

Practice Of Astral Projection

by Samael Aun Weor

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- 1. A few minutes of dervishes.
- 2. A few minutes of concentration on the breathing, observing the entry and exit of the air.
- 3. A few minutes of concentration on the heart, listening to noises of the exterior world.
- 4. Conjuraton of Belilín and Magic Circle.
- 5. Supplication for Assistance to the Inner Father and to the Divine Mother.
- 6. State the objective (repeat it three times).
- 7. Relaxation of the physical body.
- 8. Use one of the following mantrams:
 - FAAARRRAAAA OOOOONNNNNN
 - LAAAAA RRRAAAAA ASSSSSS
 - OOOOOOOOOOOOOOOOOOOOOO
 - OOOOOOOOOOOOMMMMMMM
 - RRRRRRRRRRRRRRRRRRRRRRR
- 9. 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.

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 - OOOOOOOOOOOO MMMMMMMM

- RRRRRRRRRRRRRRRRRRRRRRRRRRRRRRR
- 9. 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.

We recommend that the person be very patient until attaining it.

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