

**Practice For Astral  
Projection The Little  
Jump**

*by Samael Aun Weor*

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### **Practice for Astral Projection — The Little Jump**

To attain Astral Projection, it is necessary to practice during the day: to give little jumps with the desire to float, in order to verify in what dimension we find ourselves.

Repeating it during the day, asking oneself in what dimension one is, helps us to take Consciousness; for during the night, what we have done during the day is going to be repeated.

We shall discover that we are in the astral when we see that we float.

Each time activities are changed, the little jump is given with the intention of floating in the environment; and during the night, one will appear floating in the astral and will realize in what dimension one is.

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