

**Astral Travel:
Powerful Mantras
for Conscious
Projection**

by Samael Aun Weor

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Have you ever dreamed of rising beyond the confines of your physical body, exploring hidden dimensions and experiencing the vastness of your own consciousness? Astral projection, the capacity to travel consciously outside the physical body, has captivated mystics and explorers for millennia.

In this work we enter the world of astral projection through the teachings of Samael Aun Weor. We will explore the concept, its possible benefits, and most importantly, the powerful Mantras designed specifically to assist you on your astral journeys.

The Mantras, sacred sounds or phrases repeated with focused intention, are a cornerstone of many spiritual traditions. Samael Aun Weor reveals how specific Mantras can act as keys, opening the doors to the astral realms.

As we undertake this journey together, remember that the key to success often lies in focused intention and dedicated practice. With the right tools and guidance, you too can unlock the hidden door to the astral world.

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The Mantra "Pharaoh"

The Mantra "Fa-Ra-On", deeply rooted in the Egyptian tradition, is particularly potent for astral projection. The practice involves a multisensory focus: vocalizing the Mantra while visualizing iconic Egyptian symbols such as the Great Pyramid. This dual focus, on sound and image, enhances the practitioner's ability to interact more deeply with the astral plane.

The Mantra is divided into three syllables, each to be vocalized in a deep and prolonged tone:

- FA is pronounced during the first inhalation.
- RA during the second.
- ON during the third.

Begin the Mantra aloud, gradually lowering to a whisper, and finally transitioning to silent recitation in the mind. This progression helps maintain mental alertness while the physical body falls asleep, thus achieving a conscious astral projection.

The Mantra is designed to produce a precise and controlled separation of the astral body from the physical, allowing exploration of the astral plane with sustained and conscious awareness.

The Mantra "La-Ra"

The Mantra "La-Ra" is used to facilitate the projection of the astral body through the activation of specific energies within the human system. Here is a breakdown of the practice:

- Vocalize "La" to stimulate the Lunar Atoms.
- Vocalize "Ra" to resonate with the Solar Atoms.

The combination of these sounds creates an energetic whirlwind, promoting the spinning of these atoms. The practice generally involves lying down in a relaxed state, vocalizing these Mantras mentally or in a whisper to create a vibratory frequency that aids in the separation of the astral body from the physical.

The subtle vibrations induced by "La-Ra" are crucial for awakening the inner senses and allowing the practitioner to navigate the astral plane consciously. This technique underscores the importance of vibratory harmony and the energetic preparation needed for a successful astral projection.

The Mantra "O"

Vocalizing the vowel "O" serves as a powerful Mantra for astral projection. According to Samael Aun Weor, the sound "O" res-

onates deeply with the heart chakra, which is essential for the ability to project and navigate the astral plane.

This Mantra, when vocalized, helps to harmonize and energize the heart chakra, facilitating a conscious exit from the physical body and allowing spiritual journeys on the astral plane. For millennia, yogis have used this Mantra to experience divinity and awaken intuition: the capacity to know without having to think.

The focus on the heart chakra, evoked by the sound "O", is crucial because it helps balance the spiritual and physical energies, which is particularly important for people immersed in intellectual activities, since it restores lost astral faculties and supports spiritual perceptions.

To use this Mantra effectively for astral travel, it is recommended to practice regularly, integrating it into a meditation routine in which the body is relaxed and the mind is focused solely on the sound and vibration of the Mantra. This disciplined practice can lead to profound spiritual experiences and enhanced intuitive capacities.

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The Mantra "RUSTI"

The Mantra "RUSTI" is an important tool in astral projection. This Mantra facilitates the separation of the astral body from the physical body, allowing the practitioner to undertake astral journeys.

To use this Mantra, the individual should lie down in a relaxed position, ensuring that no physical tension interferes with the spiritual process. Then, the Mantra is chanted mentally, which helps induce a state of drowsiness, bridging the gap between waking and sleep. This liminal state is crucial for a successful astral projection.

The act of vocalizing "RUSTI" serves to calm the mind and align the spiritual and physical energies, facilitating the detachment and movement toward the astral plane. The key here is the smooth transition from physical relaxation to mental focus on the Mantra, and then gradual movement to the astral plane.

Samael Aun Weor emphasizes that this should be done naturally and instinctively, like birds that take flight, without thinking too much about the process. This approach helps achieve a conscious exit from the physical body, allowing spiritual exploration and the experience of higher realms of consciousness.

The Mantra "S"

The Mantra "S" holds a prominent place in the teachings of Samael Aun Weor for astral projection due to its simplicity and effectiveness. The continuous vocalization of the sound "S" is a powerful tool for maintaining focus and awareness as the practitioner passes from the physical plane to the astral.

Here is how it works: first, begin vocalizing the sound of "S" aloud, gradually reduce the volume to a whisper, and finally continue the sound silently in the mind. This progression from audible to silent helps deepen the practitioner's concentration and facilitates a state of drowsiness, crucial for separating the astral body from the physical.

The sound "S" is believed to be soothing, which aids the relaxation needed for astral projection. The soft and continuous nature of the sound helps keep the mind alert even when the body falls asleep, allowing a conscious transition to the astral plane. Regular practice of this Mantra before sleep can significantly improve the capacity to perform astral projection consciously and effectively.

The Mantra "Tai Re Re Re"

The Mantra "Tai Re Re Re" is specially designed to facilitate astral projection, particularly for those who fall asleep quickly

upon closing their eyes. This Mantra incorporates a melodic tone that helps maintain wakefulness during practice, crucial for achieving a conscious astral exit.

Here is how the Mantra works: the syllable "TAI" is chanted in a deep and powerful manner, emphasizing the vowel "A". Then, the repeated syllable "RE" is vocalized in a higher and more melodious tone, prolonging the sound "E" without vibrating the "R" too much. This specific vocalization helps the practitioner maintain concentration during the delicate transition from waking to sleep, the key moment for separating the astral body from the physical.

The act of chanting this Mantra can induce a trance-like state, allowing the astral body to separate from the physical form effortlessly and naturally. Regular practice of this Mantra, especially just before sleep, prepares the mind and body for conscious astral travel, fostering an intuitive and reflective capacity to navigate the astral plane.

Tips for Astral Projection

Before closing, Samael Aun Weor shares some tips for astral projection:

- Throughout the day, develop self-observation. Being conscious and questioning whether you are in the

physical or astral plane during everyday activities can help you awaken consciousness in the astral plane.

- Before attempting astral projection, ensure your body is fully relaxed and in a comfortable place where you will not be disturbed.
- Use the Mantras as focal points for concentration.
- Practice astral projection techniques just before sleep. This time takes advantage of the natural state of drowsiness to facilitate the separation process.
- When practicing astral projection, avoid any physical movement once you have settled in. Movement can disturb the delicate balance needed to separate the astral body from the physical.
- As with any skill, astral projection requires regular practice and patience. The more consistently you practice, the more likely you are to succeed.
- Before beginning your practice, you may consider asking for protection from your higher self, spiritual guides, or any divine entity you believe in. This can establish a protective boundary for your astral journeys.

While these practices are spiritual in nature, they also require a disciplined approach to develop the sensitivity and control necessary for effective astral projection.

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