or astral area to cause them. The state of your energy body, specifically your active configuration of primary centers at the time of projection, may also play a part. It is possible that some projectors sporadically develop a type of clairaudience, the ability to hear into the real-time zone and astral dimension and to hear spirit voices and sounds, as well as the voices of other projectors. Where simple astral noises and voices are heard, and the projector is neither directly nor indirectly referred to, this is the most likely scenario.

Another possibility is that some astral noises are deliberately produced and telepathically aimed at projectors by low-order astral wildlife. These noises appear to be a very cleverly designed audio illusion,

a sneaky distraction designed to worry or trick a projector into aborting an imminent exit. This trickery and deceit is well in theme with the whole apparent purpose of elemental and dweller-type manifestations. If this is indeed the real source of astral noises, then they are simply an audio scare alternative to the more visual dweller-type manifestations. Where the projector is addressed or called by name, or indirectly referred to in any other way, this is the most likely scenario.

Any and all astral noises must be totally ignored during the exit stage of an OBE. These harmless sound effects will distract and disrupt your balance and keep you from projecting if you pay any attention to them. This is especially so when it comes to being pestered or called by someone inside your own house. No matter what you hear and no matter what is said, totally ignore it!

Hitchhikers

A rare type of projection problem that affects approximately one in two hundred projectors at some time in their life - a real-time or low-astral problem - is a hitchhiker, which can happen to seasoned projectors as well as novices. After the exit, you become aware that some being is holding on to you from behind. You often see a pair of arms encircling and holding on to you. This being may be silent or may speak and make threats or threatening sounds. It will often answer if spoken to. You may feel you are being carried around by it, or you may feel you are carrying it yourself.

If it answers at all, this being will usually give short, cryptic, negative, or nonsense replies, which may or may not contain threats. It may even state it is there to help you in some way-do not believe this. You will usually be able to turn around and see your hitchhiker. You will often see a rough-looking male face with glaring eyes. When looked at, it may abuse you loudly or scare you in some other way. Alternatively, it may do and say nothing at all. It may even appear to be asleep or unconscious when looked at.

In case you are concerned about missing a chance of beneficial spirit contact: a simple way to test a spirit (to tell a good spirit from a bad spirit) is to politely but firmly ask it to leave and return another time when called on. A good spirit will understand and leave immediately, and will return another time when called on. A bad spirit will either point-blank refuse or will make up some excuse, e.g., that they know what's best for you.

These hitchhikers are attracted to fear. They are most likely to appear at times when projectors become fearful or anxious during a projection. In some cases, you have only to think of the hitchhiker briefly and it will appear. The wisest preventative measure is to control fear and not think about the hitchhiker in any way, not even for a moment. Drive all thoughts of it out of mind and focus on the projection at all times.

Providing you are courageous enough, a good way of dealing with this situation is to bravely confront or attack it. Do not listen to it no matter what it says. Demand it leave immediately and threaten dire consequences if it does not obey. If this does not work, create a baseball bat or other weapon of choice and use it to beat the manifestation until it leaves. The created weapon should be held firmly in mind so it does not melt away while being used. This procedure should be repeated during any future projections if it reappears.

If the above does not work, or if you are too timid for a confrontation, or if the manifestation repeats, denying its existence will sometimes work, although this generally takes longer. Totally ignore it and deny its existence. Actively disbelieve in it and unmake it with creative ability. Imagine and see its arms fading away and feel the rest of it fading out of existence behind you. An alternative is to make it burst into flames with creative ability and try to burn it away.

Shape-shifting can also be used and the shape of the projector changed to unhorse or better deal with the manifestation. Small is usually more effective than big here, but both should be tried. If you can hold the shape of a bee or wasp, you will often lose the hitchhiker in the process. The use of any level of creative ability is often enough to drive off a hitchhiker, as this seems to intimidate astral wildlife.

Passing slowly through walls and other solid objects can also help. Look at this as scraping off the hitchhiker onto the wall as it is penetrated. Another idea is to project into the nearest church or house of worship. As this type of manifestation is a real-time or low-astral problem, projecting directly into higher levels of the astral planes will lose the hitchhiker in the dimensional shift.

Astral Self-Defense

Whether or not you believe in astral wildlife or nonphysical entities will depend on your beliefs and personal experience. Many people claim that these things, if they even exist, are probably just harmless thought forms. They claim this even though they have no real experience in these matters, and have never had to deal with this kind of situation firsthand. Intellectual belief becomes a bit of a moot point if you have to deal with this kind of thing in person.

Regardless of belief and of whether or not anything threatening or potentially dangerous is ever seen (and usually nothing ever will), it is psychologically comforting and fortifying for projectors to have some idea how to protect themselves if they should ever need to do so. I don't like to dwell on negative possibilities, but here are several methods of self-defense during an OBE. The projected double - especially the real-time double - is an extremely powerful being when compared to nonphysical entities. It has a strong and renewable energy source; the physical/etheric body, constantly supplying its energy requirements. It also has the ability to change its size and appearance, and has innate creative ability with which to forge tools, armor, and weapons.

All jokes aside, an aware projected real-time double does not have to put up with the unkind ministrations of others. It is capable of protecting its integrity in any situation, up to and including extreme energetic confrontation.

The personal freedom and integrity of any projected double, if even slightly aware of its true potential, is not only your natural right, it is enforceable. You only have to be a little bit brave and do what you are naturally capable of and most astral wildlife will beat a hasty retreat. Those that do not run immediately will find themselves outmatched by the constantly renewable energetic potential and versatile creative ability of the projected double.

Created Thought Forms

The ability of the projected double to deliberately create thought-form objects is fairly well known. Maintaining the existence of a thought-form creation for any length of time, however, depends largely on the creative strength, skill, and experience of the projector, and by the nature of the dimensional level in which they are operating.

In the real-time zone, for example, it is more difficult to deliberately create lasting thought forms, as this is a much less fluid environment than is the astral dimension proper. Objects can be deliberately created, but this takes a lot more time and effort than it does in the astral planes. Real-time creations tend to fade away fairly quickly, when compared with the more durable creations possible in the astral planes.

A created thought form can be absolutely anything: a person, an animal, an object, or even a complex scenario or panoramic view. When a new thought form is created, it will usually start to decay and melt away fairly quickly, often almost the moment its creator ceases working on it. For example, if a novice projector creates a new sword in the real-time zone, it will take shape over several seconds. As the projector focuses and constructs it with imagination, it will slowly appear. However, once the effort used to generate it ceases, the sword will begin melting away.

To hold an item in shape, a projector must hold the awareness of that new item in mind at all times until it starts to set and becomes more durable. The longer this is done and the more often the same item is generated, the more durable it will become. The short-lived nature of new thought forms does not, however, stop a novice projector from creating effective weaponry. Energy bolts, for example, only need to be held in existence for a very short time to be effective.

The difficulties of creating lasting thought forms in the real-time zone do not affect the subconscious mind's creative ability in the same way. It has vastly greater creative powers than the conscious mind. If the subconscious is tricked into a creative act it will usually hold its creation in shape, often for the duration of that projection.

Creative power can be used with devastating effect in the astral environment, to deter and even damage troublesome astral wildlife. Anything created in the astral environment is relatively solid there. As it is composed of the same basic substance as the environment itself, it is thus capable of directly affecting the contents of that environment. The effectiveness of a created object also depends on how much of a projector's energy is imparted into it during its creation. Projectors must feel a part of their own substance flowing into any item they create. This strengthens it and makes it more effective and enduring.

The traditional approach to astral combat weaponry is for a projector to visualize and create a sword and armor. The armor offers protection and the sword is used as an offensive or defensive weapon. Swords, when created, must traditionally be blessed with the power of God before they are used. This increases their effectiveness dramatically; I recommend this be done before engaging in astral combat.

Energy bolts can also be created and launched at offending astral wildlife. These are made to explode on contact. To use an energy bolt, construct a glowing-white ball of energy about the size of a golf ball with your imagination. You should feel some of your own energy flowing into this as you create it. This should be made to appear just in front of you and then quickly launched at the target. You should move the energy bolt with your mind as soon as it forms, feeling and seeing and imagining it as moving rapidly, expanding as it flies toward the target. This is made to explode sharply and loudly on impact by imagining and feeling it exploding as it strikes.

With a little practice, an energy bolt can be made in a fraction of a second, with this process being rapidly repeated to create an energetic barrage. Energy beams and flames can also be created and made to shoot from the tip of a sword, although this takes more concentration and practice.

Another way to fire energy bolts is to create a rocket launcher and use this to shoot explosive energy projectiles. Imagine and create the rocket launcher by holding its shape and image firmly in mind. Concentrate on this until it forms in your hands, feeling a part of yourself flowing into it as it forms. Alternatively, simply feel yourself as holding one without actually trying to see it.

This weapon is fired with the mind, by feeling it as firing and imaging a bright projectile shooting from it and exploding on impact. You should feel a part of yourself going with each rocket fired. You always have plenty of energy to spare; it is constantly being resupplied by your physical/etheric counterpart. Any type of energy bolt will cause damage to entities, disrupting their substance and draining them of energy.

The color used for projectiles can be varied and any bright color but black or gray can be used. White is the easiest and most popular color, but many people prefer to create energetic weaponry using their favorite color.

As creating complex items can be difficult, new projectors should focus on one simple object at a time. Creating a single weapon like a sword, or simple energy bolts by creating and using them one at a time, are probably the easiest ways to start. The distraction of creating and holding in shape multiple items may cause some items to fade, thus defeating the whole point of the exercise. If a simple sword is all a projector can manage to create, then the projector should use this on its own and not attempt creating fancy armor. Staying aware of the shape and feel of any created object will prevent it from fading, unless it has a shape and solidity of its own that does not take any effort to hold.

To create a thought-form object, clear your mind and focus completely on what you are creating. Construct and hold the desired object with your imagination and see and feel this object as if it were already in existence. Hold its image firmly in mind at all times; fill your mind with the shape of the desired object and hold this while it forms, feeling a part of yourself flowing into it. Will the object into existence and keep focused on it until it is fully formed.

In the astral dimension, a created object will spring into existence in very short order and with little conscious effort. Creation in the real-time zone, however, requires more effort and time. A created object will tend to fade into sight over several seconds, depending on the projector's effort and creative skill.

If the desired item tends to melt away quickly, more effort will be required to hold it in existence, just as with shape-shifting. If a more-lasting object is planned, one that can be used during every projection, spend some time should be spent re-creating the same object at the start of every projection. In the beginning, keep created objects as simple as possible and use exactly the same mental recipe every time. Created objects - thought forms - slowly become more solid and take less time and effort to create every time they are remade. In time, you will find your created items waiting there for you whenever you project, or you will be able to call them into existence with a simple thought when required. They will then stay in shape, requiring little conscious effort to hold them in existence.

An interesting phenomenon associated with sword, armor, and weapons creation is that fine detail and workmanship often appears on them, as do variations in size and style from what is actually imaged during the creative act. The end product may look quite different from the mental recipe it sprang

from. It is fairly easy to hold the basic shape and details of a sword in mind while creating it, but delicately etched patterns, filigree, complex runes, scripting, diagrams, elaborately bejeweled handles, and sparkling energy fields are most definitely not. These additional details appear to be provided by something other than the mental recipe the creation sprang from.

It is quite possible the projector's subconscious mind plays a part in this, prettying up a created sword as it forms. This seems unlikely, however, because if the subconscious mind were at work here it would most likely create the whole sword in the first place. The creation would then be much more durable and have less of a tendency to fade away.

More likely, the projector creating the sword (totally unaware) actually owns the sword that appears. The projector may have a long-term association, possibly through past-life connections or long-term astral ownership, with that particular sword. This same sword is thus summoned into existence by the projector's attempt to create a sword from scratch.

Astral combat experiences like these show some of the enormous potential of the projected double. It is quite capable of looking after and defending itself - if the projectors realize they are capable of doing so. As I said earlier, the projected double is a very powerful being. It does not have to meekly put up with the unkind ministrations of troublesome astral wildlife of any kind. This may be the reason why astral wildlife in general seem to actively avoid direct encounters with real-time projectors.

These beings either know or can sense the energetic potential of real-time projectors and that they are naturally afraid of them. This may be why they go to such great lengths to unnerve new projectors and scare them back into their bodies, often causing them to give up projecting altogether. Every aware projector is a serious threat to them and to their way of life. Think about it: if enough aware projectors were allowed to roam around the out-of-body environment at will, the bad guys might have to vacate the real-time zone and return to whatever dark dimensional backwater they originated from.

Receiving a sword and armor when requested is the sign that a projector has long-term connections in the astral planes and higher, of which they may be totally unaware. It may also mean they have in some way passed the test and been promoted to active astral duty, 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 and ask aloud, with deep sincerity and reverence, for your sword. If you are ready for it, you will receive it. It is 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.

Shape-Shifting

It is also possible to change your size, shape, and appearance in the sensitive out-of-body environment. Shape-shifting is quite possible during a real-time projection, but is of course easier to hold in the astral dimension proper.

You can become whatever you think and feel you are. You can also be as big as you like by simply feeling yourself expanding and growing, until you tower over whatever it is that has had the temerity to annoy you. You can then step on it, kick it, or hit it with your oversized fist or created weapon of choice. Alternatively, you can feel yourself changing into a large predator - like a lion, wolf, elephant, eagle, even Tyrannosaurus Rex.

Awareness of any new shape must be held firmly in mind and whole-body awareness at all times. It can take some effort to hold a new shape for any length of time. The secret behind successful shape-shifting is much like the secret of learning how to be a successful tree in a drama class. Learning any new shape is like learning how to play a new part in a play, and thus takes regular practice.

Creative imagination and the ability to maintain a changed sense of whole-body self-awareness are the only limitations in shape-shifting. All new shape-shifting projectors should choose one shape and stick with it until they learn how to use it. As with any thought-form creation, the new shape will become progressively easier to use with practice.

Astral

Sight

In-body real-time or astral sight is a subtle body ability that allows projectors to see through closed

eyelids, and even through heavy bedcovers. Projectors frequently note this phenomenon during the *prelude to projections* and during *waking-paralysis* episodes. This can also occur during the trance state alone, due perhaps to partial internal generation of the real-time projectable double.

The etheric body itself, while glued firmly within the physical body, also seems capable of developing independent real-time and astral-sight abilities, under the right circumstances. This is a complexity of the mind-split effect that most commonly occurs after the projected double has made its exit, and during waking-paralysis episodes.

The quality of these abilities is extremely variable. They seem dependent on bioenergetic development, and on natural ability. Many people, when they experience in-body real-time sight, do not realize their physical eyes are actually closed at the time, or that they are seeing through their bedcovers, often in a direction away from where their physical body is actually facing.

There appears to be more to real-time and astral sight than meets the eye - if you'll pardon the awful pun. They may seem to result from a part of a subtle body peering out from within the confines of the physical body, but subtle bodies do not contain functioning sense organs, nor functioning copies of sense organs.

Everything seen in this way is better described as being directly perceived by the mind/senses of the subtle body in question. The etheric and real-time bodies, once internally generated and partially freed from the limitations of their physical body, are capable of perceiving energy directly and of interpreting it in a visual way.

While separation is still only partial, the physical brain shares the subtle body's perceptions. Under this circumstance, out-of-body sight is shared simultaneously with the sight center of the physical brain. It is therefore perceived as if seen through the eyes of the physical body. These visual perceptions, although technically experienced out of body, cause immediate memories to form in the physical brain.

In a way, it can be said that out-of-body perception and shadow memory sharing is taking place, causing direct sight and memory input into the physical brain.

Remote-Eye

Projection

Remote-eye projection is a term used for another complication of consciousness and of the mind-split. A remote point of consciousness can project out of the physical body without any kind of normal projection being sensed or even appearing to take place.

This occasionally happens spontaneously to an awake but extremely tired person, but it can also occur during the somnambulistic or deep-trance states. Accidental remote-eye projectors are always extremely tired and hanging right on the edge of sleep, forcing themselves to stay awake. (There is normally another person involved, keeping the remote-eye projector awake.)

The overtired person suddenly sees a vision of a remote scene very clearly, as if with physical eyes. This is usually a real-time scene fairly close to the projector's actual location in the real world. Remote-eye projectors are usually, but not always, able to see in all directions at once. They are also usually unaware of having any type of body or mind at their remote eye's location, although they will be fully aware of their physical body and its surroundings. They also usually have only limited influence over the movement of their remote-eye aspect, if any.

Note here that remote-eye projection occurs while the physical body and mind are awake and functional, if only just barely. The physical body is still capable of sluggish movement, even of standing and walking and going to the bathroom - especially if the projector has some experience operating in the full-trance state. Speech is possible, but takes effort and is usually slurred.

However, the projectors are fully capable of speaking and of giving a running commentary of the movements and perceptions of their remote-eye aspect - if they can stay conscious long enough to do so. The view from their remote eye may come and go, especially if the remote-eye projectors attempt to undertake any activity requiring more than partial attention.

Remote-eye projections are less dramatic and hence less commonly associated with OBE than are normal spontaneous projections, but they are not exactly a rarity. They are caused by the projection of a very low-powered version of the real-time double, with a barely noticeable mind-split. A weak

version of the real-time double is projected, or more aptly ejected, from an extremely overtired physical body and mind that, quite literally, cannot hold itself together any longer.

The remote eye (projected double) will, if effort is applied, be found to respond sluggishly to the will of the awake remote-eye projector. This is more of an influence than a control. If left alone, the remote-eye aspect will continue moving about, changing direction and even flying at times, completely under its own volition. This last factor strongly indicates that the remote-eye aspect has its own copy of mind, albeit maybe a weaker copy or reflection of the original.

The mind-split effect is quite evident here.

Projectors clearly perceive themselves as existing in two separate locations simultaneously. Neither aspect is aware of the other's thoughts and no astral feedback is apparent between them. This can aptly be called a genuine type of astral experience, although the projector is fully aware of being within the bounds of the physical body at all times.

TOOL FOR TRAINING YOUR MIND



Stare at the orange hole in the middle and after a few seconds imagine that you will feel the outer bands of color pulling you into the Portal. These magnetic bands are charged with a force to assist you in your journey through the portal into another dimension. Once you are free of your physical limitations, you may fly in any direction or destination in the world or space or you can instantly will yourself to your destination in the blink of an eye. Be careful of what you are thinking when out of body, the Astral currents can carry you

off in an instant to another location that you have no ideal where you are. Remember... if you get scared or lost, just think of your physical body and you will be home in your body, safe and sound.

Astral Sex

Every physical action has an astral reaction, and nearly everything sexual is accompanied by emotion, the very substance of the astral plane. Love and Romance are likewise emotional, and these three are mostly associated together and function through the exchange of magnetic and electrical energies that engender excitement, pleasure, and built the magical potentials fundament to magic.

Astral sex is an experience with another spiritual being while you are within the astral dimensions.

While we use the term sex it can be misleading. Sex is chiefly related to physical beings capable of physical interactions into which humans and many other living things are divided on the basis of their reproductive functions. Astral sex is about the expression of unconditional love, energetic feelings, expressing through sexuality, releasing and healing the sacral. Astral sex unleashes the Djed/serpent/kundalini flow which can inspire your dreams and inner desires. Astral sex is more accurately described as an exchange of energies. It can be a very intense, enjoyable, and intimate experience.

How Astral Sex Works

Astral Sex is to become sexually aroused and engage in energetic sex with another person's energy. When you are on the astral, your spirit leaves the physical body and is capable of traveling through other planes of existence. In this state, you can interact with another being. This being may be the spirit of another living person who is astral traveling, it may be the spirit of someone between incarnations, or it may be a non-human spirit.

The transference of energy can have an arousing effect on your physical body, but it takes place on a spiritual level. The energy exchange can be an experience of pure love and joy, it can be tingly and playful, it can be refreshing and rejuvenating, or—if not careful—it can be unhealthy.

In the astral state, energy can be manipulated to a point where it feels and looks like physical body parts are merging, but it is the merging of energy and not actual physical parts. This can lead to an orgasm in the physical body. In most cases a person would return from their astral travel and be so sexually

aroused that they would MUST to take care of that feeling. If they are involved with a flesh and blood partner - the partner benefits from this astral arousal by engaging in physical sex with their partner.

The astral pleasure is pure universal bliss. It's you merging your soul with Love. It won't feel like physical sex. It is beyond any pleasure known to the physical form. It is almost indescribable if you haven't felt it but imagine becoming one with EVERYTHING and feeling totally loved, connected, cared for, and blissful. And perfect. The way to achieve this is to go astral, and reach out to Source or Divine Creation. The merging is timeless, spaceless and absolute. You won't want to go back to your body, but you must. If you get the opportunity to experience this, it's awesome, but rare. Enjoy the experience!

Astral Sex Partners

One of the most important things to consider if you want to have astral sex is who your partner should be. Ideally, it should be an entity of equivalent or higher vibrations. It should be a being that makes you feel safe and comfortable, and there should be mutual respect and care in your union so that it's mutually beneficial.

Some people seek out soul mates, twin souls or twin flames while astral projecting. You may have not met this individual in this world, but because of your inherent spiritual connection you may be able to find each other on the astral plane. It can be hard to find someone who doesn't practice astral projection deliberately, but don't give up—everyone naturally astral projects at one time or another, sometimes it even occurs in dreams. If you keep looking, eventually you'll be drawn to the person and 'bump into them'.

If you have a lover in this life who you can't be with physically because you're separated by great distances, you can agree to meet in the astral plane for an encounter. In this case, it is important for both partners to be skilled at astral travel, but it's a wonderful way for two people in a long distance relationship to enjoy each other's affection.

Warnings and Danger Signs

Just as you wouldn't walk into a seedy bar and offer yourself to just anyone who is sitting around, you don't want to fly out into the astral plane and offer yourself to any passing entity. There are lower vibrational entities (both human and non-human) that will look to have astral sex with you simply to

feed off your energy. This isn't so much as an energy exchange as it is an energy rape, or psychic vampirism.

There's nothing 'mutual' or 'beneficial' about it— such an entity can simply leech you of your energy, and you'll come back to your body feeling drained, confused and depressed. It's best to avoid encounters with such beings.

If you do feel one is trying to force you into an encounter you don't want, you can call on your spirit guides and guardian angels for immediate assistance and 'snap' your consciousness back to your body just by thinking of being inside of it again.

Like most things in life, astral sex is not good or bad in itself; it's more about making smart choices to ensure a pleasurable—yet healthy and beneficial—experience. Sometimes an entity that normally resides on the astral plane can come to you and stimulate you sexually for the purposes of swiping your energy. These are called incubi and succubi.

These entities can come to you against your will and essentially rape you. If you've ever been stuck in a sleep paralysis state and felt someone touching you in your special areas, and got aroused even though you were terrified, you're basically being astrally raped. You should immediately call for help. Your energy is being violently taken from you. You will wake up feeling lethargic and it can take hours to replace that energy.

Unfortunately sometimes people end up in a parasitic relationship with such entities. The entity gives you a ton of pleasure (and we're talking about more pleasure than any human being can generate while corporeal), and you feel like it's worth losing a little of your energy to obtain such bliss, so you don't resist or push them away. In fact, you invite them to come back for another "session." Over time, this leads to you losing a ton of energy which can manifest as apathy towards the real world or real love, and depression, anxiety, and sometimes shame, fear and suicidal thoughts. Not to mention leaking little parts of your soul to an entity who doesn't have good intentions.