

Astral Projection

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Astral Projection

Why is it called Astral Projection?

Projection (unfolding) — because it is the bringing out of the inner double or Soul, a body exactly like the physical but of molecular nature.

Astral — because with it we can travel to all the stars (astros).

This operation occurs unconsciously every time we fall asleep: we enter the molecular world or region of dreams. The only difference is to leave conscious instead of asleep. That is, to enter the fifth dimension in a conscious and voluntary manner.

How is the practice done?

There are many ways to do it; here we list only a few:

- 1. By concentration.
- 2. With the imagination.
- 3. Vigil of the dream.
- 4. Dying from instant to instant.

- 5. By Mantra-recitation.

In any case, the truly important thing is to want to do it, and then to dare to do it. To will is to be able.

Practice by Mantra-recitation

- 1. Perform the Conjunction of Belilin and the Magic Circle.
- 2. Supplicate the assistance of the particular Father and Divine Mother, and set an Objective.
- 3. Relax the physical body and the psychic.
- 4. Mantralize one of the following Mantrams:
 - FFAAAAA RAAAAA OOOOONNNNN
 - LAAAAAA RRRAAAAAA SSSSSSS
 - OOOOOOOOOOOOOOOOOOOOOOOOO
 - OOOOOOOOOOOOOOMMMMMMM
 - RRRRRRRRRRRRRRRRRRRRRRRRRRR
- 5. Verify periodically whether we are already projected — by getting up and jumping to see if we float, or by pulling on a finger to see if it stretches.

Symptoms of Projection

- The body may feel as if it is inflating.
- One may feel that we float.
- The body may feel as if it rocks gently.
- The legs or arms may feel as if they rise and float.
- A small electric current may be felt.
- One may feel oneself spinning at great velocity.
- A noise may be heard beside the ears.
- One may appear consciously inside a dream.

The secret is to PRACTICE with much patience until attaining it.

Remember: To Will is to Be Able.

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