

# **Mental Projection**

*by Samael Aun Weor*

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Being conscious in the Astral Body, we have to order with a strong, military voice: "Astral Body, come forth from me!" and do as if we were removing something from on top of us, as if shaking off the Astral Body. That is to say, Mental Projection is done in the Astral World.

Once we remain situated in the Mental Body, we pass consciously to the Mental Plane; that is no work at all.

Thus the two bodies remain separated — the Astral and the Mental. Both bodies can converse with each other as two persons do in the Physical World, each with his own consciousness; and one sees the difference of one body from the other.

The Astral Body and the Mental Body are both in the fifth dimension; we are dealing with two bodies of the same dimen-

sion, and therefore the operation is easy there.

One must not confuse the three-dimensional part with the four-dimensional part and the fifth dimension. Each thing in its place — for it is there that the confusions come.

What is projected is not the mind, but the Mental Body. And for this, the Mental Body first has to be fabricated.

While one has not fabricated the legitimate Astral Body, it is not possible to access the solar part of that World. And so it is with the Mental Body. In the lunar Mental World, one cannot investigate in depth, because everything is illusory; there is much deceit. By contrast, in the solar part, everything is reality.

In the Astral World it is not possible to see the Ego as a legion. It is in the Mental that one can bring out that whole great army to dialogue with them. In the Mental, one can invoke the I-s. There comes then a multitude of people, and one knows that all those elements found there are oneself.

We do not go to the Mental World to wage war with our I-s, but to investigate how they are nourished, how we nourish them, all in detail. It is going to be "from friend to friend"; one converses with that element, and it tells the why of its actions.

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