**Astral Travelling 101 - Donald J. Degracia 1994**

ASTRAL PROJECTION/OOBE CLASS

CONDUCTED ON THE COMPUSERVE NEWAGE FORUM

BY DONALD J. DEGRACIA

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INTRODUCTION

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You are now reading the README file which accompanys 15

other files (AP\_01.txt - AP\_15.txt). These files contain relatively

comprehensive lessons on how to achieve astral projections/OOBEs.

These files were written as notes for an on-line class I gave in

the New Age forum on CompuServe during May and June of 1994.

If you are reading this file, then you did NOT obtain this

package from CompuServe's New Age forum. What you are reading is the

version I have released everywhere else in cyberspace. The only

difference between this package and the original class notes is this

README file. The text in AP\_01.TXT through AP\_15.TXT is unchanged.

I am releasing these notes to the Public Domain essentially

as a free book on how to astral project. Please note however that

all of the material is copyrighted.

I hope you will find this material useful and enjoyable. I

have stressed a practical approach to inducing astral projections/OOBEs

while at the same time trying to provide a reasonable balance

between differing views of this phenomena.

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INSTRUCTIONS

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There's really not much to say. If you are reading this

file, then you have already unziped the archive DO\_OBE.ZIP.

The reason for packaging this material as 15 relatively

small ASCII files is so that you can easily read these files

using the DOS EDIT program or Windows Notepad. The files are

sequentially numbered and all you have to do is read them in

sequence! At the end of this README file is the table of contents.

You may want to keep these 16 files in their own subdirectory.

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DISTRIBUTION

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Please feel free to upload DO-OBE.ZIP to your favorite BBS

or FTP sites. Do NOT upload the individual files. Distribute

only the full archive. Thanks.

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CONTACTING THE AUTHOR

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If you send me e-mail and do not hear from me within a few

days, try one of the alternative addresses listed here.

Please feel free to write me with questions, comments,

criticisms or anything else. I will try my best to give

a quick reply back to any mail I receive.

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ABOUT THE AUTHOR

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Since 1987, Donald DeGracia has had numerous out-of-body experiences.

He is an avid student of occultism, science, history, social science,

and philosophy. His whole orientation towards the OOBE involves

a point of view that seeks to synthesize scientific and occult

knowledge. Donald has a Bachelors of Science degree in chemistry,

and is currently obtaining a Ph.D. in physiology. He presently

works as a biochemical researcher in the field of cerebral

ischemia and reperfusion, and has published a number of papers

in this area. Donald and his lovely wife Kathy are currently

situated in Detroit, MI.

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Special Thanks

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Special thanks goes to my wonderful wife Kathy, who had the

patience and excellent grammar skills to proof and edit these notes.

Thanks also goes out to Jeff Wiley, a fellow traveler/dreamer for

his helpful suggestions, and to Rilla Muldon for giving me the impetus

to write these notes.

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AP\_01.TXT

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FILE 1 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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WHAT IS ASTRAL PROJECTION? PART 1

Introduction:

Before saying anything else I would like to thank and congratulate

everyone who is taking this class. Whether you know it or not, by taking

an interest in achieving the types of experience we will discuss here,

you are opening yourself up to a greatly expanded view of yourself and

the life and world around you. Hopefully, by the end of this class you

will have a deep appreciation of what I mean in saying this. I wish

everyone the best of luck!

1. What Is Astral Projection? Part 1

Just what exactly is astral projection? Well, we can get very

academic and erudite about this, and we will do this to some extent below.

But for now, for starters, what we want to do is lay out a definition

of astral projection that is \*practical\*. There are numerous ways

we can view and define astral projection, but the most central point is that

it is an \*experience\*, a special type of experience. No matter how you

look at it, astral projection is an \*altered state of consciousness\*.

So, what is an altered state of consciousness? Well, it is a state

of consciousness that is NOT our normal waking state of consciousness.

There is one altered state with which we are all very, very familiar and

that is the dreams we experience when we sleep at night. Dreaming itself

is an altered state of consciousness. And, as we will see as we progress,

dreaming and astral projection are very closely related states of

consciousness.

Now, astral projection goes under a variety of names. Some other

names for the astral projection experience are the following: 1. lucid

dreaming, and 2. out-of-body experiences (OOBEs). Some people will debate

that astral projections, lucid dreams and OOBEs are different things. We

will discuss these distinctions below. However, I want to stress that such

distinctions amount to splitting hairs, and are not that important. For

our purposes, I will use these 3 terms interchangeably. That is, whether I

say "astral projection", "lucid dream" or "OOBE", I am refering to the same

thing. Actually, I will probably use OOBE a lot since it is the easist

to type. What is really important is not what we call the experience, but

LEARNING FOR YOURSELF HOW TO ACHIEVE THIS EXPERIENCE. And everything

I will stress here is geared to this all important end.

So, for the sake of gearing all this to helping you actually

have an OOBE, there are two main things we will focus on: theory and

practice. You need to understand both. Either alone is useless. Theory

by itself is just empty talk. Practice without theory just leads to

confusion, and in the case of OOBEs, it can lead to real psychological

danger as well. By themselves, OOBEs are NOT dangerous. However, if

you don't know what you are doing, they can be. So, you need the theory

to understand what is going on, and you need the practice to put the theory

into action. So, in this course, we will cover both: theory and practice.

However, as you will see, I personally lean much more towards the practical,

and this is what I will stress throughout. We will pay lip service to

theory, but again, theory is useless without putting action behind the

ideas.

Finally, I want to say this: I will attempt in these lessons to make

the information I provide as self-contained as I can. That is, I want

to really try to provide a comprehensive overview of OOBEs and really

give you your money's worth. However, there is just a tremendous amount

of information related to OOBEs. For example, some related topics are the

following: human psychology, dreams, occultism, religion, mysticism and

science. I hope, that after reading these notes, you will get some idea

that all of these topics are related to OOBEs. I am providing an annotated

bibliography of books that I feel provide useful study. And I really

encourage everyone to look through this bibliography and to actually

read some of the books listed there. The more you know about OOBEs, the

better. That's all there is to it!

2. Different views of astral projections.

So, having said my introductory remarks, let's look at the various ways

people define astral projections/OOBEs/lucid dreams. Basically, we can

divide up the various viewpoints as follows: 1. occult views, and

2. scientific views. Within each of these broad views are a number of sub-

viewpoints, and we will mention each of these at least briefly.

A. Occult views

Within the camp of occult views, we can divide this into Western

and Eastern occult views. However, what is nice here is that Eastern

and Western occultism are very similar. One may find differences in

small details, but the general viewpoints are very similar.

Now, the term "astral projection" comes from occult views

of this expereince. This term implies that what the experience is is

the projection of one's self to the astral \*plane\*. Occultists teach

that the universe is a series of planes of matter and that the physical

world we perceive with our senses is but one of a series of, usually seven,

planes. This is one assumption of the occult view of the world. Here

is a list of the important ideas in the occult world-view that will allow

us to understand what the term "astral projection" means:

1. Occultists teach that our consciousness transcends our physical body.

2. Occultists teach that each of us is an immortal soul who has

temporarily incarnated into the physical world.

3. Occultists teach that the universe is a series of planes. Each

plane is a world unto itself.

4. Occultists teach that each of us has facilities for interacting with

at least 4 of these planes. These facilities are called "vehicles" or

"bodies" and we have four of them: a physical body for interacting with

the physical world (or plane), an astral body for interacting with the

astral world/plane, a mental body for interacting with the mental

world/plane and a buddhic body for interacting with the buddhic

world/plane.

Before we go into these ideas in more detail, let me say this. To

an occultist, the act of astral projecting entails transferring ones

consciousness to the astral body and exploring the astral plane. And

also let me say that, as far as theory goes, this is the theory I

ascribe to. Generally speaking, the occult ideas are the most practical

ideas you can use to understand what is happening to you when you have

an OOBE. So, let's go into these ideas a little deeper and spell out

their implications. For further reading on these topics, see the books

by Charles Leadbeater and Annie Besant in the bibliography.

First thing that needs to be said: the occult ideas fly in the

face of everything we've been taught about what it is to be a human

being here in America in the late 20th century. According to our \*common\*

social beliefs, we are either atheists/materialists who do not think

there is any such thing as a "soul", or we were raised with simple-minded

ideas about God, Heaven and Hell. Occult ideas challenge both of these

viewpoints, and the beauty of learning to astral project is that you

put yourself in a position to determine who is right and wrong on these

issues. So, if the following ideas are unfamiliar to you, please

be prepared to have your concepts about reality greatly expanded!

The basis of occult teachings is this: the senses of our physical body; our

ears, eyes, taste, feeling, senses of heat and balance, smell, these

senses define for us the physical world. That is to say, our physical

senses, \*by definition\*, only allow us to perceive the physical world.

However, according to occult teachings, THERE ARE ENERGIES THAT EXIST

THAT WE CANNOT PERCEIVE WITH OUR PHYSICAL SENSES. In a nutshell, this

idea underlies all of occultism, including whatever particular school

of thought you like best (i.e. Theosophy, Hermitics, Paganism, Alchemy,

etc., etc.).

Now, the idea that energies exist that we cannot perceive is no big news.

Everyone knows about x-rays, about radioactivity, about ultra-violet

radiation. These energies we can detect with machines, but not with our

physical senses. However, where the occultist "goes over the edge",

so to speak, is with the claim that WE HUMANS CAN PERCEIVE THESE ENERGIES

WITHOUT THE AID OF MACHINES. However, to understand this we need to

go into the ideas of the vehicles/bodies, ideas that fall under the

heading of "occult anatomy".

Occult anatomy is the idea stated above, that we humans have more bodies

than we can directly perceive: that we have, not only a physical body, but

an astral body, a mental body and a buddhic body, as well. Each of these

bodies exists on its respective plane. So, before we can go off about the

bodies, we must discuss the idea of the planes.

The occult planes of nature can be thought of as occult physics. For

the idea of the planes posits that there are whole worlds of energies

beyond the ken of our perception, energies of which modern scientists are

completely ignorant.

Again, we are flying in the face of common knowledge. Sure, scientists

grant that there are x-rays, radioactivity, ultraviolet radiation, and

even infinitely minute worlds of subatomic particles and neutrinos. But

to say that there are whole worlds, full of life and activity and strange

creatures, that exist beyond the ken of our physical senses is a complete

absurdity to the modern scientist. However, this is exactly what the

planes are. Each plane is a world, a giant world full of all kinds of

strange and exotic places and creatures with sights and sounds that

dwarf anything we know of here in the physical world.

I should point out too that there are other names you might hear

of that refer to the planes. Such terms are: "dimensions", "aethyrs",

"lokas". "realms". Each of these terms essentially means "plane"

or "world".

Now, again, and to keep your interest at this point, let me remind you

that once you learn to astral project for yourself, then you can determine

whether or not this is all so much fantasy and bs. Keeping this

in mind, let's define these planes a little better.

In the most commonly accepted schemes of the planes, it is taught that

there are seven planes and that we humans can access the 4 lowest planes.

The common names of the seven planes are:

1. Physical Plane (which includes the Etheric Plane)

2. Astral Plane

3. Mental Plane

4. Buddhic Plane

5. Atmic Plane

6. Anupadaka Plane

7. Adi Plane

Now, let's define each of these planes.

1. Physical Plane. This is the world you are sitting in right now. The

physical plane is the familiar world of our everyday life. In the occult

scheme, there are aspects of the physical worl that are invisible to our

senses, and these invisible aspects of the physical plane are called

the "etheric plane". Above I mentioned x-rays, radioactivity, ultra-

violet radiation and subatomic particles. In the occult world-view, these

energies are "etheric" energies, and again, this simply means these

are energies of the physical plane that we cannot perceive with the

senses of our physical body. As we will discuss below, and is actually

quite important to the endeavor of astral projecting, occultists

claim we have a body made of etheric energies and they call this our

"etheric body". It is very likely that many of you will actually

have experiences in your etheric body once you start attempting to project.

Again, this will all be explained in due course.

2. The Astral Plane. The astral plane is described of as a world of

emotion and desire. On this plane our emotions and desires are actually

\*living creatures\*. Also, according to occultists, the astral plane

is where people go immediately after they die. "Dead people" (actually,

"discarnate" people) do not stay forever on the astral plane, it is only

a temporary stop after death. In this regard, the idea of "purgatory" is

related to the idea of the astral plane.

Also on the astral plane are a whole host of creatures and inhabitants

that are native to that plane, such as faires, devas, and other such things.

Believe it or not, according to occultists, the astral plane is also

where we go at night when we dream. When you are in a dream, you are

quite literally in the astral plane. This is a very important idea, and

later on, when we begin discussing techniques for astral projecting, you

will see how important this idea is.

3. The Mental Plane. The mental plane is the world of all thoughts and ideas.

On the mental plane, thoughts are \*REAL OBJECTS\*, and these objects are

called "THOUGHT-FORMS". "Thoughts are things" is a common idea in occultism,

and this idea refers to the fact that thought-forms exist as real live

things on the mental plane. The mental plane is a dynamically brilliant

world of ever-shifting abstract landscapes of color, sound and sights that

would probably make the ordinary person go stark raving mad if they could

actually see the mental plane for what it is.

The mental plane overlaps substantially with the astral plane, and

there is every good chance you will see numerous thought-forms as you

learn to astral project. However, chances are very good that you will NOT

ever perceive the mental plane as distinct from the astral plane, so

chances are good you will never see the stuff that could make you lose

your mind. The reason this is so is because it takes a lot of talent to get

to the mental plane. I personally have never been there and am only

describing to you what I have read about it. Again, we will say more about

this throughout these notes.

4. The Buddhic Plane. According to occult ideas, this is the highest

plane that we can access as humans, within the context of what we

understand as a "human being". In effect, the buddhic plane is the

realm of our soul. The energies of the buddhic plane that we use in

our daily life are the following: inspiration, great creativity, compassion,

wisdom, will-power. It is by these types of behaviors that the buddhic

plane "leaks" into our regular physical lives.

In and of itself, the buddhic plane is supremely abstract and extremely

powerful. Just like the mental plane, it is very unlikely that you will

ever go to the buddhic plane in a projection. It takes even more talent

to focus your consciousness exclusively on the buddhic plane than it does

for the mental plane.

However, learning to access the energies of the buddhic plane will be

critical for your continued success astral projecting. In a nutshell,

the buddhic plane represents everything that makes human life good. The

more of this you have in your aura (we will discuss aura below), the

"lighter" you will be in your consciousness, and therefore, you will be

able to travle through a broader range of the planes than otherwise. On

the other hand, the less buddhic energy you have in your aura, the harder

it will be for you to astral project, and as well, you will project into

ugly regions of the planes, and in general, probably hurt yourself in the

attempt to project. Maybe not hurt yourself physically, but emotionally

and mentally.

Before going on about the "highest" three planes, I want to digress

on what will be an important theme throughout these notes, and this is

the place to do it; in the context of the buddhic plane. In effect, the

buddhic plane is related to morals, wisdom and creativity. These are

very important qualities no matter what activity you want to undertake. In

this regard, astral projection is no exception.

Now, above, I said astral projection is only dangerous if you are

ignorant about what is going on. Now it is time to explain what this means.

You have to realize straight up that astral projection takes you into realms

where the subjective becomes \*ABSOLUTELY REAL\*. All your ideas, fears,

fantasies, become real things outside of you when you project. See, when

you project, you will be somewhere, and in this somewhere (whether we call

it a "plane" or whatever) all the things you think are subjective will

become \*objective\*! What this means in practical terms is that, when

you astral project, you will confront yourself, your own personality,

in ways that are totally different than how you relate to yourself when

awake here in the physical plane. For example, if you have phobias in

your personality, these may become monsters that try to attack you in your

astral projection. Such an experience will more likely than not scare

the \*\*\*\* out of you, and, if you don't understand what's going on, such

an experience may completely scare you away from astral projecting ever

again. So, its EXTREMELY important that you understand that, in a sense,

during a projection, your personality is "outside" of you, and not

"inside" of you as it appears to be here in the physical world. In a very

strong sense, astral projecting is a form of therapy, of self-therapy.

When you intitially begin to project, the first things you will encounter

will be things of your own creation. Some authors refer to this as

meeting the "dweller on the threshold". Again, this "Dweller" is all the

petty, all the bad, all the fear that you have in you. I'm not lying about

this either - it has happened to me. It's a stage you very likely will

encounter. In a sense, all these negative elements of your personality

are like a wall or room in the astral plane, that you will go to when

you first begin to project. It is imperative that you realize that

this is YOU. There is nothing to be afraid of because it IS you. You

have complete control over these elements. YOU CAN BANISH THEM

SIMPLY BY UNDERSTANDING THEM FOR WHAT THEY ARE. Your consciousness of

your self is like a healing fire that can burn away these negative elements

by understanding them. Once you confront these negative aspects of your

self, they will disappear and you will have grown with new self-insight.

This growing is called "maturing", and occurs because of buddhic plane

energies. It takes will-power to confront these things in yourself, and it

takes wisdom and compassion to see them for what they are and to accept

them.

So, one way or another, anyone aspiring to astral project will very

likely be confronted with this "dweller on the threshold". By dealing

with it, you get past it, and you grow. And then, after this first stage

is passed, your experiences on the planes will not be as contaminated

by personal factors. As the personal factors become less a part of your

astral projection experiences, then your experiences there will reflect

more clearly these planes as they objectively exist, uncontaminated

by your subconscious influences. This process is like cleaning off a

window. The cleaner the window is, the better you can see through it.

Likewise, when you project, the cleaner your personality is, the

better you will be able to see through it into the planes.

Which leads me to state an important idea I have not stated yet, and that

is that the planes are extremely plastic. They are moulded by your

slightest emotion, desire or thought. The second you think something,

a little piece of the mental plane is shaped exactly into your thought

pattern, making a thought-form. This is exactly why your initial

experiences projecting will be so extremly colored by your personality.

So, that's it for an introduction to the moral side of astral projecting.

Unlike almost any other activity we humans know of, you CANNOT be a moral

retard and succeed at projecting. You can be a moral retard (i.e. have no

moral values whatsoever) in art, science, buisness (where you actually have

an advantage!) or other activities of life, but you cannot if you want to

succeed astral projecting. If you DO try to project and at the same time

stay morally poverty stricken, well, it is then that astral projection

\*can\* be dangerous. It is just built like this.

Though morals seem like subjective gobbly goop in our physical life,

they are, in reality, the laws upon which our entire human existence

is based. Just as we need to know the laws of gravity to build a

spaceship, we likewise need to know the laws of moral behavior to

succeed at ANY occult task. The only time occultism is dangerous

is if you use it in an amoral fashion.

And don't worry, you don't need to follow a particular creed or dogma or

anything like that. The beauty of astral projecting is that you will find

out EXACTLY what YOU need to grow. You are unique, your needs are unique

and so will be your projections. The messages they will contain will be

EXACTLY what YOU need at whatever stage you are at in your life. Simply

trust the process, go with it, and it will work fine. All you have to do

is be honest with yourself.

So, that said, let's get back to describing the planes:

5. Atmic plane. On this plane, what we think of as "human" no longer

makes any sense. There are no indivdual personalities on this plane.

Seth, from the Seth material by Jane Roberts, reflects what the atmic

plane is like. Here, consciousness exists as the simultaneous experience

of a number of incarnations. Sure, we can say the concept easy enough,

and even understand intellectually the idea. However, the actual direct

experience of this state of consciousness is totally outside of our scope.

Over our head! If you can get your consciousness to focus on this level,

then "you" will no longer exist! Good Luck!

6. Anupadaka Plane. Even more abstact than the atmic plane. Here everything

bleeds into everything else. Extraordinarily abstract! Again, we might

conceptualize the idea of everything being a part of everything else,

but on this plane, that's the way it \*is\*! No dualisms either -

all the contradictions are inside of each other! Mind Candy! Overload!!!!!

Again, good luck out here!

7. Adi plane. God is here. If atmic and anupadaka were weird, well,

this is the weirdest of 'em all. Completely beyond anything we humans

can say, do, feel, think, etc. Yet, adi is the very essence of everything.

Look for the billboards with all the great mystic's names on them!<g> I

can say this though, the more buddhic energy you have in your aura, the

better a feel you get for adi.

So, that's a rough run down of the 7 major planes of our universe according

to occult doctrine. Again, if you've not heard these ideas before, then

its quite a mindful to swallow all at once - and what's worse, I'm

not done with the occult ideas yet! For those of you familiar with

these ideas, forgive me if I've left out a detail or two from your favorite

schemata. It was not my intention to be all encompassing here, but simply

to provide enough background for later discussions. And I'd like to

quickly say that I've included attempts at defining the atmic, anupadaka

and adi planes simply because I'm sick of seeing lists of the planes that

state simply "we cannot understand these last 3 planes" or "beyond human

comprehension". Sure, in terms of our direct experience, these statements

about the 3 highest planes are true. However, as my experience with occult

matters has progressed, I have developed the above intuitions about the

nature of these planes, and, you can take them for what they are worth

to you.

So, according to occult ideas, there are these 7 planes. We can't see

them, but they are there nonetheless. And, to repeat, occultists use

these ideas to explain the nature of both death and dreams, as well

as astral projection and all other psychic powers, including

clairvoyance, psychometry and whatever other favorite psychic

powers you want to add to the list.

(discussion continued in FILE 2)

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END OF FILE 1

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AP\_02.TXT

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FILE 2 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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WHAT IS ASTRAL PROJECTION? PART 2

A. Occult Views (continued from file 1)

i. Occult Anatomy

So, we have defined the planes. Now let us define the vehicles or

"bodies" we possess for interacting with the planes.

According to occult theory, we have 5 bodies. These are:

1. The Physical Body

2. The Etheric Body

3. The Astral Body

4. The Mental Body

5. The Buddhic Body

Now, when we define these bodies, we must define them from two

perspectives at the same time. The first perspective is how these

different bodies manifest in our normal waking life, and the second

perspective is to define these bodies in terms of focusing your

consciousness exclusively in that body and using it as a vehicle

for perceiving its respective plane.

Also, it's important to say at the start that, in all reality, these five

bodies are one body. These bodies operate simultaneously and are highly

integrated. While we are awake here in the physical plane, we haven't the

slightest clue that we have these five bodies because they each work

so smoothly together that all we recognize is our unified perception

and experience. In actuality, these 5 bodies represent the major FUNCTIONS

we have as human beings. From the standpoint of our normal waking life,

it is almost arbitrary to define the human being in terms of these 5 bodies.

However, it is in their utility for explaining altered states of

consciousness that the definitions of these bodies will be found to be

very useful. Thus, once we get more into the specifics of astral

projecting, we will see how useful this scheme of 5 bodies is.

And what we will see too is that defining human nature

in terms of these 5 bodies will put us in an excellent position to

understand very clearly our normal life here in the physical world.

So, having said this, let's discuss each body in turn.

1. The Physical Body. This is the body that we know. This is the body

with eyes and ears, hands and feet, internal organs, a brain and nervous

system. This is our organic body made of molecules and electricity,

pulsating with the living energies of the Earth and Sun.

The best way to think of your physical body is that it is like

a TV set. As a TV set allows you to tune into specific channels, likewise

your physical body allows you (i.e your consciousness) to tune into the

physical world. As a matter of fact, this is how you should think of

all 5 bodies. Each body is a "tuner" that allows us to tune into the

plane corresponding to that body. So, your physical body perceives

the physical world of 3-D space and 1 dimensional time.

I said above that we need to view each body from two perspectives:

1. in terms of normal waking experience, and 2. in terms of altered

states of consciousness. For the physical body, it is the only body

we directly perceive while awake in the physical world. And when

we are in an altered state of consciousness (such as dreams), we no

longer perceive the physical body. There are exceptions to this last

statement, but in general, it is true. Once we get into techniques

for inducing astral projections, you will see that one way to

"leave" your body entails losing consciousness of your physical body

while at the same time gaining consciousness of your astral or etheric

body.

2. The Etheric Body. As was stated above, occultists consider the etheric

plane to be the invisible aspects of the physical plane. So then, it

follows that our etheric body is then the invisible parts of our

physical body. To give you an idea of what our etheric body may look

like consider this. Hopefully you have seen how grains of iron will line

up around a magnet, aligning with the magnetic field lines. Well, both

our hearts and our brains are very electrical organs which are constantly

emitting electrical fields. These fields emitted by the heart and brain

are invisible to our senses, but are easily measured by machines (which

is what the EKGs and EEGs used by doctors are). If you could literally

perceive these electrical fields that come from your brain and heart, you

would be seeing part of your etheric body.

Also, there is electricity constantly pulsing along the nerves

throughout our entire body. Again, we cannot directly perceive these

flowing nerve energies, but they are there nonetheless. And again, these

nerve energies are a part of our etheric body. As a matter of fact, though

some may debate this, the acupuncture charts of Tantra traditions are charts

of the flowing of energies through the etheric body.

Some occult teachings describe the etheric body as being made of a

blue glowing substance.

Now, from our the point of view of our waking experience, the etheric

body is the basis of all sensation and perception. When you feel something

with your hand, smell something, see something or whatever, these sensations

are registering in your etheric body. This is why you do not perceive

things happening in the physical plane when you are asleep or unconscious.

See, it is a mistake to think that your physical/organic body perceives

things. Your organic body is like a lens that \*focuses\* sensations. These

focused sensations then register in your etheric body, which means they

are brought into your awareness. The physical/organic body is a machine

that \*conveys\* sensation. The etheric body is the body that \*registers

and interprets\* sensation.

Those of you who are expert enough in physiology to argue with me about

these ideas can feel free to do so.

Now, from the point of view of altered states of consciousness, it

is possible to move about in the etheric body independently from your

physical/organic body. This is very difficult to do though. You can

always tell that you are in your etheric body because you feel very heavy

and it is very hard to move. Also, it is likely that if you are in your

etheric body, then you will be in a dark, and sometimes, scary subplane.

(More on this point below). Robert Monroe describes moving in his etheric

body, but does not call it such.

Also, it is likely that you have experienced having your consciousness

focused in your etheric body, but did not know it. This usually happens

right when you are waking up or falling asleep. Have you ever had the

experience of waking up in bed and trying to move, or trying to talk but

not being able to do so? If so, you might have even felt scared. If this

has ever happened to you, what is actually going on here is that you

are actually \*not\* awake. Instead, you have "woken up" on the etheric

plane in your etheric body by accident. For those of you that have had

such experiences, be happy, because these were actually etheric projections!

We will learn below how to cultivate the ability to do this, and also

what to do when you find yourself in this position.

3. The Astral Body. From the point of view of being awake here in the

physical world, your astral body is the emotions and desires you feel.

You know how sometimes you get real distinct "vibes" from people? Maybe

someone makes you feel creepy, or another person uplifts you and

makes you feel good, and yet other people seem to drain you of your energy?

Well these "vibes" are in actuality you sensing that person's astral body.

When you get angry, or sad, happy or feel any emotion, you are feeling

your own astral body. When you sense these emotions in another person

(which is called "empathy") you are feeling that person's astral body.

Now, again, some people will argue with this, saying that emotions

are a part of the brain, contained in the nerves of the limbic system.

However, I again will say that these brain regions that relate to emotion

are gateways between the physical body and the astral body. Feeling emotion

is not dependent upon having a physical/organic body. After you die you

will continue to feel emotions because emotions originate in your astral

body.

Now, in terms of altered states of consciousness, when we start getting

into the meat of astral projection, the vast majority of your OOBEs will

occur in your astral body. This is the body you use at night when you are

dreaming and your physical body is asleep. Thus, the world you will be in

when you astral project will be extremely similar to the world you are in

when you dream at night. We will have much more to say about the

astral body and its properties as we proceed.

4. The Mental Body. During normal waking life, you perceive your mental

body as your mind. You think thoughts, see images in your imagination

(your "mind's eye"), can hear songs and voices "in your head". All of these

phenomena are occuring in your mental body. Again, you can argue and

say that all of these things occur in your brain, and that, if you did

not have a brain, then you would not think thoughts, see things in your

"mind's eye" or hear things in your head. And again, I will counter and

say that the brain is a CHANNEL, a "machine" that allows these mental

events to manifest on the physical plane. If you have no brain, you

cannot express your mental behavior on the physical plane. However, having

no physical brain does not prevent you from expressing your thoughts

and ideas on the astral and mental planes.

And to repeat again, once you learn to project for yourself, you can

decide who is right in these kinds of debates. Below we will discuss

these types of debates a little more, but for now, all I'm trying to do

is convey occult ideas about human anatomy.

From the point of view of altered states of consciousness, shifting

the focus of your consciousness to your mental body will allow you to

directly perceive the mental plane. I've already stated that this is very

difficult, and that I have never done it. In the bibliography I reference

books by people who describe what the mental plane looks like. It is

supposedly extremely beautiful, but I suppose this depends on what

level of the mental plane you perceive.

5. The Buddhic Body. We've discussed the buddhic body already in the

statements I made about morals and astral projecting. To repeat here:

In our normal waking life, buddhic energy manifests as: creativity,

novelty, spontaneity, wisdom, compassion, will power, sudden insight,

great genius, great leadership abilities, deep spirituality. Other times,

buddhic energy may manifest as death, disease and decay (this is

the Hindu image of Shiva the Destroyer). Whatever your situation

demands for growth, this is what the buddhic energy will manifest as.

Ideas such as "God", "Tao", etc. refer to buddhic energy. However,

religion is not buddhic energy, though it may be a channel for it.

One very powerful source of buddhic energy is the Grateful Dead.

Buddhic energy is the underlying essence of LIFE. It is everywhere

and permeates everything we know. As far as being human goes, there

is nothing more powerful than buddhic energy. We can think of buddhic

energy however we please. It does not matter what we call it or what we

think of it. Buddhic energy is the energy that moves our very minds.

Mystics speak of the ineffable essence that underlies and unifies all

reality. This ineffable essence is buddhic plane energy.

In terms of altered states of consciousness, it is extremely

unlikely that anyone reading this will learn to focus their consciousness

onto the buddhic plane. It is simply too subtle to do so. It IS possible

to take LSD and feel the buddhic energy while you are awake here in the

physical world. However, though this is not as difficult as focusing

directly onto the buddhic plane, it takes great mastery over the LSD

experience to be able to use it to perceive the buddhic energy that

fills every nook and cranny of all life.

Now, ironically, though it seems the buddhic energy is the

hardest to attain, it turns out to be the energy you should most desire

to attain. Frankly, astral projecting is nothing compared to attaining

buddi, or learning how to have buddhic energies play through your being.

Earlier I mentioned that there were Eastern and Western views of

occultism, and till now have made no attempt to distinguish between

them. However, when it comes to opening yourself up to buddhic energy,

Eastern occultism has always been crystal clear about this, whereas

Western occultism is not always so clear. Eastern occultism is yoga, and

the purpose of yoga is to become enlightened. Becoming enlightened is

exactly the same as opening up to the buddhic energies. This process

goes under many names: enlightenment, samasamadi, mysticism, cosmic

consciousness, satori. All these words refer to the same thing.

However, it is not my purpose in these notes to digress on mysticism.

For the interested reader, see the reference by van der Leeuww in the

bibliography.

To conclude this brief overview of occult anatomy, I would like to define

the word "aura", which I used above and will have occasion to use

throughout these notes. The word "aura" is a generic term and can refer

to any one of the nonphysical bodies by itself or in combination with

the other nonphysical bodies. I use the term to refer to all the non-

physical bodies at once. Some people use the term to refer specifically

to the astral body. "Aura" is a vague term. I prefer, when speaking,

to call a specific body by its proper name. And again, if I want to

refer to the four nonphysical bodies (i.e. etheric, astral, mental

and buddhic) simultaneously, I will use the word "aura".

So, we have gone over occult physics and occult anatomy. All of this to

give some idea of the occult interpretation of the astral projection/OOBE

experience! What I have done above it to lay out in a barebones outline

the elements of the occult \*worldview\*. And a barebones outline it is.

Again, readers that want more detail should consult the bibliography.

What I have covered above, though, is sufficient for our purposes here.

To summarize, occultists teach that there are 7 planes and that we have

bodies for perceiving 4 of these planes. By this view, altered states

of consciousness are explained by the fact that we shift our conscious

awareness from the physical plane/body to one of our other, nonphysical

bodies and perceive events occuring on the respective plane. This is

indeed one of the valid theoretical approaches to explaining astral

projection. And, as I've already said, we will find this is the most

useful view to take. Below I will go into other theories of what

astral projection is, but, when we start attempting to be practical

and put the various theories to the test of practice, we will find our-

selves returning to the occult theory again and again to explain what

happens to us when we are "out of body".

B. Scientific Views

Other ideas exist about astral projection besides the occult ideas

expressed above. I classify these other views under the heading

"scientific" because these views mainly stem from the attempts of

scientists of various persuasions to understand the OOBE experience.

The persuasions of scientists of interest here are psychologists and

parapsychologists. These are the folks, other than occultists, who

have given us ideas about the astral projection experience. What I will

do is explain some of these nonoccult ideas, then afterward make some

attempt to compare the occult and nonoccult views of the projection

experience. After that I will then try to tie everything together

and provide the theoretical framework we will use throughout the rest

of these notes.

i. Parapsychology - OOBEs

At begining I said I would use the terms "astral projection" and

"OOBE" (which stands for "out-of-body experience") interchangeably.

Hopefully, you now understand what the term "astral projection" means

and where it comes from. Now we are going to look at the term "OOBE".

The term "OOBE" is a word coined by parapsychologists. Parapsychology,

as a science, began with the work of a man named J.B. Rhine who did

statistical experiments on psychic powers at Duke University in the

1930s. Rhine's application of statistics to psychic phenomena gave

rise to the tradition of parapsychology, a "science" which has had

a questionable and spotted reputation from its inception. Generally

speaking, parapsychologists have been interested in displaying the

existence of so-called psychic abilities, or "psi" as they term it,

using statistics and other props such as dice, or the relatively

famous ESP cards that you may have seen.

What can be said about parapsychology? Not very much actually.

Frankly, other fields of science don't take parapsychologists very

seriously. And because parapsychologists have been so preoccupied

with proving that psychic powers exist by statistical tests, they

have done little to offer real explanations of psychic phenomena.

We saw above that occultists explain psychic powers with the theory

of the planes and nonphysical bodies, and that psychic powers are the

result of shifting the focus of our consciousness from the physical

plane to one of the other planes. Basically, parapsychologists have

not been able to provide a competing explanation of psychic powers.

And what's even worse, parapsychologists, on the whole, have completely

ignored the ideas of occultists.

What parapsychologists have done over the 60 or so years that they've

been around is to coin a bunch of new words like "psi", "ESP", "OOBE",

"remote viewing" and many other jargons, without having any really clear

meaning of these words. The result of this is that parapsychologists

have created more confusion than clarity. Many of the terms they have coined

(such as "ESP" or "OOBE") are now common in our language, yet these

terms have no precise meaning. Earlier, I said that theory without

practice is just empty talk. Unfortunately, this is what parapsychology

is: a lot of talk and very little action.

For example, the term OOBE was coined in the 1960s. Apparently, the

older term "astral projection", and its occult implications, was to be

ignored. What does the term OOBE mean? Well, "out of body experience"

seems to mean that you leave your body. But the questions immediately

come up: \*What\* leaves? and \*Where\* does it go? I guess it's nice, at least,

that parapsychologists recognize that the OOBE phenomena exists.

Unfortunately, the work by parapsychologists on the OOBE have produced

results that parapsychologists did not expect.

The type of experiments parapsychologists have done on OOBEs are

things such as putting a person in a room to project, and in an adjacent,

locked room, putting a piece of paper with something written on it, and then

expecting the projector to "leave his body", go into the locked room, and

read what's on the paper. These types of experiments have prodced very

mixed results which are by no means easy to interpret. Mostly they have been

unsuccessful because the person projecting could not project, or, if the

person did project, then they did not accurately read the message in the

locked room, or never even made it into the locked room!

What are we to make of the results of these parapsycholgoy experiments?

Well, first, let's look under the hood, so to speak, at the implications

inherent in the designs of these parapsychology experiments. Unlike

occultists, who very clearly state their premises, parapsychologists never

clearly lay out their intentions. Thus we are forced to second guess them

to some extent. So, let's do this.

So, we asked: what leaves the body and where does it go? Well, the

experimental design above does not directly address the question of \*what\*

leaves the body. Yet, the fact that the parapsychologist expects the

projector to bring back information implies that at least the para-

psychologist knows that it is the person's awareness that is "leaving

the body".

Of much more importance though is the question: \*where\* does this

disembodied awareness go? Well, the answer to this question is very obvious

from the experimental design above. The parapsychologist obviously

expects the projecting person to go into the adjacent room. What this

means is that the parapsychologist assumes that \*whatever is leaving

the body stays in the physical world\*. This is a key point for

understanding the meaning of the term OOBE. That is to say, the term

"OOBE", as used by parapsychologists, implies that there is only a

physical world, and that there are not any planes as occultists

describe. Obviously, when I use the term OOBE in these notes, I do not

mean this.

Now, the lack of success that parapsychologists have encountered in

the type of experiments described above has forced some parapsychologists

to rethink their ideas. In the past few years, certain parapsychologists

have begun to recognize the possibility that the OOBE subject does NOT

project into the physical world, and that there must be some non-

physical world in which the OOBE occurs. In particular, these ideas

have been stated by both D. Scott Rogo and Lawrence LeShan, who are both

noted parapsychologists. However, only D. Scott Rogo has gone so far as

to suggest that occult ideas might be the correct explanation of the

OOBE experience. Rogo himself learned how to have OOBEs, and came to this

conclusion based on his own first hand experience. Again, if all goes well,

then you too can be like Rogo and go and see for yourself. To read

about Rogo's experiences, look for his book listed in the bibiography.

Rogo's book, which is called "Leaving The Body", is actually an

important reference and all of you are highly encouraged to read this

book.

However, Rogo's view is not widely held by the few parapsychologists

who are around today, and generally speaking, parapsychologists still

cling to the notion that psychic powers (or "psi" as they call it),

including OOBEs, are purely physical phenomena.

So, this is what the term OOBE really means: it implies a purely

physical view of the projection experience. As I said, I don't use the

term OOBE in this fashion, but parapsychologists do.

This is all I will say about the parapsychological view at this point.

We will return to it below when we compare occult and nonoccult views

later in the discussion.

ii. Psychology - Lucid Dreaming

The next nonoccult view we shall discuss is the view that comes

to us from the science of psychology. Now, anyone familiar with academic

psychology knows that there are many schools of thought in psychology

including: Freudian views, the views of Carl Jung, the psychology of

Abraham Maslow, behavioralist psychology, cognitive psychology, psychiatry,

physiological psychology and neurology - just to name a few! I do not

plan on discussing all of these different schools of thought here. If the

reader has enough interest in these topics, you can go read up on them

for yourself. What I want to do here is outline the broad features of

the ideas in psychology relevant to the astral projection experience,

and outline these in enough detail so that 1. you at least know that

such ideas exist, and 2. you are able to compare these ideas to the occult

and parapsychological ideas of the projection experience.

In general, psychologists are not stupid. They have observed many

altered states of consciousness and come up with a number of theories

to account for these altered states of consciousness. Psychologists

recognize astral projection under a vareity of names: lucid dreams,

dissociative experiences, near death experiences, hypnogogia (of which we

will have much to say about later). From what I've seen

in the psychological literature, no one has really tied all these

experiences together under one unified theory. Each of these phenomena

is thought of in different terms. Even the fact of dreaming has not

been clearly tied into the fact of astral projection by any psychologists

as far as I know.

Now, in the last few years, there have been a number of books published

by psychologists involving lucid dreams (one such book is called "Have

a Lucid Dream in 30 Days" - but I do not remember the author). These

books are "how to do it" books for having lucid dreams, and are quite

effective as it goes. However, where they lack is in having a good

understanding of what the lucid dream experience is. One such book that

I read said something to the effect "No one knows what a lucid dreams is..."

and I thought to myself, "\*YOU\* don't know what a lucid dream is!".

So, for those of you that read these types of books, what I'm saying

here is that these books may show you how to actually have a lucid

dream, but the theory they teach you about the nature of lucid dreaming

is not very good, and, as I've already stated, the theory is important

for helping you understand what is happening to you once you start

projecting. The more powerful the theory, the more effective will be

your projection experiences. The flimsy theories of psychologists will

aid you only so far, and there are many things you will experience

when you project that these theories cannot explain.

Lucid dreams ARE astral projections. When we get into techniques below,

we will use this idea in one of our techniques. The idea of a lucid dream

is that it is a dream in which you are aware that you are dreaming. As I

said earlier, occultists teach that the place where we go dream is the

astral plane. However, this idea is not accepted in modern psychology.

The psychologists have a much "softer" view of the projection experience,

calling it a lucid dream. Interestingly, psychologists have no explanation

of what dreams are! Some work under the idea that dreams are a vivid

hallucination created in your brain while you sleep. Others have more

nebulous ideas about collective unconsciousnesses and similar stuff.

Freudians look upon dreams as a symbolic realm where repressions are

stored up. To some extent each of these views is correct - correct that is,

but highly incomplete. Taken together, the ideas in psychology about

dreams and lucid dreams, at best, paint a somewhat confusing mosaic of

sometimes conflicting ideas about the nature of dream and lucid dream

experiences. At their worst, the ideas in psychology about dreams and

lucid dreaming can lead you into an intellectual maze of jargon and

speculation that will only confuse you and not help you one iota

in your quest to actually project! If this happens, you are wasting

your time and energy.

So basically, we have seen that "astral projection" is an occult term.

"OOBE" is a term from parapsychology. The term "lucid dreaming"

is a term from psychology. A lucid dream is a dream in which you are

aware that you are dreaming. However, psychologists offer no really

convincing and complete idea of how dreams work or exactly what their

nature is.

And again, I am fully open to debate the ideas I present here. If any

of you do not like what I have to say, or if you think I am wrong in

the ideas I am presenting, please feel free to challenge me on any point

you wish.

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WHAT IS ASTRAL PROJECTION? PART 3

3. Tying It All Together

So, we have discussed the three main terms used to describe the

experience I hope to teach you, and the origins of these terms.

What is important to realize is that EACH OF THESE TERMS STEMS

FROM A DIFFERENT VIEW OF THE WORLD. Many beginners in astral

projection ask "what is the difference between an astral projection

and an OOBE?" or "what is the difference between an OOBE and a

lucid dream?" Well, the answer to this is that each of these

words stems from a group of people with different views about

Nature and Humankind. \*That\* is the difference between these words.

In terms of the phenomena to which they refer, they all refer to the

exact same thing. Each of these words represents a DIFFERENT

INTERPRETATION of this phenomena, which is the experience of

projecting. Debating about the meaning of these 3 terms is useless

unless the debating is based on experience. What is important is learning

HOW TO PROJECT, and that is what we shall focus on here. However,

all of this introductory material is provided so that you students

have some understanding of the different interpretations that exist.

You are, of course, completely free to pick the interpretation you like

best. However, I think it is more important to be open minded than

to be of strong opinions.

We are now going to compare these three terms. To summarize:

Term Associated World View

---------------------------------------------------

Astral Projection Occultism

Out-of-body Experience Parapsychology

Lucid Dream Psychology

What we want to do at this point is come up with some way to understand

how these three views of the astral projection experience are related

to each other. First off, as I said, it is my opinion, based on my

experiences with altered states of consciousness, that these three terms

refer to the exact same phenomena. Lucid dreams, OOBEs, and

astral projections are all identical experiences. Again, it is

my opinion that to attempt to define these three terms as referring to 3

different phenomena is like spiltting hairs - in other words, a waste

of time.

Perhaps the most important distinction one can make amongst the

\*viewpoints\* represented by these three terms is the following. Basically,

the difference in these 3 terms gets down to different ways to view the

nature of our consciousness and our definitions of what it is to be a

human being. And, after having thought about this for a long time, it

is now clear to me that there are essentially two, mutually exclusive

ways to view the nature of human consciousness. These two views can

be stated thus:

1. Human consciousness is soley and completely a product of the brain.

Which is to say, our existence is purely physical. All of the underlying

causes of our consciousness are grounded in the laws of chemistry,

physics and biology. In other words, physical causes underlie human

consciousness, period. For simplicity's sake, we will call this the

"materialistic view" of human consciousness.

2. Human consciousness in NOT physical. Human consciousness, in its

fundamental essence is NONPHYSICAL. Our physical body is not the cause of

our consciousness, but is instead a vehicle by which to express our

consciousness in the physical world. This view we will call the "occult

view", because it is the view that occultists teach. It does not matter

what particular brand of occultism we subscribe to. All branches of

occult thought share this underlying axiom, as do most religious teachings.

So, this is the vital dichotomy we are faced with: either our physical-

organic body is the cause of our consciousness, or our physical-organic

body is a vehicle for allowing our consciousness to access the physical

world.

That's it. It boils down to these two simple alternatives.

Now, with regard to the 3 terms listed above, and their corresponding

world views, we can say that, in general, parapsychologists and

psychologists share the materialistic view and that occultists possess

the occult view of the nature of human consciousness.

Now, these generalizations must be qualified by the following statements.

First, all psychologists and parapsychologists may not be materialists as

I have defined this term above. Each person, of course, will have their

individual beliefs that may or may not see human consciousness in some

framework other than in purely physical terms. I am not trying to say

that all people who are psychologists and parapsychologists believe

that consciousness is purely physical. What I am saying however is

the traditions of both psychology and parapsychology - in their

official (or psuedo-official in the case of parapsychology) stances

as academic institutions of learning and science, have traditionally

NOT accepted the occult ideas that consciousness is nonphysical. And further,

both psychology and parapsychology have at times been blatant materialists

(as is behavioralist psychology or the typical statistical parapsychology).

And most importantly, the idea that the physical body CAUSES consciousness

is indeed the official platform of higher learning in our Universities

today. This is the basis by which modern medical science operates,

it is the basis of all academic forms of science from anthropology

to sociology to physics to evolutionary biology. Nothing could be more

foreign in the context of modern university learning than the occult

ideas of human consciousness.

So, that's it. Two different views of consciousness, three different

terms to describe the experience of projecting. All that I've said

above, taken together, forms the basic outline of the theory behind

astral projection. My main intention here is simply to expose you to

these ideas. I do not really care to debate about the relative merit of

these ideas any further than in terms of their utility at helping us

astral project. There are a lot of open questions that surround astral

projecting. Anyone that tries to sell you on one particular

interpretation of the astral projection experience is pulling your leg.

None of the three terms above does any more than capture

facets of the experience. If you are so inclined, feel free to pick

your favorite views and go with them. Personally, it is my opinion that

the best you can do is be aware of the variety of viewpoints that exist

(whether it's about astral projecting or anything else), and eclectically

draw upon these different views as circumstances demand. Being open to

things is much more important than anything else, especially in this

business of altered states of consciousness.

4. Radio Station theory of consciousness - The Subplanes

Well, we're almost done with the theory stuff! What I'm going to do

now is to present the theory I personally use to explain my own

projections. In doing so, we will also start to make the transition

between me talking about other people's ideas and me talking about

my actual experiences. The "radio station theory of consciousness" has

come from my need to have a unified way to think about all the things that

have happened to me in my projections. Basically, this "radio station view

of consciousness" is a take-off on the occult ideas I outlined above.

It posits that there are nonphysical places we can take our consciousness;

in other words, planes. The reason I believe this is because, in a

number of my projections, I have been in places that \*looked like\* places

I know on the physical plane (my own bedroom and house mostly). However,

when I explore these environments in my projections, and then wake-up

back here on the physical plane and go and study the exact same place,

I always observe numerous differences. So, my conclusion is that, where

ever I'm at during my projection, it is definately NOT the physical world

I am in when I am awake.

Another thing I have consistently experienced in my projections is the

fact that sometimes when I project I am \*somewhere\* but other times I am

\*nowhere\*. In the journal I keep of my experiences, I call the

"somewhere" "episodes", and I call the "nowhere" I go the "void".

When I am in an episode I can be anywhere - for there are a lot of places

to be in the planes! It may be a sunny meadow, a strange abstract colored

landscape, a dark scary place full of zombies, a mall, house, suburb (yes,

all these things exist on the astral plane!). Any time I am anywhere in

a projection, I call it an "episode".

The void is altogether different. Imagine being in a completely

dark, completely silent place with nothing in it. This is what the void

is. I go to the void almost as frequently as I'm in an episode during

my projections. Often, as soon as I "leave" my body, I am in the void.

Or, I may be in an episode and I will "fade-out" and disappear from

wherever I am at, and I will appear in the void. As well, I've

discovered ways to get out of the void into an episode, and I will share

these techniques with you below, just in case you find yourself in the

void. Now, there is nothing wrong with being in the void. It is actually

very peaceful there - extremely quiet. However, chances are you will

be like me and be much more interested in exploring the things going on

on the planes, in which case you'd rather be somewhere than nowhere!

About episodes: Like I said, I can be anywhere - and I've seen some

strange stuff! For example, once I stood on a cloud and played guitar

with a friendly spirit. Another time, a talking rhino gave me a ride

through a forest. On another occasion I kissed a beautiful girl in

a lovely soft world of pastel reds and yellows. Once I saw a ghost

with a Jack-O-Lantern head in an underground passage. Once I was in a

strange house, and the floor of the kitchen was made of little, rainbow

colored squirming human bodies! Another time, I saw an abstractly colored

field of dancing shifting colors. On many occasions, I've found myself

in these absolutely creepy places popluated by rotting bodies and

other grotesque creatures. Sometimes I am in places I recognize,

like my house or my neighborhood, or my old college. Other times I'm

in places I've never seen before. Buildings are very strange on the planes -

they seem to go on forever! One hall leads to another leads to another

leads to another seemingly forever. I will go into some of my experiences

in much more detail below. Right now all I'm trying to do is give you an

idea of the incredibly rich variety of places to explore and discover

in the planes.

There is an occult idea I want to mention at this point that I did not

mention above and that is the idea that each plane is subdivided into

subplanes. In Theosophy, it is taught that each plane consists of 7

subplanes. Just like there are different grades or types of matter on

the physical plane - solids, liquids, gases, fire, heat and light - well,

occultists teach that the planes have similar gradations of the matter of

which each plane is composed, and these gradations in the matter of any

plane are called subplanes. That is one way to look at the idea at least.

And there is merit to this idea too. Imagine the spectrum colors of a

rainbow: red, orange, yellow, green, blue, indigo, and violet (which

you can easily remember by the acronym ROY G BIV). Red is the lowest of the

spectrum and violet is the highest. You can use the idea of a rainbow's

colors as a rough MAP of the subplanes. For each plane there are lower

subplanes (I will also use the word "region" to mean subplane at times)

that bleed into intermediate subplanes that bleed into higher subplanes.

So, lower subplanes of a plane are like red in the rainbow, intermediate

subplanes like green, and higher subplanes like violet, and of course,

with all the intervening shades between these.

In terms of the astral plane, the "rainbow" of subplanes forms a

spectrum of emotion. At the "red" end of the spectrum are the lowest

and worst of human emotions: hate, anger, greed, lust, envy. Up

at the higher end of the spectum (the violet end) are the best of

human emotions: kindness, happiness, warmth, caring and so on. And

again, there is every combination possible between these two ends

of the spectrum.

Why is this idea important? Like I said, it helps provide a map

that will give you some idea of where you are at during a projection.

This is because, no matter where you find yourself, there will always

be a "vibe" present, some distinct feeling you get from the place

where you are at. Some places may scare you, others may make you feel

very light and happy, others may make you horny, and some may feel

quite normal to you (in terms of whatever "normal" is to you). These

vibes that you get, these feelings, give you an indication of what

subplane you are on.

Having the ability to "map" out where you are at during a projection

is actually a practical thing, and this is not simply just an intellectual

exercise. For example, there would be times that I would project and

appear in a place that gave me a bad vibe. I would then realize I was

on a lower subplane and then leave it. Of course, if you want, you

can stay and explore the lower subplanes, which is a useful excercise.

How do you leave a lower subplane? More on this in a later lesson!

So, that is one useful view of the subplanes. There is a second view

of the subplanes we need to discuss too. This is the view presented

by Robert Monroe who is a very excellent projector. His three books are

listed in the bibliography, and Monroe is essential reading for any student

of astral projection. Monroe speaks of the "rings" and by this he

means basically a subplane. But the connotations are not the same as

the theosophical idea. Monroe, in his second book "Far Journeys"

actually has a map of the rings and what you can expect to find on the

different levels. THE RINGS CORRESPOND TO STATES OF MIND. And the

correspondence is like that which I stated above with the rainbow metaphor.

The scummiest states of mind are on the lowest rings. Average people,

people not especially bad, but not especially good, are on the rings a

little farther out. Beyond these are rings that correspond to people

who are strongly devoted to upholding ideals -be these religious,

political or intellectual. And farther out are rings that correspond to

states of mind of the highest nobility and intellect and spirtuality.

And beyond these rings are quiet rings where you won't find human states

of mind.

It should be apparent that Monroe's rings sound an awful lot like

the planes described by occultists. As a matter of fact, they are. Don't

let the fact that Monroe uses different words fool you - he is describing

basically the exact same thing that occultists have described. However,

what is important is that Monroe's descriptions of the rings are BASED

ON HIS OWN PERSONAL EXPERIENCES. Monroe does not claim to be an occultist,

so, he made up his own words to describe his experiences. This only makes

sense.

Again, the point of this digression is that there is an order to where

you will go and what you will experience in your OOBEs. Whether you

use the theosophical idea of the subplanes, or Monroe's idea of rings,

the bottom line is the same: "lower" corresponds to that which we humans

consider bad and "higher" corresponds to that which we humans consider good.

And this spectrum from bad places to good places is the map, the

organization you will encounter in the places you will find yourself

during your projections.

You're probably wondering: so what does all this have to do with Don's

"radio station theory of consciousness"? Well, basically, this "radio

station theory of consciousness" is my description of the organization

of the subplanes, or rings, based on my actual experiences projecting.

The reason I use an analogy with a radio is because I experience episodes

(which is being on a subplane or ring) and I also experience being in the

void. The idea of my radio station metaphor is this: we all know

that on the radio there are radio stations you can tune into up and

down the dial. And what is in between these radio stations? Nothing is, and

when you tune into a place on the dial where there is no radio station you

get STATIC. The way I figure it, when I'm in an episode, this is just like

tuning into a radio station, and when I'm in the void, this is just like

tuning into the static between radio stations where nothing exists.

Note that we are adopting the occult viewpoint that explains

altered states of consciousness as a shift of focus of ones

consciousness away from the physical world and towards the planes.

Shifting the focus of your consciousness into the nonphysical planes

is the same as tuning into that plane. So, that's it, that's the model

I use to describe my projection experiences. And I should add that this

"radio dial" of consciousness does indeed follow the order described

above for subplanes/rings. That is, there really does appear to be a

gradation in these "radio stations" of consciousness from the most

horrible and ugly to the most incredibly beautiful and noble.

Now, there is one last remark I have to make about this radio station idea

that relates to my actual experiences when I project. Up above I made

the comment of "fading out" of an episode and appearing in the void. What

I am referring to here is actually a very important aspect of my projection

experiences that I call the "lock-mold". To understand what I mean by

lock-mold, again imagine a radio. Now, we have all had the experience

that sometimes when we try to tune into a station on the radio we don't

get very good reception and there is a lot of static mixed in with the

broadcast of the station. We might fiddle with the dial to try to get

a better reception of the radio station. Well, this is exactly what

happens to me when I am in an episode. I am extremely literal about this.

When I am in an episode, I am actually TUNED INTO the subplane I am

on to some degree from worse to good. I have characterized every single

projection I have ever had in terms of how good my lockmold is. When

my lockmold is good that means that I feel very stable and I am

perceiving wherever I am at very well. When my lockmold is bad, which

is analogous to getting a lot of static over the radio station, I feel

very unstable and my perception of the subplane I am on is very poor.

When I have a bad lockmold during a projection, usually what happens

is that my vision, hearing and sense of touch on that subplane "blink"

on and off. Usually, I lose the sense of sight first, touch second, and

hearing is the last to go. In other words, when I have a bad lockmold

my vision will blink on and off - I will literally be able to see for a

moment and then lose it and be blind. I have, over the course of

my experiences found a number of tricks to stablize my lockmold, and

these I will discuss ahead.

Now, I bring this idea of lockmold up because - and I really want to

stress this - it has been a central feature of my projection experiences.

Like I said, in every single projection I have had I am aware of how

good or bad my lockmold is. I very strongly suspect that once you

start projecting, you will also encounter this lockmold feeling, so I

am telling you about lockmolds, and will tell you the things I've learned

to control my lockmold, so you will then know what to do when you project

and start to lose your lockmold.

Really, I am very serious about this. Again, your lockmold is a feeling

you will have of how well you are tuned into wherever you happen to

be in your projection. Let me go off on some of my personal

experiences a bit just to drive this idea of lockmold home to you. Below

are listed some excerpts from my personal astral projection journal

which highlight this lockmold phenomena:

1>

"...The doorway led into a castle and I was very surprised by this. I

remember thinking to myself that rooms have all these hidden directions

in them in the astral plane. It was a huge and elegantly decorated place

and the decor looked fairly modern. I wandered about and eventually came

to a room that had a window that was overlooking a long shingled roof.

I climbed through the window and there was a girl outside on the roof.

It was sunny outside and I felt very good. Me and the girl talked, but

I do not remember what we talked about. I could see around me outside,

what looked like a fairly typical, though completely unfamiliar,

neighborhood and I was curious to explore it. I went to fly off the roof

but my lockmold began to weaken and I blacked out...."

2>

"...Somehow, I was back in my bedroom, half conscious of the physical [my

eyes were closed but I could hear sounds outside]. I could then see my

room as if I was awake (even though my eyes were closed) and there was

this thing floating in front of me. I stared at it and it seemed to be

staring at me. It very much reminded me of an insect, but it was a

foot and a half high. It had a spherical base with what looked like thin

legs protruding out in all directions. From the base rose a long

slender neck, and at the top of the neck was a head. The face on the

head reminded me of a praying mantis, or a nun in a habit. It was very

curious how it seemed to be studying me. At first I didn't

know what to think; was it some astral demon? Some kind of astral plane

creature? Then I felt myself losing grip of the lockmold, and the scene

of my room and the floating creature faded out slowly. I laid there

feeling my body on the bed thinking "damn, too much physical." Could

hear noises outside, etc.... "

Note: Number 3 here is a very good example:

3>

"...Was back on my bed, conscious, and I wanted to project again. Went

up and out of my body, flew through the ceiling, and then through another

ceiling, but was back in my body. Jumped out again, and was standing

in my room, but my lockmold was very shaky. There seemed to be another

window in my room, one that didn't exist on the physical plane. I

jumped through this window and seemed to be in a restaurant. At least

that is what it sounded like. My lockmold was very shakey and I could

not see at all, I could only hear. My vision blinked on long enough for

me to see that there was another window in front of me, and I could sense

that outside this window was immense, as if the room I was presently

in was way up in the sky, and if I were to look out the window, I would

only see the vastness of the sky all around me. I thought that I was

where dead people are, and for some reason, the association was made

between "heaven" and the "sky". My vision was gone again, but I jumped

out the window anyway. I got the impression, from the sounds around me,

that I was in an outdoor mall or bazaar. I heard all kinds of things

going on, people selling stuff, conversations, etc.. I thought, "I'm

in a mall in the sky". This whole time I had been clinging to the window

ledge being afraid of the height. For a moment my vision locked on

and I saw stalls with goods floating everywhere and no ground at all

around me. I remembered that I could fly, so I let go of the ledge and

jumped forward. I fell down about 30 feet and just floated there. My

vision was gone again, but I heard people who seemed to be a able to

see me, and they were laughing at me as if I was behaving in an

unusual way. I stumbled to pull myself back to the wall I had just

jumped from. I found the ledge and sat there blind, but I distinctly

heard a radio playing and I listened to a commercial on the radio.

Then I lost my lockmold and was back in my body...."

So, these above three examples give you some idea of what a lockmold

is. You will see this idea of the lockmold feeling expressed in

every personal account of my projections I describe for you. So,

by no means have you heard the last about lockmolds!

At this point however, that about wraps up my presentation of this

radio station theory of consciousness I use to think of my own

projections. To summarize, the important points about this idea are:

1. Like tuning into a radio station, the subplanes are "stations"

that you can tune into with your consciousness.

2. The void is like the static that exists between radio stations,

and when you tune into the void, you perceive nothing at

all outside of you.

3. Your lockmold is the feeling you get of how well you are

tuned into wherever you are at in your projection.

5. Mystical view of consciousness

Finally, I want to end the introductory theory section of these notes

with what I believe are ideas to tie all the stuff I said above together.

As you see, we can take any number of views of the projection experience.

You can debate the relative merit of any of these views till you are

blue in the face. It should be apparent that I discourage such

semantic arguing, but at the same time I strongly advocate that you

be as familiar with as many viewpoints as you can, again, not

only about astral projecting, but about everything in life.

Now, I've already stated that, even though astral projecting is an

extremely dramatic experience within the context of our society's accepted

ideas about reality, compared to learning how to be in touch with

the buddhic plane, astral projection is nothing. In other words,

astral projecting is not the end all be all of life. Bringing buddhic

plane energies into your life \*IS\* the end all be all of life.

There is another member of the New Age forum who is an excellent

astral projector, and that is Jeff Wiley, the section leader of

section 13 (DREAMS) and Jeff has a philosophy that he and I both share,

which kind of sets a bottom line to what all this astral projection stuff

means. Most people make the distinction that, in some sense, their

physical life is real, but their dream life is not real. Learning to

astral project blows this idea right out the door. But even more

importantly, once you start to project, you realize that, in some

sense, your dream/projection life is equal to your waking physical

life. Then, a new insight kind of hits you. And that is, all of our

conscious experience is more like dreaming than not. Our physical life

is actually a strange kind of dream, that, like all dreams, is destined

to end one day. What becomes apparent when you've expanded the horizons

of your personal experience enough is that THERE IS JUST CONSCIOUSNESS.

It really doesn't matter what form the consciousness takes, or what plane

the consciousness manifests on. Such things are merely relative. The

absolute in life is CONSCIOUSNESS: mine, yours, a tree's, a dog's, a

planet's, a god's - all just consciousness.

It kind of comes down to the old cliche "life's a dream". What you are

really looking for here is experiences that can catalyze in you a

transformation - a transformation of attitudes, of your outlook, of

your perceptions of yourself and life; a transformation that will bring

you to the conscious knowledge of your place in the scheme of things. I

call this "opening up to the buddhic plane", Jeff calls this "realizing

the Big Dream". In either case it's the same thing. And it is definately

where you should set your sights.

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by Don DeGracia: 72662,1335

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HOW TO ASTRAL PROJECT - PART 1

1. USING DREAMS AS A SPRINGBOARD FOR ASTRAL PROJECTING

Well, we've gone through the theory, now it's time to get to the

practice. The $10,000 question is: how do you astral project?

There are two main methods I will discuss: 1. becoming lucid in a

dream, and 2. by putting yourself into a trance. We will discuss

each of these methods in some detail because these are the methods I

have used successfully time and time again. There is also a third

method you will find which I will mention, though I do not use this

method. This third method involves visualization excercises. We will

discuss dream methods first, trance methods second, and then end this

section with a discussion of visualization methods. Also, I will

mention briefly tapes and other devices that people use to achieve OOBEs.

Before getting to specific methods, I want to lay out one important

thing that you should do:

\*-------> KEEP A JOURNAL! <--------\*

This is \*very\* important. You want to keep some kind of concrete

record of all of your experiences with altered states of consciousness.

Why? Because it is very easy to forget the details of these experiences.

You may think you will remember something, but, just as is the case

with our normal dreams, you will forget as time goes on. If you have a

record of your experiences you can always refer back to it at any time.

I'm not kidding either; it's very easy to forget the details of specific

projections. Even now I will recount an old projection to someone, then

go look the actual entry up in my journal and realize I have forgotten

important parts of the projection or have confused two different

projections.

Another reason for keeping records of your experiences is that, as

these records accumulate over time, you can go back periodically

and read through them. What you may then discover are similarities

and regularities in your experiences that you may not have

found otherwise. For example, after I had been projecting for

a few months I read over my journal and discovered a recurring

pattern in my projections. What I discovered is that, often, I

would attempt to fly in my projection but, once I would start

to ascend, my way would be blocked by tree branches. Now, this

didn't happen all the time, only once in a while. It occurred

infrequently enough that I didn't realize that it was a pattern.

It was only by looking at my accumulated records over a period

of about 6 months that I realized this was occurring often enough that

it might mean something. And mean something it did. I have since

come to realize that these tree branches blocking me from flying

away were a message from my subconscious mind. Every time this occurred

in my projections - the trees preventing me from flying - it was a

symbol of a serious defect in my personality. It took me some time

to figure this symbolism out, but once I did I started working on this

problem. And over time, as I've overcome this problem in my

personality, I have not been plagued by the occurrence of trees

blocking me from flying in my projections.

So, not only is the above an example of why you should keep good records,

but it's also an example of what I said earlier about how your personality

appears to be \*outside\* of you during a projection and how projections

are a form of self-therapy.

Back to note keeping: In my case, for a long time I simply kept a

notebook close to my bed. Everytime I had a projection the very first

thing I would do when I returned here to the physical plane is write

down as much as I could remember of my projection. The entries I've

made have been as long as 10 pages (in the case where I remembered

the projection well), or may have only been a quick outline of notes

that I later (usually the same day) went back and filled in. Sometimes,

I have gone one or two days before recording the experience, but I

don't recommend this. I've also made notes on whatever scrap paper

was available to me. Eventually, I've transfered all my notes to the

computer. Now I keep my astral projection journal through my word

processor. But still, I often write it down on paper before typing it

into the computer. The bottom line is to do whatever is convenient for

you, but definately keep records of your expereinces!

Keeping a journal takes discipline. Astral projecting, just like any

other skill, requires discipline, and keeping good notes is a part of

the discipline you need to be succesful.

Another thing I want to say at the begining of this section on methods

is that astral projection is a SKILL. As such it is like any other

skill that humans have; some people pick it up easily, others do not.

I like to draw the analogy between learning to astral project and

learning to play a musical instrument. Some people are born with

the talent to play a musical instrument. A very few people are born

musical geniuses. For most of us, however, the only way to learn a

musical instrument is by \*practice\*. And for those of us who have to

practice, our learning may come easily or it may only come with much

work and dedication. Well, learning to astral project is the exact same

thing. A very few people are born with the talent to astral project.

For some, the learning process comes easily. For most of us, learning

to astral project requires work and effort. THERE IS NOTHING MAGICAL

ABOUT LEARNING TO ASTRAL PROJECT. Like anything else, you need to

learn the right theory, the right techniques and PRACTICE them. And

like anything else in life, you get out of it what you put into it.

The more you practice, the more you attempt to learn, the better you

will be.

And, unlike other skills we learn here in the physical world, such

as the example I gave for learning to play a musical instrument,

the factors that underlie your ability to project are primarily

\*psychological\*. Factors such as intelligence, personality,

emotional make-up, social upbringing, and your belief system are all

going to be determinants in how hard or how easy it is for you to

project. So, for example, you don't really have to change your beliefs

to learn to play an instrument or to learn to play baseball. However,

when you learn to astral project, your beliefs are critical. If

you hold certain beliefs it will be impossible for you to astral project

(i.e. if you are a totally cynical materialist). Other beliefs could

potentially lead you to harm when you learn to astral project (i.e.

if you are a staunch Christian who believes in Hell - you just

might find yourself in Hell during a projection and scare the \*\*\*\*

out of yourself!). So, this is just another way to say what I

said earlier; when you learn to astral project, you are embarking

on a journey of \*self-transformation\* to some extent or another.

Now, there is no easy way to determine if you are a person to whom

astral projection comes easily or if you are the kind of person who

has to work hard at achieving a projection. At the very end of these

notes I will discuss how you can use astrology to determine your

propensity towards having an OOBE. But these astrological methods of

determing how likely you are to have a projection are only indicators.

And furthermore, these astrological methods are limited by the

accuracy of astrology, and in particular by the accuracy of the

interpretation of your chart (reading charts isn't easy to start with,

let alone using a chart to determine if you can astral project

or not.) Even if your chart predicts that it would be easy for you

to project, this is still no substitute for learning the right

methods and for honest practice and work. So, until you can prove

otherwise, it's best not to glamorize your potential skills at

astral projection. It's best just to assume that, as an average person,

you will have to put some work and effort into your attempts to

astral project.

So, this said, let's get into the "how to" of astral projection.

I suppose it takes some of the mystique and excitement out of astral

projecting when we realize that we very instinctively, and \*unconsciously\*

astral project all the time. Except in this case we don't call the

activity "astral projecting". What I am referring to, of course, is the

very common process that we call "dreaming". As I said above, DREAMS

AND ASTRAL PROJECTIONS ARE VERY CLOSELY RELATED. In a nutshell,

dreams are UNCONSCIOUS (or you could say "instinctive") astral

projections, and astral projections are CONSCIOUS dreams. Let us now

explore this notion in detail.

Every one of us dreams every night. We may not remember our dreams

the following morning, but this does not mean that we did not dream.

You can take it for granted that you dream at night, whether you

remember it or not.

When I discussed theory above, I said a couple of things about dreams.

First I said that psychologists do not have a good explanation of what

dreams are. It was also stated that occultists claim that the act of

dreaming is a transfer of our consciousness from the physical plane

to the astral plane. The bottom line is, NO ONE KNOWS FOR SURE WHAT

DREAMS ARE. But the nice thing about this is that it doesn't matter if

no one knows what dreams are, because we EXPERIENCE dreams for our-

selves. So, we can explore and study our own dreams directly, and

from these explorations come to our own conclusions about what our

dreams are are not.

Now, part of the problem is attitude. In our society in general

dreams aren't given much credence. We generally associate dreams

with fantasy and unreality. We definately do NOT take dreams as

seriously as our physical waking life. Or, if we do take dreams

seriously it's usually at the level of those dream interpretation

books you see in the supermarket checkout lines which provide

you with pat, simple-minded explanations of what your dreams mean.

On more "intellectual" levels, we run into Freudian or Jungian-based ideas,

nebulous ideas that do little to address the concrete fact that

we all dream. These types of ideas, that focus on the symbolism

or meaning of dreams, important though these views are in some respects,

implicitly deny the concrete reality of the fact that our dreams

are real experiences that happen to our consciousness. It's ironic

when you think about it. Our society, with its physical sciences,

has incredible knowledge and control over the physical forces of

Nature (albeit a tenuous and perhaps deluded sense of control), yet,

with our practical and literal mentalilty, we don't take the fact

that we dream literally. Dreams, are "symbolic", "subjective",

"psychological", which implies they are not real, not objective events.

So, right from the start we pretty much have built into us by our

very society a bad attitude about our dream experiences. Since

society as a whole doesn't take dreams too seriously this creates

a situation where we are, basically, completely ignorant of the nature

of our dream experience. Thus, the first thing you, as a potential astral

projector, need to do is to CHANGE YOUR IDEAS AND ATTITUDES ABOUT

WHAT YOUR DREAMS ARE.

Consider this: When you dream, \*you\* are \*somewhere\* doing \*something\*.

Right? Wherever you are when you dream, you definately EXIST, right?

Things are going on in your dreams: you are doing things, interacting

with other people, being involved in situations, etc. So, to say dreams

aren't real flys right in the face of your direct experience. For, when

you dream, you are experiencing \*something\*. What you have to realize

is that YOUR DREAMS ARE REAL EXPERIENCES OF YOUR CONSCIOUSNESS.

Basically, we all live a dichotomous life. We live two lives. One life

we live here in the physical plane. The second life we live in the world

where our dreams occur. They are both REAL. They are very different from

each other, but each life is totally and completely real IN ITS OWN

TERMS. See, the problem with how we look at our dream life stems from the

fact that we try to interpret it in terms of our physical life.

Our physical life has certain characteristics, the most basic and

important of which is our experience of SPACE and TIME. Both space

and time have very definite properties in our normal waking life, and

our entire mind and perception are conditioned by the properties of

space and time as we know them here in the physical world. For

example, we cannot see around a corner here in the physical world.

Nor can we go backwards in time. Time is an overpowering factor in

our waking experience. We were all born, we are all aging, and we shall

all grow old and die; Time. These things are so fundamental, we take

them completely for granted.

Now, given how fundamental time and space are, and given the fact that

we take time and space so for granted, what we do then is interpret

our dreams in terms of our physical experience with space and time. And

of course, as each and everyone of us knows FROM OUR DIRECT EXPERIENCE,

our dreams make no sense whatsoever if we think of them in terms of our

experiences here in the physical world. So, the normal "knee jerk"

reaction is to conclude that dreams are NOT real, since, obviously,

our physical experience IS real.

Well, this attitude assumes too much and takes way too much for granted.

Isn't it completely possible that there is a logic to our experience

in the world of dreams, a logic of its own that could be DIFFERENT

from our physical waking experience? Could it be that, in the world

of dreams, space and time behave DIFFERENTLY than they do here in the

physical world? Could it be, perhaps, that the place where dreams

occur is indeed a world of its own, a completely natural world with its

own laws of space and time?

Such thinking takes us right back to the occult idea of the planes. The

astral plane is the world in which dreams occur, and it is a world

DIFFERENT from this physical world, which operates according to

laws of Nature different from (but related to) the laws of Nature that

operate here on the physical plane. I do not want to go off on this

too deeply. What I am trying to do here is to expose attitudes that

we all possess and take for granted. The bottom line of what I'm

getting at is trying to help you, the reader, realize that it IS very

possible to think of your dreams as objective experiences occurring

somewhere. Whether you buy into occult ideas or not doesn't matter.

What matters is that you start to take your dreams seriously, that

you begin to appreciate that, when you dream, YOU ARE HAVING EXPERIENCES

THAT ARE JUST AS REAL AS YOUR EXPERIENCES HERE IN THE PHYSICAL WORLD.

This last statement you need to internalize, especially to be able

to see the intimate connection between your dreams and your astral

projections.

So, whether you want to believe that your dreams are experiences just

as real as your experience of reading these words or not, I'm going to

have to assume you will at least pretend for the time being that this is

the case so I can go on with the discussion.

Having established that our dreams are real and objective experiences

like our physical experiences, we need to look closely at the

relationship between these dual lives that we all live. Let's now

look at some facts about dreaming.

There are two facts that we need to consider, and each of these is

something we have directly experienced. Most importantly,

we will see that the key here is memory.

First fact: we do not, as a rule, remember our dreams as well as we

remember our physical experiences.

Second fact: When we are dreaming we generally do not remember the

facts of our physical life, nor do we even realize we are dreaming and

that we even live a physical life.

Both of these are absolutely true. I have experienced this, and so have

you, as has every other human on this planet. These are both very common

facts about our existence. What we need to ask is: What do these

facts \*mean\*?

First off, these two facts are two of the main reasons we don't

treat our dream life as being equal to our waking life. There is no

\*continuity\* between our dream and waking lives. For the average

person, the dream and waking lives are mostly separate from each other.

Sure, one may dream of events which occurred when awake, and even

rarer, one may remember dream events that are relevant to one's waking

life (such as deja vu for example, or maybe a dream premonition).

Generally speaking though, this discontinuity between our dream and

waking life is the main thing that prevents our physical pesonality

from IDENTIFYING with his or her dream personality.

We can look at these two facts from another angle though, and that is

in terms of the relationship between our waking and dream selves. What

is the one thing that can relate our waking personality with our dream

personality? That thing is MEMORY. Memory is all important in this

astral projection buisness. As far as I have discovered to this point

THE ONLY THING YOU CAN TAKE BACK AND FORTH BETWEEN THE PHYSICAL AND

NONPHYSICAL WORLDS IS YOUR MEMORY.

Look at those two facts I listed above. What do they have in common?

Memory. We cannot remember our dream experiences when we are here in

the physical world, nor do we remember our physical experiences when

we are in the dream world. Learning to astral project will change all

this for you. Here now is a very functional definition of what

astral projection \*really\* is: ASTRAL PROJECTION IS A CONTINUITY OF

MEMORY BETWEEN YOUR WAKING AND DREAM PERSONALITIES.

This is a big time practical statement, folks! If you come to learn the

truth of this statement by direct experience, then you \*will\* be a

bona fide astral projector!

Now, for the first time in these notes we are ready to define what an

astral projection is. It is a dream, but AN ASTRAL PROJECTION IS A

DREAM IN WHICH YOU ARE FULLY AWARE OF YOUR WAKING LIFE. See, the

term "lucid dream" normally refers to a dream in which you are aware

that you are dreaming. Well, this is fine and all, but realizing

that you are dreaming doesn't mean you realize your self-identity to

the same extent you do while you are awake. In a full-scale projection

experience, your self-identity in the projection is identical to your

self-identity when awake here in the physical world. This is what

I am trying to teach you how to achieve here: how to take your waking

identity into the world where dreams occur. You can call this an

OOBE if you want, or an astral projection, or a lucid dream. I don't

care what you call it, I only care that you understand what it is

you are trying to do. And again WHAT YOU ARE TRYING TO DO IS TAKE

YOUR WAKING MIND INTO THE DREAM WORLD.

With this understanding you are now in a position to realize

that THERE IS A SPECTRUM OF AWARENESS BETWEEN DREAMS AND ASTRAL

PROJECTIONS. An astral projection is NOT a cut and dry thing.

It is NOT a thing completely different from dreaming. Dreams

bleed imperceptibly into astral projections. The criteria to determine

if your experience is more a dream or more an astral projection is:

to what extent have you brought your waking identity into the dream

world? You can do this more or less. For me personally, I have

conditioned myself to recognize when I am in the dream world.

Once I recognize I am in the dream world, then I consider myself

"lucid", and I record the experience in my astral projection

journal. That is to say, I draw the line between my dreams

and my astral projections when I consciously recognize I am

in the dream world during a dream. Rarely, I may not even remember my

name, but if I remember that I'm "in that place again", then that is

my criteria to say I have had a projection (or OOBE or whatever

you want to call it).

When I project, I remember very cleary who I am in THIS physical world.

I recognize that it is me, Don, but I realize to some extent or another

that Don is no longer in the physical world. I realize that I am in

some other world. To be absolutely honest with all of you, when I

am in a projection I am completely amazed. That is the main thing I

feel while projecting: amazement. I'm amazed that I am me, but I am

not in the familiar world I know. I stand there (or float, or fly) and

often, with intense curiosity just wonder where the hell I am at.

It is my curiosity about where I am at that drives my behavior in

my astral projections (most of the time at least). I will wander

about and explore my environment. I will talk to the people I meet and

ask them questions. If I see books I will try to read them (reading

is actually very difficult for me in a projection). I will study where I

am at as closely as I can. That is what I do in projections, and it is

because it is me, Don, the guy writing these words right now, but I'm

not in this world - I'm somewhere else. And it just amazes the hell

out of me.

Also, often in my projections, I remember what I've read in various books

about astral projection and I'll try to do the things I've read about.

This is one really important reason for reading as much as you can

about projecting: it gives you ideas for things to do. In the next

section I will offer some suggestions of what you can do once you

are lucid in the dream world.

To tie all this together at this point, what you are trying to

accomplish is to take your waking personality into your dreams.

What this means is you want to build bridges between your

waking and dream personalities. Basically, anything that will help you

strengthen the connection between your waking personality and your

dream personality will help you become an astral projector. And, as

this section of the notes is entitled "Using Dreams As A Springboard

To Astral Projecting", let's now look at what you can do in this regard.

Basically, all of your efforts will start with your physical personality.

That is, YOU, the person reading these words, has to make the effort to

break down the barrier that currently exists between you and the other you

that lives in the dream world when the waking you sleeps. There is really

only one being underlying these two lives, and that being is the

greater "you" in which the waking and dream personalities dwell.

THINGS YOU CAN DO:

1. Remember your dreams.

This is really an important first step. You might want to keep a

dream journal (as distinct from keeping an astral projection journal)

just because of the simple fact that writting dreams down will help

you remember them better.

Another excersise to do is this: when you wake up in the morning, before

you do anything at all, just lay there in bed, relax and try to remember

as much as you can about your dreams from that night. Block out

any other thoughts that come into your mind. Often when you wake up

you immediately start thinking about what you are going to do that day.

Well, don't do that. Block those thoughts out. Instead, just relax

and concentrate on your dreams. Usually when we wake up we have at least

a trace of rememberance of that night's dreams. If you just relax and

focus on what little you do remember, you'll be surprised to discover

that automatically you will begin to recall other parts of the dream.

Both of these exercises will help strengthen the memory connection

between your waking and dream personalities. This is very important,

for when you start projecting, it is critical that you remember what

you did during the projection once you return here to the physical plane.

It's no good if you project, but forget all about your projection

once your consciousness is back in the physical plane. If this happens,

you've basically wasted your time. Take my word for it, it is very

easy to forget your projections once you have returned back here to the

physical world. It has happened to me a number of times.

Above I said that once you return from a projection you will want

to record what happened to you during the projection. Well, the all-

important prelude to recording your projections is remembering them.

If you don't remember your projections, you cannot write them down.

Once you start projecting, not only do you want to get in the habit

of recording your experiences, you also want to get into the habit

of trying to remember your projection as completely as possible

once you return to the physical plane.

What will happen is that the end of your projection will be marked

by you returning to your body. You will know you have returned to

your body because you will feel your body lying in bed, or however

your body happens to be situated. Once you feel yourself back in your

body, the absolute first thing you want to do is exactly what I said to

do when you wake up in the morning: relax and try to remember as much

as you can about what occurred during the projection. This may take up to

5 minutes. Then, once you've remembered as much as you can, you

will want to get right up and write down everything you remember.

And again, just like with dreaming, if you take these first few moments

to relax and try remembering your astral projection, you will be amazed

at how easily you can remember what happened to you. The details

of the projection will just pour into your mind. But you have to allow

this to happen. If you just wake right up and make no attempt to

remember, then chances are very good that you will forget many things

that you could have otherwise remembered easily. Again, this is

necessary disipline for being sucessful with astral projecting.

I really want to stress how easy it is to forget your projections once

you've returned here to the physical world. Over time, as I became

better at projecting, and after having completely forgotten a few

really good projections almost upon waking, I actually got into the

habit of remembering my projection while I was still in it! There

have been a number of times when I was projecting that I would

just sit in the projection and make a mental note of everything

that had happened to me up to that point in the projection with the

explicit purpose of remembering it once I was back in the physical.

I have even had projections where I literally wrote down what was

happening to me during the projection! I'm serious about this; I

would find paper and pencil in the dream world and write down what

was happening to me right in the middle of my projection! Needless

to say, making such effort to remember my projection while I am

actually in it makes it easier to remember once I am back here in

the physical world.

So, this is something you may want to try once you find yourself

lucid in the dream world: make very clear mental notes to yourself

of what is happening to you with the explicit purpose of recording

this information once you return here to the physical plane.

2. Self-conditioning excercises.

There are other excercises you can do to strenghthen the memory

connection between your dream and waking self. I will now discuss

what I call "self-conditioning" excercises. These are very important

and form the basic technique for becoming lucid in a dream. What

I am about to say now are the common ideas you will find in

technique books about astral projection (e.g., see Rogo, Ophiel,

and Fox in the bibilography) for using dreams as a means to

astral project.

"Self-conditioning excercise" means you are to plant suggestions

in your mind. The idea is that if you keep telling yourself these

things long enough, then they will happen. There are two suggestions

you want to convince yourself of:

1. You \*will\* become lucid in a dream.

2. You will find clues in the dream itself to trigger off your

lucidity.

Let's discuss each of these in turn.

You must convince yourself that you will project. Only in rare

cases will a person spontaneously project. For most of us, it

requires a strong desire to want to achieve the projection

experience for it to happen. In Rogo's book "Leaving the Body"

he calls this the "Desire Method", and bases this method

on ideas described in another astral projection book by a

Frenchman named Yram. What this method entails is constantly

desiring to astral project. You want to think about projecting

as much as possible during your waking hours. You want to tell

yourself such things as, "I \*will\* project", "I am going to learn

how to project", etc. And what's more, you can't just say these

things to yourself half-heartedly, you have to really work yourself

up into believing these statements. You have to develop an almost

stubborn persistence that, come hell or high water, you \*will\*

project.

There are two things you are doing here. First, you are admitting

to yourself that astral projection is a real thing. This is very

important because any scepticism you have will only prevent you

from projecting. By telling yourself that astral projecting \*is\*

possible and that you \*will\* do it, you are opening up the possibility

in your mind. Like anything else, you have to believe a thing

is possible to do it.

The other thing you are doing here is mustering up the power of

desire. As we all know, when we truly desire a thing, we obtain

it much more readily than the things we don't care about. Desire is

a very strong power in human affairs. Occultism teaches how to control

desire to achieve your ends (this is also an important part of

ritual magic). What you are doing by building up the desire to

astral project is putting the power of desire behind your efforts.

In a sense this is like a booster rocket on a space ship. Desire

adds extra power to your attempts to project. Desiring

to really achieve a projection can make the difference between

being successful or being unsuccessful in your attempts to project.

I know the truth of this from personal experience. In my own case,

during the times I have projected the most frequently, I had an almost

one track mind. All I would think about was projecting. During the day

I would read as many books as I could find about projecting and

just desire more than anything else in the world to project. As I would

go off to sleep at night (or when I would take a nap during the day)

I would think about nothing but desiring to leave my body as I fell

off to sleep. I hate to say it, but you just won't be able to astral

project if you have a half-ass attitude about it. Astral projecting

is not achieved by the half-hearted or the casual. Along with practicing

the right exercises and developing the right attitudes and understanding,

you have to \*really\* want to achieve the experience.

I can say with much certainty that the stronger your will to achieve

a projection, the more likely you will actually project.

Now, let's consider the second suggestion you want to plant in your mind:

You will find clues in the dream itself to trigger off your lucidity.

This is the heart and soul of using dreams as a means to astral

project. Again, this idea is taught in many books that explain how to

astral project. The essence of this idea is as follows. We all know

that things occur in dreams that are absolutely impossible in our

waking life. It could be anything: maybe in your dream you know some-

one who you do not know in physical life. Maybe you are in a familiar

environment in your dream, but things are out of place. For example,

you may be in your house in your dream, but the furniture is different

in the dream, or there is something obviously different about your house

in your dream. Or it may be something even more spectacular. Maybe

in your dream you are seeing animals fly - or even talk! Or you are

seeing something occur in your dream that is simply impossible as

far as physical life goes.

Now, here's the trick:

YOU WANT TO CONDITION YOURSELF SUCH THAT, WHEN YOU SEE ODD THINGS

OCCURRING IN DREAMS, YOU WILL USE THESE ODD CIRCUMSTANCES AS A

TRIGGER TO TELL YOU THAT YOU ARE IN THE DREAM WORLD.

Again, you have to think of your normal dreams and the fact that

in your normal dreams, these odd circumstances usually do not

even phase you. You need to begin by \*remembering\*

these odd occurrences from your dreams. I'm sure all of you can

think of something odd you saw in a dream that didn't phase you

at all. As you remember such weird dream events, think to yourself,

"the next time I see something like that happening in a dream, I

will become aware that I am dreaming". If you work on this over and

over, eventually it will happen: you will be in a dream, see something

weird that could never happen in your waking life, and all of a sudden

realize that you are dreaming.

When this actually happens, it is possible that you may actually \*feel\*

something happen to you in the dream. For example, we all know the

feeling you get when you have been sitting in a chair for a long time

and then quickly get up. You experience a "headrush", where your skin

becomes tingly, your vision may even disappear for an instant, and you

hear a whoshing sound in your ears. On many occasions, when I have

become lucid during a dream, I feel this exact sensation. I don't have

the slightest idea why this happens, but it happens to me fairly

regularly.

Another thing that may happen the first few times you recognize that

you are in a dream is that you might wake up! You will see something

weird going on in your dream, this will trigger you to become lucid,

and all of a sudden you are awake lying in your bed! If this happens,

don't become discouraged. This is very likely to occur to most of you.

It is not bad when this happens, it is good. It is a sure-fire sign

that you had your waking mind in the dream world, even if it was

only for an instant. I have discovered that it is like a balancing

act keeping your waking mind in the dream world. In a sense, your

waking mind is "heavier" than your dream mind. I don't know how

else to say this so just bear with me. Your dream mind is much more

nimble at being in the dream world, which only makes sense. When you

take your waking mind into the dream world, it is like trying to

balance a quarter on the head of a pin. The slightest disturbance

can cause your waking consciousness to fade out of the dream world.

It will take some practice to get used to having your waking mind

in the dream world. I mentioned lockmolds above, and this is

what the lockmold is all about; keeping the right balance that

allows your waking mind to stay in the dream world for any amount of

time.

Finally, it is very possible that the first time you become lucid

in a dream (i.e. bring your waking mind into the dream world)

that you will be perfectly stable. In this case YOU'RE THERE!!

You made it! You are astral projecting. What to do at this

point will be the subject of the next main section of these notes.

So, to wrap up this section on using dreams as a springboard

for astral projecting, I will summarize the key points of this section

and as well assign you specific exercises to do.

In summary, these are the key points of this section:

A. You have to change your ideas about what your dreams are.

You have to learn to accept dreams as a real and valid part

of your experience as a living being.

B. You need to start a journal of your experiences. If you want

to have one journal for recording both dreams and astral

projections, that is fine. If you want a separate journal

for each, that is fine too. What ever you decide, you have

to start writing down your experiences in the dream world.

C. You have to appreciate that dreams and astral projections

form a continous spectrum of states of consciousness. A dream

is when you are oblivious to your life here in the physical

plane, an astral projection is a dream in which you are highly

conscious of your life here in the physical plane. Your consciousness

can be anywhere between these two extremes in actual practice.

D. You need to strenthen your ability to remember what happens to

you during dreams. This means you have to use your memory as a BRIDGE

between your waking and dreaming experiences.

E. The more desire you have to project, the more likely it is that

you \*will\* project.

F. You want to condition yourself to recognize when you are dreaming.

This is most easily accomplished using the strange and weird events

that occur in dreams as a trigger to becoming aware that you are in

the dream world.

Finally, to end this section, here is a list of exercises:

1. When you wake up in the morning, before you think of anything

else, try to remember as much about your dreams as you can.

2. Write down everything you remember about your dreams.

3. Write down a list of all the weird things you've seen happen in

your dreams. (Not necessarily based on what you do for exercises 1

and 2, but write down \*any\* weird dream occurrences you remember.

Don't forget, any "weird" dream occurrence is something that cannot

happen, or is different from the way things are, in your physical life).

4. Throughout the day, stop and be aware of yourself. Think of who you

are, where you live, and where you are at (i.e. home, school, work, etc.).

When you do this, tell yourself you are going to do the exact same

thing when you are dreaming. Do this as often as you can throughout the

day.

5. When you go to sleep at night, meditate on the following thought:

"Tonight I will become aware that I am dreaming while I am dreaming.

If I see anything weird happening in my dreams, then I will become

aware that I am dreaming".

If you do these exercises, as well as the other exercises mentioned

throughout the text, you will greatly enhance your chances

of having an OOBE.

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HOW TO ASTRAL PROJECT - PART 2

2. TRANCE METHODS

We have seen how to use dreams as a means for achieving an

astral projection. However, we have so ingrained our prejudice about

the unreality of dreams, that simply taking your waking mind into

the dream world somehow doesn't seem like all that big a deal, even

given the fact that very few people actually do this. Becoming

lucid during a dream just doesn't seem like the "real thing" to

most people in terms of being a bona fide OOBE or astral

projection. Well, I will continue to hammer home the point

that it is; becoming lucid while dreaming is indistinguishable

from other ways of getting your waking mind into the dream world.

Still, it would be even more convincing that we were having a

"real" astral projection/OOBE if there was some way that we could

directly take our consciousness out of the physical plane without

having to use dreams as an intermediary device. Well, happily

there is such a direct method for getting to the inner planes,

and this is a method I have used the most to achieve my astral projection

experiences. For lack of a better term, I call this the

"trance method", for it entails putting yourself into a trance.

Now, what is a trance? Frankly, I'm not sure if there is a precise

definition of what a trance is. I know for sure that a trance is a

state of consciousness in which you are no longer focused in the

physical world. I know that you can achieve trance states through

hypnosis and meditation, and the method I shall describe here is much

like meditation. Knowing exactly what a trance is isn't

very important for our purposes here. What is important for our

purposes here is learning how to put yourself in a trance, which we

shall discuss below.

Now, how is going into a projection from a trance different from

going into a projection through a dream? Well, the difference is

that, going into a projection through a trance is much more direct

than going into a projection through a dream. By "direct" I mean

that you do not fall asleep first. Your consciousness remains

intact as you cross the border into the nonphysical planes. Thus,

the immediate perception on your part will be of "leaving your body".

You will be highly conscious of the act of dissociating from your

physical body as you take your waking consciousness into the

dream world. Once you are there, you will see that the experience

is very much like the experience of being lucid in a dream, but it's the

"getting there" that is different.

In the previous section we saw the connection between astral projections

and lucid dreams. Becoming lucid in a dream - which again, means

taking your waking mind into the dream state - is, essentially

an astral projection. Likewise, in this section you will now

appreciate the connection between the term OOBE and astral

projection. Again, this is because when you enter the projection

state via trance, you literally feel yourself leave your body. The

more precise way to say this is that you feel your consciousness

\*dissociate\* from your physical body. I suspect that such a perception

is more in line with people's ideas about what an OOBE is. So,

recalling what was said back in the section on theory, the difference

between calling your trance-induced projection an "OOBE" or an "astral

projection" implies mostly your conception of where you go after

you "leave" your body. Remember, generally the term OOBE seems to imply

that you are still in the physical world as a disembodied awareness,

whereas the term astral projection implies you are in one of the

nonphysical planes. When you learn to project via trance, you

will be in a good position to see that your consciousness is no

longer in the physical world. So, if we wanted to be proper about this

we should call our experience an astral projection. But again, what

you call it doesn't matter. What matters is that you can DO it.

Now, let us return to this idea that the trance method allows

a continuity of your awareness across the border from the physical

to the nonphysical planes. In my experiences with entering a

projection through a trance, I have encountered one of two things

happening to my consciousness - either: 1. there is no break in my

consciousness and I directly enter into the projection experience,

or 2. there is a momentary break in my consciousness, lasting only a

split second, and then I am in the projection. In either case, the

transition is very direct, unlike the dream method where you may be

asleep for hours before becoming lucid. In the trance method you

pretty much go directly from the physical plane to the projection

state.

So, for starters, let me give an overview of the trance process,

and then we will look at the whole process in great detail and lay

out exactly what you need to do to project from a trance.

Going into trance starts out just like going to sleep. You lay on

your bed and relax deeply. However, you do NOT fall asleep. What

you do to go into a trance is KEEP YOUR MIND AWAKE WHILE YOU LET

YOUR BODY FALL ASLEEP. We will go into how to do this below. If

you are successful at keeping your mind awake while your body falls

asleep, you will feel yourself "slip" or "push" out of your body. At

that point you will either be somewhere in one of the planes, or you

will be in the void. In either case, you are astral projecting (or

having an OOBE - whatever you prefer). You will then go through a

series of adventures until something causes you to break your trance

(such as the phone ringing, the need to go to the bathroom, or any

other number of things). On occasion, while you are projecting, you

may want to wake yourself up (if for example, you are in a threatening

or scary situation), and I will also discuss how to do this. So

that's the big picture from start to finish. Let's discuss each

step of this process in detail.

A. PUTTING YOURSELF INTO A TRANCE

Ok, you are laying on your bed with the intent to astral project. So

what do you do now? First off, here are some general considerations

for the kind of conditions that are best for going into trance:

1. Make sure you have gone to the bathroom first. If your physical body

has to clean itself out, this will draw you right out of a projection.

2. It's best to be a little bit tired. You don't want to be super tired

because you will just fall asleep! You don't want to be too awake or

you will never be able to relax enough to go into trance.

3. Make sure your body is lying comfortably. You don't want your

arm to fall asleep, or have your neck get sore because of the way

it is cocked. I have found that if I lay on my back, with my head

comfortably propped on a couple pillows, and my arms lying stretched

alongside my body, or wrapped over my chest, that I am fine. You

will discover as you practice that there is one position that you

find most comfortable, at least I did.

4. In general, you want to minimize all distractions. I have found

that a little bit of noise from outside doesn't prevent me from going

into trance. On the other hand, a ringing phone has pulled me from

projections a number of times. Also, make sure your body temperature

is comfortable.

Ok, so now, you are lying in bed, a little tired, you don't have to

go to the bathroom, it's quiet and you are comfortable, and you want

to astral project. What next? Just relax. What you have to

do at this point is begin the process I said above; you have to now

try to put your body to sleep but at the same time allow your mind

to stay awake. How do you do this?

Two things are now critical: concentration and relaxation.

You have to do both of these. You have to just stay relaxed, but,

as you allow your body to relax, you have to KEEP YOUR MIND ALERT.

How do you keep your mind alert? Basically, you can think about

anything you want. Some people will tell you that you need to

think about specific things, or visualize specific images, and

you can do this if you want, but you don't have to. All you

have to do is stay alert.

When I go into trance I don't meditate on anything specific. Instead

I look into the darkness behind my closed eyes and just stare. I

tell myself I want to leave my body, not merely just think the idea,

but really \*feel\* that I want to leave. At the same time, I allow myself

to relax.

The most important thing to think about is to stay aware. KEEP YOUR

MIND FOCUSED ON THE FACT THAT YOU ARE AWARE OF YOURSELF. That

is what is most critical: stay LUCID. It's because you let go of your

self-awareness that you eventually just fall asleep and slip

unconsciously into the dream world. What you want to do is to move

\*consciously\* into the dream world. Think about whatever you want, but

when your mind starts wandering off too far or you start daydreaming

too much, bring your awareness of yourself back to the front of your mind.

This is really important because, if you watch yourself fall asleep

at night, you will notice that your mind just kind of randomly

starts wandering through thoughts. The thoughts can be about anything:

what happened to you that day, whatever you are worried about, some-

one you love, anything. What you will notice going off to sleep is

that you get lost in your thoughts. Next thing you know, you

are waking up in the morning with maybe a faint memory of the dreams you

had as you slept. You DO NOT want to let this happen when you go

into trance. It's ok to let your mind wander, but constantly keep

bringing your mind back to an awareness of you laying on the bed trying

to astral project. IT IS CRITICAL THAT YOU REMAIN SELF-AWARE.

All the while of course, you are continuing to relax. At a

certain point you may feel your body become heavy, as if you

are beginning to drop off to sleep. This is OK. As a matter of fact

this is what you want to happen.

At this point, I want to really go in detail about how I go into

trance. If not for any other reason, this will be illustrative of

one particular way to successfully get into trance (i.e. "monkey

see, monkey do"). You may find what I do works for you, or, as

you practice, you may discover things that work for you that are

different than what I do. That's fine. The bottom line here

is: WHATEVER WORKS.

There are two things I focus on as I go into trance:

1. I stare into the darkness behind my closed eyes.

2. I stay completely aware of the sensation of my body laying on the bed.

What happens when I go into trance is that, as I focus on both of these

things, as my relaxation deepens, my perception of both of these things

changes. That is to say, the darkness I am staring into transforms, and

I will see images in this darkness. And the feeling of my body laying

on my bed changes too. I now will discuss each of these in detail. Let

me make this perfectly clear: THE CHANGES IN WHAT I SEE AND HOW

I FEEL MY BODY ARE WHAT ALLOW ME TO "LEAVE" MY BODY. That is to say,

as far as I'm concerned, these next couple topics are the heart and

soul of these notes; how to really "leave" your body.

This is it gang! Pay attention!

As I go through the next few paragraphs, please keep in mind that what I

am describing is all occurring at the same time. Just to keep it straight,

all of the following things are going on simultaneously as I go into

trance:

1. I am staring into the darkness behind my closed eyes.

2. I am aware of the sensations of my body.

3. I am relaxing deeper and deeper.

4. I am thinking to myself "I am going to leave", "I am going to project",

and similar thoughts. And I am anticipating certain changes in what

I see in the darkness behind my closed eyes and how my body feels. I

am waiting for these changes to occur so that I can "project" or "leave"

or whatever you want to call it.

All this said, let's now discuss the changes in what I see and what I feel

as I go into trance.

i. Hypnogogic Imagery

I stare into the darkness behind my closed eyes. If you stare into

this darkness you will soon come to see that it's not just a flat

blackness. Not only is it NOT a black nothing in the darkness behind

your closed eyes, but if you look closely you will see that there is

something moving in the darkness behind your closed eyes! What I see

is what looks like zillions of little pin pricks of electric yellow

light and these pin pricks seem to be moving in a way that's hard

to put into words. And the image itself is faint and not easy to

focus on at all.

I WANT TO MAKE PERFECTLY CLEAR AT THIS POINT THAT WHEN I SAY I "SEE"

ANYTHING FROM THIS POINT OUT, I AM BEING TOTALLY LITERAL. I AM

NOT TALKING ABOUT MAKING THINGS UP, OR SEEING SOMETHING IN MY

IMAGINATION. I AM NOT VISUALIZING ANYTHING IN MY MIND'S EYE. I AM

LITERALLY DESCRIBING THINGS I SEE. NONE OF THIS IS FANTASY OR

MAKE BELIEVE. I ACTUALLY SEE THINGS BEHIND MY CLOSED EYES.

I just want to make sure you understand this. Anyone who has

had any experiences with altered states of consciousness knows

exactly what I am talking about. For those of you who have never

had the kinds of experiences I'm describing here you will just

have to accept what I am saying. If you practice the excercises

I prescribe, there is a very good chance you will have these

same types of experiences and then you too will know what I am

talking about.

I'm sorry to dwell on this, but let me say it again. Right now, imagine

what you look like. Now imagine what your mother looks like. Ok. Now,

you just "saw" images didn't you? What you just did was \*imagine\*

your and your mother's face. You created these images in your mind's eye.

THIS IS NOT WHAT I AM DESCRIBING HERE. As I said, from here on out

when I say I "saw" this or that, I literally mean that I \*saw\* it. It

is totally different from seeing something in my mind's eye. As a

matter of fact, for example, while I see these little pinpricks

of light, I can imagine whatever I want in my mind's eye. They are

two different processes.

Ok, I hope this is clear!

Now, these little moving pin pricks of light are not just something I am

making up. Psychologists have discovered these things and call them

"ideoretinal light" (you will also see the terms "eighenlicht" and

"entopic lights" - see the reference by Mavromatis in the bibliography).

Many people see these little lights and psychologists have recorded

many cases of it. Many people can see these little lights

superimposed over their normal vision, that is, when their eyes

are open. I can. Maybe you can too.

Right now, just shut your eyes and stare into the darkness. What do you

see? Stare specifically into this darkness, try to focus on it. Shut

off the lights in the room or wait until night time, and do this again

in the darkness. Try to make sense out of what you see behind your

closed eyes.

Chances are good that, in staring into the darkness behind your closed

eyes, you too can see the ideoretinal lights. Perhaps you can see other

things if you stare closely; maybe faint colors moving around in hard

to describe ways, maybe even faint outlines of pictures. You might

see after-images of what you were looking at right before you

closed your eyes. Wait for these after-images to fade and THEN

stare behind your closed eyes and try to figure out what you see.

Different people see different things behind their closed eyes. What

is important is that 1. you learn that you CAN see things behind your

closed eyes, and 2. that you stare at whatever you can see behind your

closed eyes while you are trying to go into trance.

Back to the ideoretinal lights. Most psychologists assume that these

little moving lights are some kind of effect of your eye randomly

interacting with light. They explain these little dots as the effect

of light randomly bouncing around inside your eye and triggering off

the retina, thus sending nerve impulses to the brain, where these

random bouncing light particles get perceived as this ideoretinal

light. Be this as it may, on the basis of my experiences studying

this ideoretinal light, I have come to the conclusion that IDEORETINAL

LIGHT IS A DOORWAY TO THE ASTRAL PLANE. Quite a different conclusion

from the psychologists, eh? <g> Let's get into what I mean.

So, back to my trance experiences. I'm staring into the darkness

behind my closed eyes and I see the ideoretinal light. I watch it move

and wave around in the peculiar way it does. As my body continues to

relax, at a certain point, the darkness behind my closed eyes

no longer looks "flat". It transforms and now takes on a 3 dimensional

appearance. It looks like a space back there now that I could reach

into if I wanted to. However, I cannot reach into it, because at this

point I can still feel my arms laying against my bed. Nonetheless,

I am looking into this space of darkness, and this space is now

swirling in a weird, subtle fashion and I can still see the ideoretinal

lights swirling in this dark space.

It's actually very important to correlate these changes in my vision

with the changes in the feeling of my body. That is, these changes

happen at the same time. As my relaxation deepens, my breathing

becomes very quiet and regular, I start to feel heavy, like one

feels as they are falling off to sleep, except I don't fall asleep.

As this heaviness comes over me, it is about at this time that the darkness

behind my eyes becomes like a dark space that I could reach into.

I may feel a wave of relaxation sweep over me. For people out there

who know about brain waves, I suspect that I am entering the alpha

brain wave state at this point. Alpha brain waves indicate a

state of deep relaxation. But I am still conscious of my body laying

on the bed, and I can still hear sounds occurring outside or elsewhere

in the house.

However, it is shortly after this point (i.e. the onset of the alpha

state, which corresponds to a feeling of deep relaxation) that really

weird things start to happen in the darkness behind my closed eyes.

Any number of things have happened to me at this point, so I will only

describe a few of them.

One thing that is relatively common is that I will see a flash of

purple appear in the darkness behind my closed eyes. It's as if one

of the little yellow pinpoints flared up into a bright purple flash,

but only for a split instant. I see it and it's gone.

Another really weird thing I've seen is that one of the little

yellow lights will flare up, and \*open up\* into what looks

like a little circular window! Sometimes it just stays open for an

instant but I can't see anything in it, and then it shuts. Other

times, one of the yellow lights will flare up this way and I can

actually see something in it, as if I'm looking through a

tiny little window! Once I saw trees through such a little window.

Another time I saw an open doorway. When the yellow lights flare in

this fashion, the image lasts longer than the purple flashes. The

purple flashes come and go, but these little "windows" have stayed

open for a number of seconds sometimes.

And once I start seeing things like this in the darkness behind my

closed eyes, basically this is where the dam breaks, so to speak,

and I begin to see all kinds of other amazing things. So, at this

point, I have to tangent off and introduce an idea that is

very relevant and important here.

The name of this section of the notes is "Hypnogogic Imagery". When

you see stuff in the darkness behind your closed eyes, it is called

"hypnogogic imagery". In the bibliography, I reference a book

by Mavromatis, and this book is called "Hypnogogia". This is a

whole book about hypnogogic imagery. This is a critical topic to

study for anyone interested in astral projection, as will be clear

below, and I highly recommend this book for any serious student

of astral projection.

In a nutshell, YOU WILL SEE HYPNOGOGIC IMAGERY AS YOUR TRANCE DEEPENS.

In effect, the hypnogogic imagery is a signpost saying, "astral

projection getting close". That is, ONCE YOU START SEEING HYPNOGOGIC

IMAGES, IT WILL ONLY BE A SHORT TIME AFTER THIS THAT YOU WILL BE

ABLE TO LEAVE YOUR BODY.

Let me digress now. First I will give you some background on what

is known and currently thought about hypnogogic images, then I

will describe some of the hypnogogic images I have seen.

Again, the psychologists have known about hypnogogic images for

around 100 years now. The word "hypnogogia" refers to the state

of consciousness right at the border between waking and sleeping.

I mentioned this state earlier, and that is its name; hypnogogia.

Some psychologists refer to hypnogogia as the border state when you

are falling asleep, and refer to the border state as you are waking up

as "hypnopompic". This distinction really doesn't matter because

they both refer to the same state of consciousness; the border

between sleeping and being awake. So, I will use the term hypnogia to

refer to this state whether you are falling asleep \*or\* waking up.

Now, in terms of astral projection, we are really only concerned

about hypnogogia as you fall asleep, because when you "wake up"

from an astral projection, it is immediate. When a projection ends,

it ends. There is no hypnopomic state in an astral projection. Your

consciousness will transfer instantly from the projection back here

to the physical plane.

Hypnogoia was a phenomenon discovered by people interested in understanding

how dreams form. What was discovered in this research was that before

people actually start to dream, a large majority of people will see

images, very clear images, behind their closed eyes, and while they are

still pretty much awake. This "pre-dream" imagery was called hypnogogic

imagery. The imagery itself has no pattern. One may see faces, scenes,

landscapes, weird colors, colored smoke clouds, twinkling lights,

nightmare visions, anything. And for some people, they may even have

hypnogogic smells and sounds. That is, not only do some people see

images in the hypnogogic state, but they will hear sounds or smell things.

In a nutshell, there is no good explanation for what causes hypnogogic

images. If you want to see the theories psychologists are kicking

around, check out the book by Mavromatis.

This is about all I will say here about the study of hypnogogia. It's

a fascinating topic for anyone interested in dreams, altered states of

consciousness or astral projection. Again, I encourage you to look

up Mavromatis' book "Hypnogoia" to learn more about this topic.

For our purposes here the important thing to realize is that, as

I said, when you induce a trance in yourself, you will pass

through the hypnogoic state BEFORE you can leave your body. Again,

seeing the hypnogogic images means, "you're almost there". What

determines when you are actually ready to leave will be discussed

below. Before going into that, I would like to list some of my

own experiences in the hypnogogic state so that you have some idea

of what it is like if you've never experienced it before. Again,

the following quotes are excerpts from my astral projection journal,

specifically of hypnogogic images I saw prior to leaving my body.

You should note the variety and unpredictability of these images.

1>

"...I began to lose my lockmold and felt myself fading away. Could

feel myself in my physbod again. Could see hypnogogic images behind

my closed eyelids. It looked like a duck staring at me-but I really

don't know what it was, it wasn't moving though. What was really

unique though is that the image was undulating like: (drawing in my

notes). It looked like the undulations produced by dropping two rocks

in the water. The bottom undulation was covering some type of

landscape. Lost the image and woke up."

2>

"Felt myself laying on my bed but I still felt like I could "leave."

I began to see hypnogogic images of outdoor scenery; trees, houses,

blue sky overhead. I "jumped" into the images and was on a suburban

city street..."

3>

"Today's experiences consisted solely of hypnogogic imagery. I have

no recall of having actually left my body. Through the descriptions

that follow, I was conscious of laying on my bed in my physical body.

"a. I saw undulations for a brief period. These undulations looked

like someone had dropped a rock in the water, except they went backwards,

from the periphery to the center. The undulations occurred in the darkness

behind my closed eyes."

"b. The undulations faded and I was watching the darkness behind my

closed eyes. I perceived a circular swirling motion between my eyes and

this motion became like an expanding hole. In the hole I saw a woman's

face. It was the face of a mature, older woman (maybe late 30s) and she

had black hair. The face then transformed into a deformed version of

itself. The jaws became grotesque and large and facial hair appeared.

The face transformed again to that of an ape-like creature, though it

still bore a direct resemblance to the original face. This third face

had a rounder skull and less pronounced cheeks and jaw than the first

face. These images were in full color and looked like photographic

stills."

"c. The ape-woman face faded. I then saw the face of a man. He

appeared to be engaged in a conversation, though I could not hear

anything. He looked to be from the 19th century by his dress. This

image was animated though it was in black and white."

"d. The image of the talking man faded. I felt a sinking feeling,

or a wave of relaxation overtake me. My eyes were closed but my entire

visual field was visible. In it there was a beautiful, dynamic panorama

of swirling blues before me. It was a little darker than sky blue.

It had an amorphous shape. It seemed to be framed by something that

I could not identify. This image faded."

"I continued concentrating and now a light purple mist, like a thin

smoke cloud was before me. This faded."

"I continued, though very relaxed, to concentrate on my visual field.

A definite pattern appeared before me. It was a very strange image,

not easy to describe. It was cartoon textured and colored in various

shades of red, gray and off-white. It was slightly reminiscent of an

Egyptian hieroglyphics text, but only slightly. It looked like a

pattern of glyphs, but there was a woman's face and an outline of a body

also in the pattern, though they looked abstract and not literal. The

pattern moved three times. When it moved, it looked like "fire" or some

molten looking liquid, welling up at one point in the pattern and going

to and filling in another point in the pattern, almost like if you had

two open pop bottles, one filled and the other empty, and the liquid

flowed out of the filled one into the empty one. I really had no idea

of what I was seeing here. This then faded and I fell asleep and went

through a series of dream sequences, and I was barely bordering on being

lucid."

Finally, one more:

4>

"...I felt myself laying on my bed back in my physbod. I relaxed and

stared into the blackness behind my closed eyelids. Almost

immediately, hypnogogic imagery began to appear. The images were

very vivid and in color. I was seeing faces of dark skinned people.

They looked like the painted faces of Native American Indians. There

was an unusual effect that I would see a face from one particular angle,

then the face would shift its angle and become a different face.

After the faces had stopped "rotating", they spun off into the

background and I could see all of them balled together, and they were

wrapped up in an American flag."

"As the image moved further away I tried to push myself out towards it.

It worked and I was now standing in my new room in the attic. I floated

up through the roof to the outside..."

So, that gives you a little taste of the content of these hypnogogic

images. There is no apparent rhyme or reason to them as far as I can tell.

For a while I tried to figure out if there might be some kind of

symbolic meaning to these images, but I gave up on this because

a lot of these images are completely abstract and don't even make any

sense when you look at them.

There is one special type of hypnogogic image I would like to mention,

that may occur to you. This is, you will be laying there relaxing and

going into trance, and all of a sudden, you are staring at the room

you are in clear as day. It's as if you are seeing your room

through your closed eyelids! This can happen and has happened to

me pretty frequently. It might even be the first hypnogogic image

you see during any trance session. What's important to realize is that

if this happens to you, you should recognize that it \*is\* a hypnogogic

image, and, like any hypnogogic image, use it as a clue to the fact

that you are close to being able to leave your body. Usually when

this happens, the image of your room will fade and will be

followed by more hypnogogic images.

Finally, one last word about hypnogogia. I mentioned above that there

are no good explanations about what causes hypnogogia. What I mean by

this is that \*psychologists\* have no good explanations of what

causes hypnogogia. On the other hand, occultists do have good

explanations of what hypnogogia is, except they do not call it

hypnogogia. What a psychologist calls "hypnogogia", an occultist

calls "clairvoyance". That is, seeing these images is a form

of clairvoyance. What causes clairvoyance, according to occultists,

is transferring your consciousness from the physical body to the

etheric or astral or mental bodies. The actual explanation gets

more involvred and actually involves the theory of the chakras.

It is not my intention to explain chakras here. I only mention

this so that the interested reader can go explore on his own.

Good starting references are two books by C.W. Leadbeater:

"The Chakras" and "Clairvoaynce". Both these are listed in the

bibliography. For those of you who already know about chakras,

in two of the quotes I have above from my journal, I make reference

to seeing a spinning thing that looks like the waves made by

dropping a rock in the water. I believe these were direct perceptions

of my own chakras (specifically, my third-eye chakra).

Also, I need to say this: DON'T BE AFRAID OF ANY HYPNOGOGIC IMAGES YOU

SEE. It's possible that you might see rotting bodies or something

else that is grotesque and disgusting. Don't let it phase you. These

images can't hurt you at all. No matter what you see, just remember

that what's important is the fact that you are seeing anything at

all. Even if the image is weird or ugly, it doesn't matter. What

matters is that you are close to leaving your body. And just as

important, if you do see something that startles you, RELAX YOURSELF

IMMEDIATELY. Stare calmly at anything you see no matter how flipped

out it appears. If you get too worked up, you will break your trance.

You do NOT want to break your trance. Remember, all the while this is

going on, you are trying to go into deeper and deeper states of

relaxation.

So, to wrap up this discussion of hypnogogia, the important point to

drive home is that you will pass through hypnogoia on your way

to the astral projection state. Now, this won't always happen, but it

will happen more often than not.

Now, let's go on to the other important aspect of putting yourself in

trance: paying attention to your body sensations.

ii. Kinesthetic Sensation

Being aware of the sensation of your body is called "kinesthetic

sensation". According to the dictionary I'm holding, the definiton

of kinesthetics is:

"a sense mediated by nervous elements in muscles, tendons

and joints and stimulated by body movements and tensions;

also: sensory experience derived from these sources."

To put this into English; kinesthetic sensation is your awareness of

your body and its movements. This is a form of perception too, just

like seeing, or hearing, etc. Being aware of where your arm is at,

being aware of the feeling of your butt as you sit on a chair, feeling

your fingers wiggle, these and other like sensations are kinesthetic

sensations. Being aware of the feeling of my body laying on my bed as

I try to go into trance is a kinesthetic sensation. Focusing

on my kinesthetic perceptions is a critical part of how I go into trance.

I said that I focus on the feeling of my body laying on the bed, and

that as my trance deepens, my kinesthetic sensations CHANGE. You can

use these kinesthetic feelings, not only as a way to keep your awareness

focused, but also as a clue as to when you can actually leave your body.

As a matter of fact, THE WAY THAT I KNOW I CAN LEAVE MY BODY IS

BECAUSE OF THE CHANGES IN MY KINESTHETIC SENSATIONS. The feeling

of my body changes, and it is by these changes that I know I can "leave

my body". Let me describe these changes for you.

At first, you are aware of the feeling of your body laying on the bed.

You are a little bit tired, so you are relaxing. As your relaxation

deepens, you will feel your body get heavier. As I said above, you may

feel a wave of relaxation sweep over your body. You may also feel your

skin tingle or you may feel waves like little chills moving through

your body.

Let me tangent for a moment to discuss something that may have happened

to you as you were falling off to sleep. Have you ever gone to bed,

felt yourself getting more and more relaxed, and then all of a sudden

felt yourself slip? I am not talking about having your arm or leg jerk

or anything like that. I am talking about having actually felt your

body falling or sliding off the bed. If this has happened to you, chances

are good that it startled you and caused you to wake up. If you have

ever felt such sensations, then realize that THIS IS WHAT IT FEELS LIKE

WHEN YOU LEAVE YOUR BODY.

Again, you are getting more and more relaxed. You feel your body

getting heavier and heavier. Finally, all of a sudden, it feels like

your body is slipping backwards, or that you are falling, or that

your body is slipping forward, or that your body is floating gently

downwards. All of these are possible kinesthetic sensations that

you may experience. Prior to this you may or may not have been

seeing hypnogogic images. Whatever the case, when this happens

DO NOT GET STARTLED. Just go with the feeling, because when this

happens, YOU ARE LEAVING YOUR BODY. You want to anticipate this

happening. When it does start happening, you will be falling, sliding,

slipping, or whatever, in complete darkness. Don't worry about

the darkness either. This darkness is the void I mentioned. It's

ok to be in the void. What will be happening at this point is that

you will be falling, slipping, etc., through the void. At this point,

YOU HAVE LEFT YOUR BODY. YOU ARE OUT OF YOUR BODY. You are in the void.

If you find this happening to you, here's what to do. You can

right yourself and "fly" through the void if you want to. You \*can\*

move through the void. There is nothing going on, but you can move

through it if you want. Like I said, the void is a nice place to

just sit (or fly) and enjoy the quiet.

If you want to cause yourself to appear somewhere in one of the

planes/subplanes, TRY TO LOOK AT YOUR HANDS. You might find it

a little difficult to pull your hands up in front of your face, but

just do it anyway. What you will see at first is that you have no

hands! Just stare at where it feels like your hands are. Wiggle

your fingers, try to flail your arms. What will happen is that

you will see your hands and arms form in front of you! At the

same time, YOU WILL CAUSE A SCENE TO MATERIALIZE AROUND YOU. In effect,

by doing this "hands trick", as I call it, what you are doing is

tuning into a subplane, just like tuning into a radio station

on the radio. The next thing you know, you will be \*somewhere\*.

At this point, YOU ARE SOMEWHERE IN THE PLANES. We will talk

in detail in the next section about what you can expect in terms

of where you appear, and what to do once you appear somewhere.

Another thing you can do to get out of the void is SPIN YOURSELF

AROUND LIKE A TOP. Just spin yourself around as fast as you can,

and, just like with the "hands trick", you will cause yourself

to appear somewhere. I have used both the spinning trick and the

hands trick numerous times to leave the void and enter the subplanes.

Now, appearing in the void is NOT the only thing that can happen to

you when you leave your body. A number of other things can occur too.

These are as follows.

It is also very likely that, as your relaxation deepens, and your body

gets heavier and heavier, and you may or may not be seeing hypnogogic

images, YOU WILL BLACKOUT, but only for a split instant. That is,

you will lose your consciousness, but only for a moment. In an

instant you will be conscious again, but you will no longer feel your-

self laying on your bed, and you will no longer be looking into

the darkness behind your closed eyes. You will regain your awareness

after this momentary blackout and YOU WILL BE ASTRAL PROJECTING. You

will be somewhere in the dream world, fully lucid. You could be

anywhere: you may be standing in your room, you may be standing in

a foreign house, you could be somewhere you recognize or somewhere

that is unfamiliar to you. Whatever the case, you will be somewhere

and you will be astral projecting.

Now, another thing that can happen to you is that you are laying

on your bed getting more and more relaxed, and you begin to see

hypnogogic images. It is possible, as one of my journal entries

above shows, that YOU CAN JUMP DIRECTLY INTO A HYPNOGOGIC IMAGE.

You may be staring at a scene of a city street, or maybe a scene of

a forest or, as I mentioned, you may be looking at the room you are in.

You can try to "push out" into the scene itself.

As your relaxation continues to deepen you will possibly feel other

things, as I mentioned above: tingles on your skin, chills moving

through your body. Also, you might hear strange sounds like creakings

or wooshings or chains rattling. All of these sensations are

characteristic of what you will experience as you cross the border

from the waking state to the projection state. Don't be alarmed

by any of this. It is all perfectly natural.

Finally, as you practice and get more used to the kinesthetic sensations

associated with leaving your body, what will happen is that eventually

you will just \*know\* that you can "push out" of your body. Sometimes,

this "pushing out" sensation will feel like you are squirming out of your

body. Other times it will feel like you really are pushing outward. It

may also feel like you are falling off your bed. Any number of sensations

are possible. The point is, you can ACTIVELY push out of your body.

Above I spoke about just letting yourself "fall" into the void, and

this method of leaving your body is purely PASSIVE. You can

passively leave your body or you can actively push out of your body.

Both ways work. As you get better at projecting, you will find that

most of the time you will actively push out of your body.

To summarize at this point, what you want to do is pay attention

to your kinesthetic sensations. These are the clues as to when you

have left your body. The dissociation process will occur naturally and

spontaneously. It does every night when you go to sleep and dream. The

only difference here is that you are attempting to take your waking

consciousness across the border with you. And, as time goes on, and you

practice, you will eventually get used to the sensation of dissociating

from your body, and you will just know when it's the right time to

"jump out" into the OOBE.

So, let me now summarize this trance method:

1. You will lie down in a comfortable place with the intent

to project.

2. You will allow yourself to relax ever more deeply while at the

same time, you will keep your mind focused on your self-awareness.

3. You can stare into the darkness behind your closed eyes and

wait for hypnogogic images to appear.

4. You should stay very conscious of your kinesthetic sensations.

5. Expect the following to occur:

A. Your body will feel more and more heavy as your

relaxation deepens.

B. You will probably see hypnogogic images.

C. You should anticipate any of the following

changes in your kinesthetic sensations:

1. Tingles and chills in your body.

2. A feeling of slipping, falling, floating.

3. A possible momentary blackout.

4. Recognition that you can actively push out of

your body.

Now, I must make very clear that the transition from the feeling

of laying in your bed, to the feeling that you are no longer laying

in your bed can take on an immense number of forms. There is NO one

"correct" set of sensations. Almost anything is possible. What I have

described above are the things I feel and perceive when I go into trance

and try to leave my body. You may or may not feel and perceive the same

things. However, what I have described above gives you something with

which to get started. I have given you specific things to look for and

expect. Chances are good that you will experience the same things I

have described here, or experience something very similar.

To wrap up this section on using the trance method to leave your body,

I am going to list a number of my actual experiences of this transition.

Again, these are actual entries out of my astral projection journal.

I want to say that what you can perceive while entering into the astral

projection state is completely amazing. I am always totally blown away

by what happens in the transition from waking to projecting. And this

is just the transition into the projection state - we have not even

had our projection yet! But this borderland is completely amazing.

I started out saying that it doesn't seem like you are leaving your

body when you simply become lucid during a dream (as I described how to

do in the previous section of these notes). However, once you've

experienced the transition from waking to projecting, that is, once

your awareness has directly passed through the borders between waking

and projecting, you will be totally convinced that you have really

"left your body". What I've described in this section is as real as it

gets!!!! I wish you all good luck getting to, and getting across

this borderland!

With all the above said, let me now present for you some of my adventures

on the border between waking and projecting.

(continued in FILE 6)

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END OF FILE 5

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AP\_06.TXT

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FILE 6 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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HOW TO ASTRAL PROJECT - PART 3

3. Don's Actual Experiences On The Border Between

Waking And Projecting

So, here they are, right from my astral projection journal. Remember,

these are all just excerpts of my experiences with the \*transition\*

from being awake to being in a projection. I have purposely left

out the description of my subsequent projections from these entries.

We will discuss what it's like during an astral projection in the

next section of these notes.

As you read the following entries, try to keep in mind what I described

in the previous file. You will see every possible combination of the

sensations you can expect as you enter the projection state. You

will also see in these notes some things I did not mention in File 5.

Also, the parenthetical remarks are comments I have added to high-

light certain features of each entry to which you should pay attention.

1>

(This was my very first projection experience back in 1987.)

"All I remember about my first willed projection is that I had gone

to bed with the intent to project. After dozing off, at some point

I became aware of the fact that I was looking at my bedroom, though

I could feel that my eyes were closed. I was also very afraid, and

the fear was of the quality that I had experienced years earlier: I

was afraid but I didn't know why, and there was no apparent reason

for my fear. I remember that something that seemed like a

paper-maché snake was sticking out of my wall and biting my hands.

But I could not feel anything except the fear sensation. I struggled

and tried to pull away from the snake creature. Eventually, the fear

response became so great that I could no longer bear it and I woke up."

2>

"I awoke and attempted to travel. Felt my body falling back to sleep.

In my third eye I felt myself sliding down a gigantic cliff. When I

let go I was outside of my body. It seemed like I slid out through

my feet. I flew out of my bedroom into the back yard..."

3>

(Note here how I saw hypnogogic images prior to leaving my body.

This is also an example of blacking out before leaving)

"Looking at an aura from on the inside of it that looked like the modern

one in Master D.K.'s book. Grey background, orange red and black pictures

in it, but more like glyphs than photos. I felt uncomfortable looking at

it because of what I thought the colors meant. Then as I was looking, a

jet or spray of red particles in a fine mist seemed to emit from me!

The aura seemed to be either revolving around me or it was changing its

appearance as I looked at it. It appeared like it was on a concave wall,

like the inside of a bowl. I saw other "weird" things while I was

stationary on my bed but can't remember them. A large featureless fish

seemed to swim past me. I blacked out.

When I regained my vision I was standing on steps leading down

into what appeared to be a basement laundry mat..."

4>

(Here is an example of me using the hands trick. This occurred

during the middle of a projection though. Notice that I ended

up tuning into one of the lower subplanes)

"Then I faded out of the lockmold and was back in the void again.

I tried my newly discovered hand trick again. This time I got

strange results. I saw my hand appear, kind of ghost like and

transparent, then disappear as I withdrew my immediate attention from

trying to feel/move it. I re-concentrated on feeling it. Now I was

looking at my palm, thumb and about 1/2 of one finger. This kind of

grossed me out cause it looked like melted wax or something where the

rest of my hand should have been. Then I watched my other fingers

"grow" or materialize, first as stumps, then they formed into my

fingers. Then I got the idea to try to feel both hands, then my legs

and feet. I was literally wiggling my whole body. This seemed to

cause the void to disappear and make me phase in to a new lockmold.

Again, wherever I was felt desolate and dingy..."

5>

(Here is an active, "push out" example)

"Laid concentrating, felt myself escape. I was in a purple cocoon,

plastic like, surrounding me. I shut my eyes and flew/pushed my way

through it. Went upwards. I was in an unfamiliar small bedroom on the

second story. I got the impression I was up over my bedroom, but

everything was unfamiliar..."

6>

(Here's an example of the problems you may encounter

when trying to push out of your body. In this case

I pushed out into the void, but used the hands trick

to cause myself to materialize. There is another

trick here which I use to keep my lockmold strong.

Note that this occurred during the middle of a projection,

but the ideas are the same as at the beginning of a projection.)

"Was back in my physbod, very close to being awake. I could hear sounds

outside, feel the bed under me, etc. But I didn't want it to end yet so

I laid there trying to fall back into it. As my trance was deepening,

or my concentration was getting stronger, I had the momentary experience

of simultaneously being in my physical body lying on my bed, but also of

floating half way out of my physical body. I tried to jump out. I

could only see the void, but it didn't feel like I went anywhere. I

jumped out 4 or 5 times but, even though I felt myself jump, it didn't

seem like I was "out". Finally though I felt "out". I was in the void,

but I could definitely see the silhouette of my bedroom around me.

I tried intensely to materialize. I achieved a partial materialization.

I was standing there in my room, looking at my arms. My hands weren't

there, there were only stumps that looked melted. But I could "feel"

my hands. I tried wiggling my fingers and they appeared, but only

slightly. My hands looked like melted stumps with barely visible,

practically transparent fingers wiggling around on them. And I was

having a difficult time maintaining my lockmold. I remembered how

hugging the counter in that bar had helped stabilize my lockmold, so

I grabbed my chair with my transparent hands, and I could feel

myself stabilize. I hugged the chair with my body trying to be as

conscious as I could of the sensation of my body up against the chair.

I stayed like this until I felt confident to move. Once my lockmold

stabilized, I was surprised by how lucid I felt. I felt completely

awake and lucid and I was in awe at how real everything seemed around

me. My mind began to race. What should I do with my lucidity, what

can I explore?..."

7>

(Here's an example of me becoming lucid in a dream)

"I was in a dream, walking down an unfamiliar street in an unfamiliar

neighborhood, and for no apparent reason, it dawned on me that I was

dreaming. I figured it was best to stay cool about the fact and not

get excited, so I kept walking and stayed casual. Yet now I was

completely aware of my environment. It was very vivid. I was on a

boulevard walking past a rather large school...."

8>

(Here's an example of no break in consciousness

while entering the projection)

"Totally conscious transfer to projection, there was no break in

my consciousness. I was laying on my bed. Felt that "sinking"

feeling of relaxation. Saw a grey pattern and "swam" into it.

The pattern took on a more geometric form around me, like a checker

board, but it was like moving static as well. When the static

cleared I was flying about a department store..."

9>

(A nice illustration of entering the projection state)

" Was very tired and went into trance easily. Laid concentrating

for a bit and eventually scenes began forming in my third eye (i.e.

hypnogogic images). I relaxed and pushed myself out, actually I

kind of "fell" out. I was in the void but it was only a very light

grey smoky mist this time. I stared into it and it formed into a

nicely colored pattern. I thought to myself, "now this is the

astral plane." What I saw was an orange-yellow light centered and

somewhat off in the distance. Surrounding this, or emanating from

it was a blueish-purple mist that faded into black at the periphery.

The scene eventually faded.

I was back in my physbod and pushed myself out again. This time I

was standing in my new bedroom..."

10>

(Another example of being at the border. This also illustrates

how you may be somewhere that is familiar but it is also

different.)

"I remember standing at the edge of some kind of "opening", in what

I don't know. The opening was surrounded by clouds and darkness.

Through the opening I could see dancing color patterns that looked

like a lightning storm. The only colors I remember were flashing

yellows and whites, on a dark background. I stood there watching

for a moment but I don't recall what happened next. I had the

realization I could leave my body. I jumped out and was in a room

that resembled my room at Dad's house, except none of my stuff was

there and the walls were white plaster..."

11>

(Here's an example of how confusing it can be sometimes.)

"Woke at 9 AM, went back to sleep and dreamed. Woke again at 11:30 AM.

I decided to go back to sleep. Laid there concentrating on the space

behind my closed eyes. I had to go to the bathroom, and John had left

the door of our room open. I could hear my roommates downstairs. Saw

pictures in my third eye; a couple of different views of my face, some

landscapes, and some unidentifiable figurines. Then my roommate Drew

came up the steps and he threw a crumpled up bag at me.

"You \*\*\*hole, get outta here!" I said to him.

He said, "No way, man, I'm gonna bug you."

He came over by my bed and I reached out to strike at him. When

I swung my arm forward, it was then that I felt like I was pulling out

of my body. Drew was trying to bug me and it dawned on me that I was in

trance. I was curious because there was no break in my consciousness

at all. I then faded back into my body. I tried to go back to the

projection. A rift formed in the space behind my eyes, and in this

rift, a blurry figure was trying to grab at me. Lost this lockmold.

Woke up completely. Heard Drew downstairs playing his guitar."

12>

(This is a nice description of some kinesthetic sensations.)

" Laid there in bed a while paying attention to my physiology as I

was falling back asleep. Felt streams of warmth shooting through

my body and vibrations thru my arms, legs and torso. I saw a picture

form in my third eye, it was unrecognizable. Must have broke

consciousness because the next I knew I was in the state where I

felt I could dissociate. Laid there struggling to get out. I wiggled

out. I ran to the front window here in the attic..."

13>

(Here's an example of stepping into a hypnogogic image, also

note what I say about being startled and keeping myself

relaxed.)

" I woke from sleep. Had fleeting glimpses of my dream memories then

they were gone. Laid observing my physiology. I had an aspirin the

night before and now I felt it burning in my stomach. I felt better

than I did before I fell asleep. I shut my eyes and could see into

(through?) my third eye. As is common for me, whenever a picture would

form I would feel a tightening in my heart, which would always cause

the image to fade from my third eye. I tried to still this and relax

and just calmly watch the pictures form in my third eye. A few scenes

formed and faded but I don't recall what they were. Finally I managed

to coordinate my heart and third eye chakras. The scene of a street

formed vividly in front of my closed eyes. There was a river off to

my left, 50-100 yards from the road. On the left seemed to be a

construction site. There were buildings on my right. I was trying

to observe details and I felt my foot step forward! Surprised the

hell out of me! Next thing I knew, I was walking along the street...."

14>

(Another example of leaving.)

"Woke around 1:00 AM. Within about 1 hour, I felt a throb at the

back of my head. Wondered if it had anything to do with my pineal

gland. Tried to fall back to sleep but I was too uncomfortable

from the pain. Was up for a little while, took some aspirin and

went back to bed.

I laid in bed waiting for the aspirin to hit me. Soon I could see

the swirling motion moving through the darkness behind my closed

eyes. I thought of the motion as "my friend". I tried to sense if

there was any connection between the throbbing and the motion. Next

I knew, the aspirin took effect and the throb was numbed away. I

continued to watch in my third eye. I started to be able to see

the meme bacteria and the imagery was surprisingly clear. However,

whenever I achieved a good clear focus, I would become too excited

and the images would fade. Laid thinking about some material I had

read earlier about microtubule transport and diffusion c-AMP networks

in the brain and what this might have to do with the meme bacteria

that I could see.

I must have drifted off cause the next thing I realized, I could

leave my body. But I was laying in a bed in a totally unfamiliar

room. I flew out through the wall and was in an unfamiliar suburb..."

15>

(Here's a nice description of watching the hypnogogic images,

also in this experience I appear on the etheric plane.)

"Laid down to project. Was very relaxed. Laid watching images form in my

third eye (the so-called hypnogogic images). I watched this process

carefully. At first the images could be seen to appear in the grainy

milieu behind my closed eyes. They would be the graininess in the form

suggestive of a face. They did not have color to them. Soon though I

would be observing an image in full color, but it would only last an

instant. The instant I would be aware of a vivid and distinct image,

my heart chakra would tense and the image would disappear. Also, I'd

feel myself "slip" closer to being wide awake when I'd lose an image.

Soon the images were forming rapidly and in color. They were very subtle.

Once I became relaxed enough that I would not "tense" the pictures away,

I noticed that the images would blend imperceptibly with my visual memory.

That is, one instant I would be observing a hypnogogic image, the next

instant I was remembering the image. At times this would occur so quickly

that I almost couldn't tell if I was just conjuring up an image in my

imagination. Finally, one particular image clicked in and I felt very

stable. I thought to myself, "This is it. Leave now."

I looked around and saw I was lying on a bed in a room that looked like

my bedroom (at my Dad's house, which is where I am at right now), except

there was no furniture in this room. I could hear "haunted house" sounds:

wind blowing, shrieking and clanking and howling sounds. They were not

loud but they were audible. I tried to levitate but I could not. I

could feel my body and it was paralyzed. I realized that I was on the

etheric plane. I could hear my step mother talking very clearly in the

next room. I tried to get up. It was very difficult to move but I

pulled myself up. I pulled my covers off of me and tried to stand up.

I felt very heavy and knew I was in my etheric (ectoplasm) body...."

16>

"Went to take a nap after classes. Been frustrated lately cause I

haven't traveled in about a month. Was determined to do it now. Laid

in bed trying to focus, but my mind kept wandering. Finally I made

a strong determined effort. A couple hypnogogic images came and went.

One of them was sexual and it caused me to wake. I began to concentrate

on the lights behind my closed eyes (entopic light) and the "whooshing"

sounds in my ear (the blood circulating in the ear). Some time passed,

yet I kept concentrating. Finally it hit. I felt the "headrush" feeling,

but at that moment its significance escaped me. But I tried to jump

out anyway. It worked! I was in my bedroom, lockmold blinking on and

off badly...."

17>

(Here's an example of a passive exit, and apparently here

I "fell" into my hypnogogic images! Note too that this

entry occurred in the middle of a projection, but again, the

same thing could easily happen when you first try to leave.

Note too how I am trying to remember my projection while it

is occurring.)

"Laid trying to remember all that has been recorded to this point

before I attempted to leave again. Soon I felt as if I was reclined

backwards, with my feet up about 2 feet up in the air, though I was

still stretched out on my bed. I stared into the "stars" (ideoretinal

light) behind my closed eyes and I could see green and purple shapes

of the meme bacteria moving in a way that looked like unicellular

creatures moving under a microscope (like the motion one sees when

looking at pond water under a microscope). I could see this quite

clearly. I mentally kept tipping myself steeper backwards. Then

suddenly I slid backwards right into the midst of the meme bacteria!

This made me scared. But I could see helical tubes of green and

purple moving and spiraling around me. I knew that I must be in

my brain somewhere. I can't remember now (as I'm recording this)

exactly what I saw. However I had continued to fall backwards, and

it was as if I slid backwards through the green and purple spirals.

When I stopped falling backwards, I had landed in a rather large room

that seemed familiar to me, though I couldn't place why..."

18>

(Here I apparently feel lighter instead of heavy

as my trance gets deeper. See, this is why you write the

stuff down! I never would have remembered this!)

"Woke about 7:00 AM. Went and pissed and came back to bed intent

upon leaving. Laid down feeling "stiff-tired". As I relaxed and

concentrated I felt myself get lighter and lighter. Saw the "stars"

("ideoretinal light") transform into a balloon-like cocoon surrounding

me. I turned around and pushed backwards through it. I think I

appeared in a forest, but I can't remember now for sure. I recall

walking along a muddy dirt road...."

19>

(The following rather long entry was written about 1

year after I started astral projecting. You will note

many of the familiar themes I have described above, but

also note my more detailed description of them. As

these elements became more familiar to me, I would

take more time to study them carefully.)

"The most exciting thing today was my hypnogogic imagery I saw before

I left my body. I am most definitely getting better at allowing third

eye images to form. I don't seem to need to go into as deep a trance

as I used to before the imagery starts. Today I was only very relaxed,

not even in trance yet, and the first image formed. It lasted in

full proportions for maybe 5 seconds then weakened a bit and lingered

for maybe another 20 seconds. After the image weakened a bit, I

could actually open my eyes and still see the hypnogogic image at

the same time! The heart chakra jerk that usually accompanies my

recognition of a hypnogogic image was weaker today. When I felt it,

it did not cause the image to fade. I'm beginning to suspect that

the perceiving of these hypnogogic images is related to brain wave

states (i.e. EEG patterns), because there is a very distinct change

in the "carrier wave" of my consciousness before these images begin

to arise.

What was the image? (picture in notebook) It was a circle that was

divided up like a pie and it looked to have rivets in it. I wondered

if it was some type of image of one of my chakras. It had a yellowish

white cast to it. In the "stronger image" the upper left quadrant of

the circle seemed to be open revealing a view of a cloudy blue sky.

There were also little neon green springs that flitted in and out of my

vision. When the image became "weaker" the region showing the sky

disappeared, it closed up, and all I could see was an image of the

circle, though it seemed more transparent, the colors were more pale.

After the image deteriorated, I could see lots of "neon motion" in

the darkness behind my closed eyes superimposed over the imagery of

the drifting entopic light. I desired to leave. Soon, the

Kundalini vibrations started up and took over my body. These felt

like chills whipping gently up and down my whole body. I laid there

feeling this for some time. At some point I attempted to leave,

to push up and out, and it worked.

I was in my bedroom and it looked extremely physical - so much so

that I wasn't even sure if I had left or if I had woken up. But

when I tried to move, my motion was sluggish and lethargic and the

farther I moved from my bed the more difficult it was to continue,

and I knew then that I was in my etheric body. Couldn't pass through

the ceiling, wall or behind bookshelf. Then I "snapped" back into my

physbod.

Layed there drifting off in my thoughts. Finally, I refocused on

leaving again. My consciousness seems to have broken and next thing I

knew, I was flying in the void. Flew for a distance then tried the

hands trick. It took some time for me to focus myself in, but it

worked well this time. As soon as I could see/feel my body, my

bedroom had materialized around me as well. My room appeared different

though now...."

\*\*END OF JOURNAL ENTRIES\*\*

Well, I hope you didn't mind all those entries. The reason I put so many

in these notes is because getting out of your body is obviously the

most crucial part of this whole experience! I wanted to illustrate to

you just how variable this is and how many different ways it can manifest.

And also, as you can see from the above entries, leaving your body

is by no means a cut and dry thing. Sometimes I was not sure if I was

still awake or if I was in trance yet. Of course, eventually I'd

figure it out, but it's not always obvious. Also, you can see

that there is no regular pattern to what happens as you go deeper

into trance. Sometimes you may see hypnogogic images, other times

you may fall into them! Sometimes you might not even see them.

In spite of all this complexity, I really hope I have at least given you

some idea of what it is like to go into trance and what it is like

to leave your body.

4. Other Techniques For Getting Out Of Body

Before I start the topic of what it is actually like in a projection,

I want to briefly mention some other methods that people use to

get into the projection state. I have saved these techniques for last

because I don't use them and don't really know too much about them.

I suspect that if you want more information about the following

techniques you can go enquire on the message boards here in the CompuServe

New Age forum. There are many people here in the forum who know

more about these techniques than I do. As well, there are references

provided in the bibliography that specify in much more detail than I do

here how to achieve projctions using these other methods (see

especially Rogo's "Leaving The Body"). The techniques I'd like to

mention now are: 1. visualization methods, and 2. using electronic

devices such as tapes and other gadgets and using drugs.

A. Visualization Methods

The basic idea of visualization methods for projecting entails

creating an image in your mind's eye and then stepping into this image.

Above, in my discussion about the trance method, I went to great

effort to make clear that hypnogogic images are different than

images created in your visual imagination (i.e. your mind's eye).

What we now want to discuss are the images you create in your visual

imagination, and we are NOT discussing hypnogogic images.

Like the trance method, visualization methods require concentration.

You create an image in your mind's eye and you must concentrate on

this image, which means you must hold this image uninterrupted in

your mind's eye. Such a thing is not easy to do. If you can hold

on to one thought for longer than 5 seconds you are doing really good.

This type of concentration is also a basic technique of yoga meditation.

In yoga, one may concentrate on a mandala or a chant as a meditation

exercise. Concentrating on a mandala is a visualization exercise.

So, to achieve a projection through visualization, one must first be

very good at concentrating on visual images. If you are not good at

this, it will require much preliminary practice before you ever

see your first projection. You will have to practice daily on

holding an image uninterrupted in your mind's eye. It is only when

you can hold an image in your mind's eye for an extended period of time

- perhaps 15 to 30 minutes - that you will then be able to enter

into this image.

Next, what does it mean to "enter an image in your imagination"?

Now, since I do not use this method, I can only go by what I have

read. From these sources, it appears that the act of stepping

into a visual image is similar to pushing out of your body as is

done in the trance method. Frankly, I can't imagine that this is very

easy to do. Stepping into an image in your mind's eye is a different

process than stepping into a hypnogogic image or pushing out of

your body while in trance. I suspect that very few people find it easy

to \*literally\* step into their thoughts. Sure, we all day-dream to

some extent or another, but how many of us \*physically feel

ourselves\* in the day-dream? I know I do not. When I day-dream,

I am fully aware that I am making up a story in my mind, and my

kinesthetic sensations are firmly fixed here in the physical world.

Yet, it seems to me that this is what visualization methods entail;

stepping into a day-dream.

I suspect that the ability to literally step into your thoughts

must be a talent possessed by a small fraction of the human population.

For most of us, there is a very rigid distinction between our

perception of ourself in the physical world and in our thoughts.

For example, when we are sitting in a classroom day-dreaming, we

are still (painfully? <g>) aware of the fact that we are sitting

in the classroom, and that we are NOT inside our day-dream.

For some people however, this must not be the case. Perhaps for

a small percentage of people, they have the ability to literally

feel themselves inside of their day-dreams! And it seems to me

that this is the essential gist of the visualization methods for

achieving astral projection; in effect, you create a daydream,

and you shift your awareness from the physical plane into this

day-dream. That is to say, you shift your kinesthetic

sensations from yur physical environment to the made-up environment

in your imagination. Having never done this, I obviously don't know what

it is like to step into a day-dream.

If the idea of becoming lucid in a dream seems like an

"artificial" way to astral project (which, again, it is NOT),

then it seems to me that stepping into a day-dream, or

an image you have concocted in your imagination is even more

artificial. By "artificial" I mean lacking spontaneity. The

trance method is by far the most spontaneous method of astral

projecting in that you are creating nothing in your imagination

when you do the techniques I outlined above. Everything is

spontaneous in the trance state: the hypnogogic images,

the sensations you feel, and where you eventually appear

once you leave your body. The dream method is less spontaneous

in that you never directly perceive your consciousness dissociating

from your physical body. Yet, there is no question that the

content of your dreams is highly spontaneous and unpredictable.

In the case of visualization methods, it appears that one perceives

themself entering into the visualization, but, you are then in

an environment created by your own imagination, which is about the

most predictable thing there is.

However, the one book I have read that really advocates

the visualization method (see Brennan, "Astral Doorways") refers

to these visualized (i.e. imagined) environments as "astral doorways".

So, I suspect that what this means is that the place you have

visualized in your imagination, which you want to be standing within,

simply gets you to the astral plane. Once you are there, you can

then leave this artificial place of your own creation and go

explore the planes. This is what Brennan and others who advocate

visualization describe.

That's about all I have to say about visualization methods.

My intenton here is not to teach you visualizatiuon methods

but to simply expose you to the fact that this method exists.

The idea of a visualization method is that you make up an image

in your mind's eye, and then you step into this image as a means

of to getting to the astral plane. As I said, there is nothing easy

about this technique. Not only do you have to have the ability

to concentrate on one thought for long periods of time (15

minutes is an eternity when you are holding one thought in your

mind), but you as well have to have the rare ability to be

able to step into your thoughts. The ability to step into

your thoughts is apparently the ability to transfer, or displace,

your kinesthetic sensations from your physical environment to

the image in your mind. Again, I cannot do this, so I am obviously

in no position to tell you how to do it. Like I said, I suspect

that a few rare individuals can naturally do this, but for most of

us, cultivating this ability would take a LOT of work. And given

how easy the trance method I described above is, and how effective

it is for getting you to the astral plane, I don't think you

need to waste time learning how to do visualization exercises.

However, if you are into ritual magic, yoga and meditation, then

visualization exercises are right up your alley and you may

find this a suitable method for getting to the astral plane.

B. Drugs, Tapes And Other Devices

Finally, I want to address methods that rely on some kind

of external gadget to help you get to the astral plane. Such

gadgets could be listening to tapes, wearing goggles, and

possibly even taking drugs. In general, all of these gadgets

are designed to put you into a state of mind that will make it

easy for you to leave your body.

Let me discuss drugs first. In my experiences, common street

drugs do NOT help you achieve astral projection. Street drugs

such as alcohol, marijuana, LSD, and cocaine create conditions

inside your body that will PREVENT you from astral projecting.

This at least has been my personal experience. Perhaps there

are people who have been able to project by using street drugs

but I do not know any of them. And in all of the books I have

read about astral projection, not one of them mentions using

drugs as a means to achieve OOBEs. So, based on what I have read

and based on my own personal experience, street drugs CANNOT

help you achieve an astral projection. Again, street drugs

PREVENT you from astral projecting.

Now, I was careful in the previous paragraph to discuss only

street drugs. There are medications that doctors use that

seem to put you in a state that induces OOBEs. Most notably,

there is a drug called ketamine (sometimes called "K" or

"vitamin K" on the streets) which can put you in an OOBE.

Doctors \*used to\* use ketamine as an anesthetic, mainly on children

getting their tonsils out and on pregnant women in labor.

Doctors call Ketamine a "dissociative anesthetic" because

the drug doesn't simply put you to sleep as an anesthetic is supposed

to do, but it causes your consciousness to separate from your body.

Not only this, but patients given ketamine often reported very

unpleasant experiences such as nightmares or weird visions.

Because of this, doctors do not use ketamine anymore as an

anesthetic, at least here in the United States. In Europe, doctors

still use ketamine.

Aside from its legitamate usage as an anesthetic, because of the fact

that ketamine produces such weird psychological effects, its use

as a street drug has become popular. You will find in underground

literature, or in magazines such as "High Times" descriptions

of people using ketamine as a mind altering substance. The

descriptions that people give are actually quite intriguing

and fascinating. On the basis of what is known medically about

ketamine, I suspect that ketamine produces a state similar

to hypnogogia, and can even induce OOBEs, and this is the basis

for the amazing reports of "K" that you will hear on the streets.

So, should you try to use ketamine to achieve OOBEs? Frankly, I

DO NOT ADVOCATE THE USE OF KETAMINE FOR ACHIEVING OOBES. The reason

for this is two-fold. First, you DON'T need a drug to achieve OOBEs.

The trance method I describe above is easy enough and effective

enough. In light of this, why waste time with a drug? Furthermore,

you have to INJECT ketamine, there is no pill form. The

idea of sticking a needle in ones arm is not very pleasing. Second,

I once actually tried ketamine, and you know what? It IS an

anesthetic! All I wanted to do was go to sleep! Nothing happened

to me at all. I got no weird psychological effects - nothing.

It was a completely disappointing experience. So, besides the

fact that you have to stick a needle in your arm to do ketamine, it

doesn't seem to be as much of a panacea as its advocates make

it out to be. My recommendation: stay away from ALL drugs when

trying to astral project. DRUGS WILL NOT HELP YOU ASTRAL PROJECT.

Now, what about things like tapes or other electronic gadgets

that are supposed to help you astral project? Again, there are

many New Age forum members interested in this topic. You can

get more information on the message boards in the New Age forums

than I can give you here. Essentially though, the idea behind

these gadgets, from tapes to whatever, is that they manipulate

or affect your brain waves in such a way as to help you achieve

an astral projection. Do they work? I'm sure they do for some people.

There are probably people for whom the dream and trance methods,

or any other non-gadget methods simply do not work. These kind of

people can benefit from the use of electronic gadgets to help

them achieve an OOBE.

Tapes that help you astral project are very common. One source of such

tapes is the Monroe Institute in Faber, Viginia. Robert Monroe is a

well known astral projector (his books are listed in the bibliography).

Monroe has since gone into the business of offering tapes and retreats,

not so much for learning how to astral project, but for learning how to

become a more integrated person. He does claim that some of his tapes

can help "facilitate" OOBEs. He claims to have discovered a method,

which he has patented, called the "Hemi Sync" method. The hemi sync

method entails putting different frequency sound waves in each ear,

which then are supposed to result in making a standing wave in your

brain that supposedly makes it easier to astral project.

Frankly, I don't know if this is what his hemi sync method really does.

The actual physiology of brain waves is much more complex than Monroe's

simplistic explanation of hemi sync. But still, whether his explanation

of his hemi sync method is believable or not, the bottom line is:

do his tapes work?

I have actually tried one of Monroe's tapes. What is on the tape is

some rather low budget New Age music with sounds like ocean waves

underneath the music. Apparently, the ocean wave-like sounds are

the hemi sync frequencies. Now, what is very interesting is that

I actually did have a projection after listening to the tape! However,

I want to stress, I used his tape ONE TIME ONLY. I do not know if

his tape caused me to project or not. I project all the time

without using tapes, so just because I projected after

listening to Monroe's tape does not mean the tape caused my projection.

Basically, I have not tested Monroe's product well enough to

say definately that it does or does not work. Should you go

buy one of Monroe's tapes and test it for yourself? I only

recommend doing this if you have tried the dream and trance methods

but have gotten NO RESULT WHATSOEVER. I don't think you need

to go using tapes unless you know for sure that non-gadget

methods will not work for you. As I said, I've had way over 100

OOBEs and I NEVER use tapes or other gadgets. I DO NOT THINK

THAT MOST PEOPLE NEED GADGETS TO ASTRAL PROJECT. People have

been astral projecting just fine for centuries without the use

of tapes or other electronic gadgets. And the methods that have

been developed based on dreams, trance and visualization work

very well. I recommend strongly that you try the traditional

methods of astral projecting before you go and buy tapes

or other gadgets that are supposed to help you astral project.

Now, are there other kinds of electronic gadgets that are

supposed to help you astral project? I've heard talk here

in the New Age forum about "dream goggles". I don't

know what these are or what they are supposed to do. You might

want to ask around on the message board if you are interested in

anything like this.

In some respects it is good that people are experimenting with

electronic means to achieve altered states of consciousness.

However, virtual reality is nothing compared to a REAL astral

projection. I personally am not into any of these electronic

ways of achieving altered states. I prefer more "natural"

methods like trance or dream methods. In the end, your

choice of trying these electronic methods is completely up to

you. If you want to spend money on these gadgets or tapes,

that is your buisness. However, I want to make it perfectly

clear that you have built right into you all the tools you

\*need\* to astral project. Again, astral projection is a

natural ability just like dreaming. You can do it without

recourse to electronic devices of any kind.

So that's it. This now ends my presentation of methods used

for astral projection. Again, check out the bibliography

for information on books that describe other methods besides

the dream and trance methods I have emphasized here.

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FILE 7 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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1. IN THE OOBE REALM - PART 1

We have discussed the theory of astral projection. We have

discussed methods and techniques for achieving this altered state

of consciousness. Now we are going to discuss what it is like in the

realm where the OOBE occurs. To some extent we have touched on

the nature of the OOBE realm throughout these notes. We have, for

example discussed the occult notions of the planes and the subplanes.

I have also presented some of my astral projection journal entries

and these give an idea of what it is actually like in the OOBE realm.

What we will do in this section is go into much more depth

about the various aspects of actually being in the OOBE state.

My description of this state will encompass two broad angles.

On one hand I will take a kind of "travel brochure" approach to

describing the places and inhabitants one encounters during an

OOBE. This is the approach one will find in many books about the

astral plane (for example, see Leadbeater's "The Astral Plane"

listed in the bibliography). Such a "travel brochure" approach

describes the astral plane much as if it's a foreign land filled

with exotic sights, scenes and inhabitants. On the other hand, I

also want to try to convey some sense of what it is \*really\* like

when you are out of your body. One of the problems with the "travel

brochure" approach to describing the OOBE realm is that it

creates the misleading impression that you have simply just

"gone somewhere". That is, "travel brochure" type descriptions

of the astral plane make it sound like you just get in your car and

drive there and see the sights, as if it's Disneyland or something.

However, when you are out of body, it is NOT like getting in your

car and driving somewhere new and seeing the sights. You are

in a completely different state of consciousness - you are

no longer in the physical world - and this creates a million

subtle nuances in your awareness that make it much, much different

than how your awareness operates while you are here in the

physical plane. What I would like to do then is try to convey

some of these differences in how your consciousness works when

you are in the OOBE realm. So, overall, I will describe the OOBE

realm BOTH as a place you go to AND as a state of consciousness very

different than (but related to) your normal consciousness.

1. Describing OOBEs with words

Before I get too deep in describing the OOBE realm, something

has to be said about the limitations of using words to describe

experiences in the OOBE realm. In general, our language is very

poor at describing astral plane experiences. This is no surprise

given that we use language overwhelmingly to describe life here in

the physical plane. However, experience is much different in the

OOBE state. There are many things that can occur in the OOBE state

that our language has no words to describe. Obviously then, this

creates quite a problem when we want to write about or speak

about our astral projection experiences! So what are we to do?

First thing to do is realize that the problems with trying

to describe OOBEs in words is very similar to the problems we have

describing our dreams in words. Very often strange things happen

to us in our dreams and we have a very hard time describing them.

For example, we have all had the experience in a dream of being, say,

in a house and walking from one part of the house to another but

all of a sudden finding ourself in the supermarket or some such thing!

We went to walk into the kitchen, but we find ourselves somewhere

completely different and no longer in the house! This has happened to

me a lot in my dreams and all of you can probably recall such

things happening in your own dreams. The thing is, what do you

call it when this happens? It's happened to all of us in a dream,

but we have no word for it! Shall we say, "I \*blipped\* from the

house to the supermarket"? Or, "I disappeared from the house but

suddenly appeared in the supermarket"? Robert Monroe would say

he "skipped" from the house to the supermarket.

Now, the point is, this is something that has happened to all of

us, yet we have no word to describe it. And I picked this particular

example of "blipping" because you will find yourself "blipping"

quite a bit when you are in the OOBE realm. But, what do we call

this? How do we describe it?

Basically, we are left with a real problem. Our language has

no \*consensus\* terms to describe such experiences. Thus, our

only solution is to make up a word to describe the experience.

This is why I use terms like "lockmold", "void" or "blinking

on and off" in my journal, because I am making up words to

describe experiences for which our language has no word, and

even more importantly, for which there is no counterpart

in our physical experience.

What all this means is that you really have to be careful when

reading about people's experiences in the OOBE realm. If you

try to interpret these experiences in terms of physical experience

or in terms of our normal everyday language, you will get a very

INACCURATE picture of what is going on. You also have to be a

careful reader when reading of the OOBE realm. You have to

really use your imagination and attempt to understand what

stange words like "ring" or "lockmold" could mean, and why the

author is describing his/her experience in that fashion. Finally,

you have to be open to the fact that anything is possible in the OOBE

realm. So many strage things can occur there that are completly

different than what we know here in physical life, that you just

have to keep a very open mind.

2. The State Of Your Mind In The OOBE State

So, not only does our language create a barrier to under-

standing the nature of the OOBE realm, but we are faced with a second

major obstacle in understanding the OOBE state. As I said above,

during an OOBE YOUR CONSCIOUSNESS IS DIFFERENT FROM WHAT IT IS

IN THE PHYSICAL WORLD. Remember, I have defined OOBEs/astral

projections/lucid dreams as a state in which you take your waking

personality into the dream world. However, in actual fact, during

any OOBE you never take your waking self 100% into the dream world.

Instead you take some PORTION of it into the dream world. In effect,

when you project you are MIXING YOUR WAKING PERSONALITY WITH YOUR DREAM

PERSONALITY. And this is why your consciousness is not exactly the same

as it is when you are awake here in this world. Not only are you

in a realm that is completely foreign to you, but you are never

wholly you over there. Believe me, this is very true, and it creates

very subtle changes in your reactions, thoughts and emotional responses

to what you experience in the OOBE realm and how you behave there.

This is all I'm going to say about your state of mind during

an OOBE for now. As I go more into specific things below, we

will have occasion to see the subtle differences in awareness

that occur during an OOBE. Right now I am only drawing your

attention to this fact. After I go into more detail about

other aspects of the OOBE realm, we will at the very end of these

notes come back to this topic. For after all, aside from actually

learning how to get there, the actual state of your consciousness

during an OOBE is the most important thing there is - for this is

the meat and potatoes of it all: you are experiencing a completely

different state of consciousness! Think about it.

3. The OOBE World: Objective or Subjective?

Now, we have one last consideration before I start describing

what happens during an OOBE. I've already stated that during an

OOBE your personality is "outside" of you and that subjective

things can be completely real and objective in the OOBE realm.

What this means is we are left with a weird problem when trying

to understand experiences in the OOBE realm. Basically, is it real

or is it merely subjective fantasy? Well, we could debate whether

OOBEs are objective or subjective experiences till we are blue

in the face. It doesn't matter if, in some abstract sense, the

OOBE realm is objective or subjective. What matters is that when

you astral project, it WILL BE COMPLETELY REAL TO YOU. Like I said,

it will be YOU, and you will be SOMEWHERE, doing SOMETHING. Whether

it's all occurring in your imagination or not is beside the point.

However, what is critically important for you to keep in mind

when you astral project is that YOU CANNOT ASSUME THAT WHAT YOU

EXPERIENCE IS OBJECTIVE AND NEITHER CAN YOU ASSUME IT IS PURELY

SUBJECTIVE. Whatever the nature of the OOBE experience, you

will be somewhere where the subjective can become objective and the

objective can become subjective.

4. The Dweller At The Threshold

The above discussion leads me now to share with you information

that was very important to me when I first started projecting. I

had a book by an author whose name I think was Sepherial. I can't

even remember anymore, it's been so long since I've seen this book,

which I gave to a friend years ago. At any rate, this book was about

how to become an occultist. The first important thing Sepherial said

you have to do to become a worthwhile occultist is to overcome fear.

He said that you overcome fear by studying it. As you learn what

causes you to fear things, you can overcome these fears. He even

pointed out that if you carefully observe yourself when you get

afraid, you will notice that fear begins as a kind of tighening in

your chest by your heart. The tightening begins at your heart

and then spreads from there down to your gut and into your arms and

legs. Frankly, once I started watching myself get afraid, I was

really surprised to see that he was correct.

Sepherial went on to explain how it's really important to realize

that fear is something we create in our own minds and that if we are

to get involved in occult things, we must learn NOT to fear things

anymore. You can replace fear with understanding. When you under-

stand something, you no longer need to fear it. If it is truly a

dangerous thing, but you understand it, you will not fear it, you

will avoid and respect it. And there are other things we fear that,

in reality, are not dangerous things. These are the worst kinds

of fear for an occultist to have. These are fears you have created

in your own mind, for whatever reasons. These fears are like weeds

that grow in the garden of your mind, and you should eliminate these.

Well, this was my first lesson in occultism. I read Sepherial's

book at about the same time I started astral projecting. I took

Sepherial's advice to heart, and it was a good thing too because my

first few times astral projecting were lessons in overcoming

fear.

There are two types of fear I have experienced astral projecting.

It is possible that you may experience these types of fear too, so I

will explain them for you.

The first type of fear is completely harmless. My very first

astral projections occurred spontaneously about 5 years before I

even realized they were astral projections. At the time, I thought

they were merely strange dreams. In retrospect, they were

definitely astral projections. What had happened is that I had

laid down to nap. Next thing I knew I was spinning around the

ceiling of my bedroom! I was amazed. I didn't have the slightest

idea what was happening to me, and what was even weirder was that

I was completely terrified. I was scared to death. But it was a

very strange sensation; I was afraid, but I had no reason to be afraid,

in spite of the fact that I was mysteriously spinning around on

my ceiling! Mostly I was extremly curious as to what was happening

to me and my experience turned into a contest between my fear

and my curiosity. Finally, after about 30 seconds of this, my fear

won, and the next thing I knew I was sitting awake in bed. I was

not afraid at all when I woke but I was just very curious. My second

projection was identical to this and happened around the same

time the first one did (I was about 15 years old when this occurred).

I promptly forgot these experiences till many years later.

I was 22 years old when I learned about astral projecting.

Eventually it occurred to me that maybe those experiences I had years

before were astral projections. If this was the case, that I had

actually astral projected before, then this meant I could probably do it

again. And it was then that I consciously started to astral project.

When I first started projecting, I used the trance method I described

above. Actually, I made up this method as I went along. Originally,

I would lay in bed and simply tell myself I was going to astral

project as I drifted off to sleep at night. After a number of

attempts at this, it worked! I became conscious of myself AFTER

I had fallen asleep! And, just like years before, I felt that same

feeling of terror, and, as before, there was absolutely no reason

for this feeling. I got this same feeling of fear on my next two

attempts as well, but on my third attempt, it was gone, and it has

never returned.

I don't know what this feeling of fear was. As I said,

it was just there on my first few attempts, then it went away. I

have a friend who is also a competent astral projector and he said a

similar thing happened to him. I have always suspected that this

feeling of fear had something to do with separating my consciousness

from my body, as if it was a purely instinctive response of my awareness

to operating without using my physical body. But once I got used

to the sensation of being out-of-body, the fear response just went away.

Again, I think this may be some type of PURELY HARMLESS instinct

that occurs soley because of dissociating your awareness from its

body.

It's important to point out that you may never experience this

type of a fear response. In the time I have been on CompuServe, I have

spoken with a number of very good astral projectors and they have never

reported this response. Still, I have had it and so has my friend,

so I am describing it here so that if it happens to you, you will

know what is going on. If, the first time you leave your body,

you feel complete terror for no reason at all, then you are having

this reaction. Don't let it bother you because it will go away

after your first few times out-of-body.

Ok, now for the second type of fear that I have had to deal

with in my astral projections. Very early in my projection experiences

I went through something I call my "Darkside Episodes". These were

absolutely terrifying experiences for me too, but unlike those

described above, there WAS a reason for my fear and terror.

Here are excerpts from my DarkSide experiences:

1>

"All I can remember now is that somehow I left my body, or

became lucid in the dream state, whichever you prefer...

(I went though a number of experiences, then...)

...Somehow that I can't now recall, I was outside my body again.

This time I was standing in my bedroom. I was surprised because

it seemed to be daytime outside, but I knew it was nighttime and

that I was actually sleeping on my bed. I noticed that where my

west wall normally was that there was another room beyond it,

like the wall had disappeared and there was this room there

instead. I floated into the room and could look into my bedroom.

I noticed that I had hands and arms and legs and that I was

floating a foot or so off the ground. I was moving my body around

just marvelling in the sensation of my lucidity. I began to feel

elated. I started to call out and experienced the same thing that

happened the other night. I could hear my voice in my mind and it

sounded perfectly normal, but when I actually tried to talk, it

came out in slow motion.

I was really feeling great and had been playing with these things

for a few moments when all of a sudden I began to feel trepid and

a little paranoid. It felt like I was being watched. I looked up

into my room and saw a tall dark figure standing in my window. My

windows were open as if they were doors and this figure was standing

there on the windowsill looking at me. I didn't know what to think

at first. The figure was of a male, tall and skinny, and pitch black,

more like a silhouette than anything else. I'd have thought it was a

shadow except it had these vivid evil looking completely red eyes.

It didn't have pupils or anything, just these evil looking eye slits

that were totally red. At first I thought it couldn't see me, but as

if in response to my thought, it turned and stared directly at me.

Then I became afraid. I didn't know what I should do. It slowly

seemed to move towards me, and I made my way back to my bed,

thinking that I should jump back into my body and wake up. I

hovered over to my bed and this thing was slowly coming at me.

Then I remembered something from one of the first occult books that

I had ever read [This is the Sepherial book I'm referring to here].

In this book the author gave a magic phrase for the student to say

to protect himself from evil forces. The author claimed that it

was a very potent spell from the times of ancient Atlantis. The

spell was in some unknown language and I didn't know what it meant,

but at the time I had memorized it [though I no longer remember

it], and it seemed like now was as good a time as any to use it!

So I repeated the spell in my mind and the wildest things happened.

I was surprised as \*\*\*\* that it worked! At least it did something,

for now I was laying half way out of my body, the dark figure had

disappeared, and now there was this, what seemed to me to be like

a very fake looking mannequin up over me. It had the face of a

cartoon alligator and I was biting its arm, but it looked just like

a mannequin and wasn't doing anything. It had a stupid, goofy look

on its face.

But I was panicking, attacking its arm and trying like hell to

wake myself up. I kept trying to shake myself, thinking that if

I could move my body then I'd wake up. The strangest thing happened.

As I shook myself, I could feel myself "sink" into my physical body,

and weird as this sounds I could see two distinct visual fields at

once. They didn't overlap though, one was on top of the other, as

if my visual field were cut in two. The top one was my visual field

in my projection of my day lit bedroom, and the bottom field was my

dark bedroom at night. There was even a definite line of demarcation

between the two view fields. My vision was literally split in

half! It was the absolutely strangest sensation! And as I struggled

to shake myself, I could feel myself pull down to the lower view of

my bedroom, and the top view seemed to go up and out of my visual

field. But then I would relax momentarily and I would start to rise

up, just like when one is under water and starts to float toward the

surface, and I was being pulled back up into the top scene. Then

I would begin to struggle and shake myself again, and pull back down.

This happened about four times; I would think that I was out of the

top view and begin to relax and quit shaking and rocking myself, and

the moment I would stop, I would feel myself being pulled back into

the top visual field. I was scared as hell and thought I was

trapped. Finally though, I shook and shook and shook myself and

I actually woke up.

I was laying still on my bed. For all the shaking and moving I was

doing, I thought when I awoke that my body would be moving around as

much. But it wasn't; it was very still. I laid there scared as hell.

I had the strangest paranoia that at any moment something evil was

going to jump out of my walls and stab me to death, the same feeling

I felt before. I didn't know what had just happened to me. Who the

hell was that dark figure? For some reason it really spooked me bad."

(END OF ENTRY)

Well, that was my Darkside experience. I was very scared after

that. I was afraid to project even. Was that thing going to always

come and haunt me in my projections? What was it?

Again, I turned to my friend who could also astral project.

We discussed my experience. After thinking about it for a week

or so, I came to the conclusion that the Darkside was me! I

figured that maybe what was happening is that somehow, everything

that was bad about me appeared OUTSIDE OF ME in my projections.

Maybe this thing was just all my own badness embodied as a being

coming to haunt me in the astral projection state. Whether this

is true or not, this is what I decided to believe. And since it

was me, then I really didn't have to fear it, because that would

mean I was afraid of myself! So I decided that what I should do

is become more aware of all my badness and quit being that way,

then, maybe this thing would go away. And I figured that if I

met this Darkside in my projections again, then I would confront

it instead of being afraid of it. I would stand up to it, and

battle it if I had to.

So, that's what I decided. Here's what happened the next time

I projected:

2>

"I know I went to sleep with the intent to project. Since

my "darkside" episode, I was leary to project again, but now I

felt that I understood what this being was and I felt confident

to face it if I needed to.

(I went though some other adventures, then...)

I was back in my bedroom again, still lucid in the projection

state. I noticed that it was daytime outside, though I also knew I

was sleeping in my bed and it was really night on the physical plane.

But then I noticed that there was a doorway in my bedroom wall, one

that was not there physically. So I went through the door and

began to explore.

The doorway lead into a castle and I was very surprised by this.

I remember thinking to myself that rooms have all these hidden

directions in them in the astral plane. It was a huge and elegantly

decorated place and the decor looked fairly modern. I wandered

about and eventually came to a room that had a window that was

overlooking a long shingled roof. I climbed through the window

and there was a girl outside on the roof. It was sunny outside

and I felt very good. Me and the girl talked, but I do not remember

what we talked about. I could see around me outside, what

looked like a fairly typical, though completely unfamiliar,

neighborhood and I was curious to explore it. I went to fly off

the roof but my lockmold began to weaken and I blacked out.

I was back in my bedroom again, still lucid in the dream state.

The doorway to the castle was still there, but this time there

was a pitch black figure sitting crumpled on the floor at the

end of my bed. It was the darkside! I became leary and slightly

scared, but I remembered my resolve to confront it. Also, this

time it looked feeble, sitting in a heap at the foot of my bed,

almost like a mannequin. I approached it slowly saying, "What do you

want from me? Who are you? Are you me? I love you." My fear was

quickly diminishing as I approached it, but it did not move. It

seemed dead. I grabbed it by the head and looked directly into

its face, all the while telling it "I love you." Its face was

utterly lifeless, its eyes dried out gaping holes. I clenched

its head and crushed it like a dried out husk, all the while

yelling at it, telling it I loved it. I crushed its head

completely to dust, knowing that this was only the embodiment

of my inability to look squarely at myself. This was all my

fear, all my hatred, all my self-hate and I was crushing it to

dust and a great joy filled me. I kicked the lifeless heap and

felt a triumphant sense run through me. My darkside was dead!

I became like a little child and ran through the door into the

castle, running about hooting and hollering, excited with the

thrill of my victory.

I ran back into my bedroom still elated and making much noise.

The crumbled figure was still there and I looked at it with utter

disregard. "You're dead," I was yelling at it, and I was jumping

up and down yahooing...."

(END OF ENTRY)

So, that's how that situation worked itself out! Reading this

now, I almost seem neurotic in this projection. But think of it:

how would you feel? You learn to project only to have your new found

ability foiled by some pitch black terror? No way!

Given the fact that I have never since encountered this

Darkside during a projection, or anything like it, I take it to

mean that I was correct. This Darkside I encountered in my earliest

projections was all the bad in me coming to haunt me while I was

out-of-body. THIS is one among a few experiences I have had

that makes me warn you that when you project, things that are

inside you on the physical plane (i.e. subjective things) appear

to be outside of you on the astral plane (i.e. objective things).

A year after my darkside experience, I was surprised to

read in a Manly Hall book about a thing called "The Dweller

on the Threshold". Manly Hall described this "Dweller" as the

very first thing waiting on the path to greet the aspiring

occultist. He essentially described this Dweller to be exactly

what I realized my Darkside to be: all of the badness in ones

personality manifested as a being. So, basically, I quite

literally met the Dweller on my threshold very shortly after

I learned how to leave my body. Manly Hall's book was also

a warning to the aspiring occultist that you must overcome fear

and ignorance, and seek self-insight and seek the good inside your

self and weed out the bad.

Now, the important question of course is: will this happen to

you? Will you learn to enter the OOBE state only to meet your

"Dweller on the Threshold"? Well, again, I have spoken with a

number of projectors here on CompuServe who have never had this

experience. I do not know if you will encounter such an

embodiment of the bad in your personality when you learn to

leave your body. We all grow and mature in different ways.

It is very easy to realize that not everybody needs to go through

such an experience in the OOBE state. But will you? I don't know.

You won't know either until you are out there. I share this

experience with you just in case it does happen to you. I share

this so that you will know what that figure is and how to get rid

of it. It is you, and by opening up to what that figure stands

for you will get rid of it. Any "Dweller on the Threshold"

is that kind of fear I mentioned above, the kind that is not

caused by real danger but is created in your imagination, for

whatever reason. Look at that fear, try to understand it, and

you will have conquered your Dweller on the Threshold.

Again, to drive the point home, there is a very strong

element of self-therapy to the OOBE state, and the above is

a very definite example of this. Like I said, you must appreciate

that subjective and objective things turn into each other

in the OOBE realm.

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FILE 8 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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IN THE OOBE REALM - PART 2

Ok, at this point, we are going to begin the "travel

brochure" description of the OOBE realm. As I said very early

in these notes, once you begin to overcome the influence of

your subconscious impinging on your projections, you will indeed

discover a vast world of things to see and explore. There are

many, many places to go in the planes and many inhabitants you

can meet and interact with. I will write this section,

by providing an overview of a topic and then giving some examples

out of my journal to illustrate whatever I am discussing. As

well, I will intersperse helpful hints and suggestions about what

to do in particular cases throughout the following discussions.

5. Things You Can Do There That You Can't Do Here

The first thing I want to discuss about being in the OOBE

realm is what you can do there that you cannot do here in

the physical plane. This includes such things as flying, moving

through walls and using psychic powers. Throughout the following

discussions, though I will not explicitly say "do this or do that",

you should keep in mind that anything I describe is fair game for

things you too can try once you are out-of-body. Feel free

to imitate anything you read about here or in any astral

projection book. This is how I learned; by trying to do what

authors described or suggested in their writings, or by copying

what they did.

A. Moving, Flying and the "Wind"

One thing you can do during an OOBE is fly. You can also

float. Moving around during an OOBE is much different than

moving around in the physical plane. When I first started

projecting I just kind of floated around, mostly unaware

of any body sensations at all. My first sense of movement

in my earliest projections was that I \*willed\* myself to move

by pushing forward. The pushing sensation seemed to originate

from my heart region. Here is an exerpt from my journal of how this

motion felt:

1>

(Note: this projection occurred before my Darkside projections)

"I woke into the dream state, after laying awake for about two

hours convincing myself that I would wake up in my dream. When I

became lucid I could see my room in front of me perfectly, as if

my eyes were open, but I knew they were not. I thought, "Oh my

God, here it is! I'm gonna go up to J.C.'s room." The first

thing I noticed was that there was no fear response in me. This

made me very happy and I had a feeling very much like "dive head

first into the situation", "go for it!", "push on through". The

result was that I pushed myself up out of my body.

I was absolutely startled at how clear my perceptions were and

at how much my dream bedroom was exactly like my "real" bedroom,

right down to the books on my bookshelf! I tried to turn around

and look at my body but it wouldn't work. The part of my room

where I was laying on my bed defied my attempts to turn in that

direction. As I tried to turn around, this direction would turn

with me and constantly stay behind me. I found this confusing,

but in my enthusiasm gave up the attempt and went on to other

things.

I remembered to try to go to John's room as we had planned. I

turned and looked at my door. It was closed. I turned away

and looked again, and now it was open. Happy and surprised, I

pushed through. By now I had become quite aware of my mode of

locomotion and it was clear that I was not walking. I seemed

to be floating, without legs or feet. Movement seemed to result

simply by me thinking of moving. And the source of the force

for the motion seemed to emanate from my heart or thoracic region.

I even looked for a silver cord but saw none (and never have to

this day)...."

(END OF ENTRY)

If you recall from my Darkside journal entries, I was excited

because I discovered I had arms, legs, hands and feet during this

projection. From then on out I quit using the pushing motion

described above.

Of course, you CAN walk during a projection, presuming you feel

a body, but floating and flying become the preferred method of getting

around. Now, there are some weird things about moving during

an OOBE that you should be aware of. Whether you are walking or

flying sometimes you will find that it is very hard to move.

You have probably actually experienced the sensation I am

about to describe in your dreams. Have you ever had a dream where

you were running but, no matter how hard you tried, it was

very difficult to move your body? Maybe you were being

chased by something threatening, but it felt as if you were

moving in slow motion. If you have ever felt this kind of

sensation during a dream, well, it also occurs during OOBEs.

You may see somewhere that you want to go in your OOBE, but

as you move towards it, you will find it harder and harder to

move. There is a chance that you may even lose your lockmold

and fade out of the projection if you try to force it too far.

There is a classic book on astral projection by Ophiel called

"The Art and Practice of Astral Projection" where Ophiel describes

this same thing of how it may be hard to move sometimes. Ophiel

puts forth the idea that what is happening to cause your

movement to become more difficult is that you are transferring

your consciousness from one subplane to another. Now, I don't

necessarily know if this is what is happening or not, and I

really don't know why this happens. My point here is to simply

point out that it DOES happen during an OOBE. What should you do

if this happens? Below I will have some journal entries that address

this issue.

Another thing you will encounter in the OOBE realm has to

with flying. Simply stated, you cannot always fly whenever

you want to. Sometimes you will go to fly and zoom right up

into the air. Other times you may only float a couple feet upwards

but stop. Still other times, you may try to fly but nothing at all

happens. Again, I don't have the slightest idea why this is the case.

Sometimes you can do things that will help you fly when you are having

trouble launching yourself, and I will provide some journal entries

illustrating what you can do.

Now, presuming you can fly, what should you do? One good suggestion

is try to fly into outerspace. One author (Greene) describes how he

has visited all the planets in the Solar System while out-of-body.

Personally, I have only gotten into outerspace a couple times and I

will list one of these entries below. Often, I will fly up into the

air (if there is air in the OOBE realm!) just to get a good look at

where I am at. Sometimes, very strange things happen when you fly.

Once for example, I flew up into the sky, and the sky itself seemed

to turn into a room. I could have flown into this room, but did not.

This entry will be listed below.

Finally, there is one last thing to mention about moving during

your OOBE. This is something I have encountered many, many times.

What happens is it seems like a gust of wind will grab you and pull

you along. It is almost as if some kind of magnetic force or

something has captured you and is pulling you. I will list entries

describing this too.

To summarize, here is a list of what you can expect when it

comes to locomotion during your OOBE:

1. You CAN move without a body, as in the entry I listed

above

2. You can walk, fly or float during an OOBE. Sometimes

you may experience difficulty in moving.

3. You might experience a wind force pulling you along.

Now, here are some journal entries illustrating these things:

2>

(An example of the wind force - this entry is part of

my Darkside projection.)

"...I remember becoming lucid and jumping out of my body. I stood

in my bedroom wondering what I should do, where I should try to

go. I decided I wanted to see if I could make it all the way to

Detroit and visit a girlfriend of mine. As soon as I thought this,

and made up my mind that I was going to do it, a strong wind came

out of nowhere and began to drag me along. I was thoroughly

baffled and had no idea what was going on. Yet this wind pulled

me along, backwards, and I remember moving very quickly through

the walls of the house outside. I passed houses for a short while

and then was being pulled through the forest, passing mostly pine

trees. I was wondering if this wind was going to take me all the

way to Detroit. For a while I relaxed and let it drag me along..."

3>

(Here is an example of finding it hard to move.)

"...Went back into it and jumped out of my body again. I flew

outside through the wall and went by my window. I looked in the

window and saw myself lying there on the bed! My fan was

conspicuously missing from the window, but the me on the bed stared

back and waved at the me outside the window. I wasn't too taken

aback by this because Greene mentioned that one could see one's

other bodies. I flew up onto the roof. It was bumpy, and I had

a hard time climbing onto it (like when it becomes difficult

running in a dream). I finally managed to pull myself up onto

it and I stood there looking out over the backyard. Everything

looked quite normal, but then these pillar like things seemed to

fade into appearance..."

4>

(Here's an example of flying into outerspace. Note too

that in this entry I meet a "friendly spirit". Meeting

spirits will be discussed ahead.)

"...I was outside again, me and invisible John and the idea

occurred to me to fly into outer space. (a suggestion from Greene's

book). I raced upwards calling after John to follow. I sped

upwards rapidly and it seemed J.C. couldn't keep up. As I rose I

looked down hoping to see the terrain unfold below me. What I saw

was not what I expected. Below me was a globe but it was not the

Earth that we see in pictures. The surface of the globe was covered

with strange and complex geometric patterns of various colors and

the whole scene had the texture of a cartoon. A vast light seemed

to be sweeping across the surface. As I rose higher and higher, I

soon lost control and blacked out. I was back on the ground again,

by the fort, and decided to try again. I shot upwards and at an

incredible speed and soon felt myself "blinking on and off" again.

But much to my surprise, a large hand reached out to me and I

grabbed onto it. Suddenly I felt myself being pulled upwards

though my vision was fading in and out.

Though I couldn't see who was pulling me, I had the impression

that it was some friendly spirit helping me out. In moments I

stopped moving up and struggled to regain my vision. I felt like

I was very high up and, when I could see it seemed that I was standing

on a cloud. I couldn't see well around me but I remember managing to

look downward. There only seemed to be clouds below, but my vision

was fading in and out badly now. It seemed as if my spirit friend

was behind me. At one point I caught a glimpse of my friend and I.

We were standing on a cloud and we were both playing guitar and

smiling. Finally I lost control and felt myself in bed. I laid

gathering the memories of this experience together. My lucidity was

not as great as it has been but I had never experienced such a variety

of travels in one projection before. I felt very light when I got out

of bed. The feeling lasted for maybe 10 minutes."

5>

(Another example of finding it hard to move. This entry

illustrates one solution when you find it hard to move-

just MOVE SLOWELY)

"...I climbed out. Saw my physical body laying on my bed.

Went outside. Flew upwards. Lost vision. Woke up.

Relaxed. Climbed back out. Went out through my bedroom

door. It was nice and sunny outside. I remember noticing that

I was naked. Climbed up onto the roof like Spiderman, I thought.

When I got on the roof over my bedroom, I looked out across the

street (which does not exist on the physical plane). There was

a row of very quaint houses of a typically American design. One

in particular had a very bright blue roof that caught my attention.

I remember now that if I tried to proceed too quickly I lost my

lock mold. So I slowly jumped off the roof and slowly walked

across the street. It was "topsey turvey" when I moved like there

were little hills where there were none in sight. This made it

difficult to move and my movements felt slow and sluggish. Still,

I just plodded on very carefully and slowly. I made it across the

street and I went up the driveway of the above mentioned house..."

6>

(Another example of the wind force. Note here also some

things we will discuss ahead: first, where I go, and second

how I make some mischief. Where I went here was I believe,

a place where people go when they die. I will discuss this

ahead. I will also discuss making mischief ahead.)

"...I flew through the wall into a second room and this room was

darker but there was a neon purple color filling the room. I landed

on the floor and there was someone there. A woman and a dwarf (or

a child), if I recall correctly. I spoke with them for a few moments

but I don't remember what was said. All of a sudden, a strong

astral current grabbed me and started pulling me along backwards. I

went passive and let it pull me. I wondered if maybe it would

take me to Joey. But I knew she was in California and I didn't

really think the force would pull me that far. I wanted to try

to turn myself around to try to see what was pulling me, then I

thought better of doing this cause I figured I'd wake myself up.

The force was pulling me backwards and I was in a sitting

position facing the opposite direction in which I was being pulled.

Soon I saw that I was passing through walls, one after another,

very quickly. From what glimpses I could catch, it seemed like

I was passing through apartments, as if I was being pulled along

through an apartment building. I passed through many apartments and

saw many people doing many things. I recall in particular zipping

through a kitchen and a man and woman were there either preparing

food or putting away groceries. As I zipped by, they both saw me

and had startled looks on their faces and the guy dropped whatever

he was holding on to. I thought this was funny.

Soon, the images of apartments stopped though I was still being

dragged along. I went through a big wall and it now seemed that I

was in a dormitory. The force pulling me was weakening and I

suspected that I was reaching my destination, whatever that might

be. The dorm rooms I was being pulled through were very big, like

gymnasiums and there were giant bunk-beds, a few in each room.

There were young people about my age (22) all about, some laying

reading on their huge beds, others involved in other activities.

The force was weak enough now that I could turn around. I

saw two guys sitting on a bed eating candy. I yelled out to them,

"Hey, watch this!", and I swooped down, as I was still being pulled

along, and grabbed a handful or their candy. They seemed very

miffed about this, but I quickly disappeared through a wall and was

out of their sight. I remember that all of the young people I saw

looked very avante garde with punk rock haircuts, wearing "trendy"

clothes, like the New York art scene or something.

Finally, I felt the current really weaken and it stopped

pulling me along, and I glided to the ground. I was standing in a

smaller room and there was another room off to my side with big

picture windows along the wall, looking outside...."

(END OF ENTRIES)

So, those are some examples of locomotion during an OOBE.

Now, as I said above, if you find it hard to move, just go slowly.

Also, if you find it difficult to fly, that is, say you go to fly

away but instead only drift up a couple feet, here is what you can

do; PRETEND YOU ARE WALKING UP STAIRS. I have found that this

works for me. If I take big steps upward, I will continue to

ascend. This works good when you can fly a little bit, but not

very well.

B. Moving through walls

Next of course, is the well known trick of passing through

walls. Often during your OOBEs you do not need to use doors to

exit from a place, you can pass right through the wall. However,

just like with flying, this only works sometimes. Again, I don't

know why it only works sometimes, but that is what I have discovered.

One thing to try to do if you cannot pass through a wall is to

turn around and try to pass through backwards. This is what Greene

recommends and I have found it to work on a number of occasions.

However, sometimes even this does not work and all you can do

is smash the wall down, which is what the following entries

illustrate.

7>

"...All I could see as an escape route were the windows to our

left. The windows were sunk back and about 7 feet off the ground.

There were a series of pipes blocking the way so I hovered up into

the air. The children seemed amazed to watch me fly. I turned and

flew between the pipes up to the window. I tried to pass through

the window but could not. I tried turning around and doing the same,

it didn't work. I tried to lunge through the adjacent wall, and that

didn't work either. So I smashed the window with my hand and broke

it. It took about 4 or 5 smashes till I made a safe hole to climb

through. Nothing happened to my hand when I smashed the glass.

I climbed with some trouble out the window..."

8>

(This example illustrates the "blipping" I spoke of earlier.

You don't always go where you want to during an OOBE as you

can see from this example.)

"...I made my way into the adjacent kitchen. I saw through

a window up over the sink that it was raining outside, and I could

feel that pleasant fresh feeling that one feels on warm and sunny

rainy days. I was really surprised that it rained on the astral

plane and that it felt so similar to what it's like on the physical

plane. I really wanted to go outside and feel the rain for myself.

I tried to pass through the wall to get outside but I couldn't. I

tried to go forward and backward, but just couldn't pass through

the wall. The window was open, but there was a screen blocking

my way. I tried to open the screen but couldn't, so I decided to

tear the window out. I smashed through it but the hole was too

small to crawl through, so I tore away the wall around the window.

But the hole was still too small to pass through! So I tore down

the whole kitchen wall! I figured, hell, it was just somebody's

thought-form anyway, and they could reconstruct it easy enough!

Now the hole was big enough to climb through and I jumped through

it. But I wasn't outside! Instead, I was in a strange and unfamiliar

hallway. I turned around and the kitchen with the hole in the wall

was gone! There was just a door there now..."

(END OF ENTRIES)

You can also see from this last example how space does NOT

always behave in the OOBE realm the way it behaves here in the

physical plane. I had ripped the whole window out, and you'd have

thought I'd be able to climb through the hole, but I could not!

I really did end up tearing down the whole kitchen wall before

I could get through the hole I made! Of course, this doesn't make

any sense when we think of it in physical terms, and I was confused

about this during my projection. We can also see here another example

of making mischief during an OOBE. It's not very common to go

destroying walls in strange houses here on the physical plane!

Yet, during an OOBE, there is a carefree sense that you can get

away with anything you want. Monroe calls such behavior "being

a Wild One". We will talk more about this later.

So, that's it about moving through walls.

C. Exercising psychic powers

Aside from the locomotion tricks discussed above,

perhaps the most amazing thing you can do during your OOBEs

is use psychic powers. Almost all the psychic powers described

can be performed extrodinarily easily during an OOBE. As a matter

of fact, you will find yourself automatically using psychic powers

during your projections. What you want to do is RECOGNIZE when

this is happening, and that is why I am pointing out here that

this will happen automatically during your OOBEs. Some of the psychic

powers you will find yourself using during an OOBE are the

following: seeing visions (or using clairvoaynce), reading minds,

psychokinesis (moving things with your mind), and even experiencing

memories of past (and future) lives. Also, strange as this sounds,

you can have an OOBE while you are having an OOBE! That is, you can

leave your body while you are projecting! I will give an example

of this below.

I had found myself automatically doing some of these things

but not really understanding what was happening. The first book

I found that described this possibility was a Seth book called

"Dreams and Projections of Consciousness" where Seth says flat

out that you can use psychic abilites while out-of-body.

After reading this, it was completely clear to me that this was

indeed true and that I had automatically been doing this all along.

Since that time I have had many occasions to experiment with these

abilities while out-of-body.

And also very important is the fact that you use psychic abilities

all the time in your dreams. Very often you will mind-read or have

memories of past lives in dreams, but, since you are not lucid,

it seems like no big deal during the dream. If however, you make

the attempt to remember your dreams as I prescribed earlier in the

notes, you will find yourself remembering occurrences of you using

psychic abilites during your dreams. I will also list here an

example of me using psychic abilities in one of my dreams.

Finally, I should also say that, once you start astral projecting

you will find that you will astral project from within your dreams.

You will be in a dream, and in the dream you will get the idea to astral

project. This is a different phenomena from becoming lucid during

a dream that we have already discussed. When you become lucid

during a dream, you will still be in the same dream, only now

you will be lucid. When you astral project from a dream you will

LEAVE the dream you were in and enter a projection. Often, when you

wake up from the projection you will be back in the dream that you

had left and you will NOT realize that you are dreaming. This is

a weird situation to be in, but it has happened to me many times.

Two of my entries below will illustrate doing this.

Here are some examples from my journal:

9>

(Note, this example also illustrates the kinds of denizins

you will meet in your projections. In this case I meet

a talking rhinosorous! Here, I am only using this entry

to illustrate that there seemed to be telepathy between

me and the rhino. I will discuss meetings the denizins

of the OOBE realm in the next section.)

"...Suddenly, the suburbs ended and I was at a field. There was a dirt

road winding through it, and woods off in the distance. I landed

and began walking along the dirt path. There was a fork in the

path ahead of me, and standing there was a little rhinoceros.

It was about four feet tall and was wearing a french barrette

on its head. I approached the rhino, and it looked at me and

said "Do you need a ride?" I was surprised that it talked but

was pleased with its congeniality. I said, "sure." So I climbed

on its back and we trotted off into the woods. I began to sing

and the rhino sang with me. I was singing a Led Zeppelin song

("You need coolin', baby I'm not fooling...), and the rhino was

singing along with me. It was interesting, as if the rhino could

read my thoughts, and pick the words and melody out of my mind to

sing along..."

10>

(This is an example of me using telepathy in a dream)

"This experience was a dream. I'm including it here because, in

this dream, I unquestionably utilized telepathy. Telepathy is the

direct reading of another person's mind. Seth says in his books

(those books produced by Jane Roberts and Robert Butts) that we

all very naturally use psychic abilities in our dreams, abilities

that we do not normally use in our waking life. He says that we

usually aren't aware that we are using these psychic abilities

because we make no reasonable attempts to remember our dream life,

let alone pay attention well enough when we are actually dreaming

to recognize that we are doing something that would seem very

abnormal if we were to be doing it while we were awake here in

the physical plane. This dream is a perfect illustration of the

utilization of psychic abilities in a dream, and, and such, it is

also wonderful confirmation of Seth's ideas.

I had been at a picnic. I walked into the house where the picnic

was at, and upon entering the door I was now in the laboratory.

(an example of blipping!).

Blaine (who is my boss) was asking me if I had completed the

experiment yet. I told him I had just set it up. Now, from my

standpoint as a chemist, the "reaction" I was running in the dream

was extremely interesting. What I was doing in the dream involved

taking a sample of brain DNA (from a dog that had been given a

heart attack) and placing this DNA on a little machine. This

machine had on it a screen that magnified the chemical reactions

taking place and allowed us to directly view what the molecules

were doing.

There is no such machine here on the physical plane. I

often sit here on the physplane and wonder how to make such a

machine. The one who does will not only become very famous,

but very rich as well.

At any rate, Blaine was standing on the other side of the

lab bench from me watching as I was viewing the screen. Looking

at the screen I began to realize what was going on in the reaction.

What I saw was that the DNA was damaged and that it looked like

fish DNA, not dog DNA. This I was thinking to myself, but Blaine

literally and directly read this out of my mind. Then I felt

him think, "It's not the base pairs, it's the structure of the

entire chromosome." I heard him think this as if it was in my

head. Then I started thinking, "That's right! It's the

chromosomes, and the molecules are struggling to reassemble

themselves. The damage has caused the chromosomes to degenerate

into that of a fish. But these are dog chromosomes, and they

are struggling like hell in there to reconstruct themselves into

dog chromosomes." Then I felt a deep and very sincere sympathy

come over me for these poor molecules that were in there

struggling to put themselves back together again, but simply

couldn't. It was a very strong emotion that I felt. Blaine

didn't say anything, but it was obvious that he again felt

directly what I was feeling and thinking. Then I felt his

thoughts. He was realizing that I was right and then he,

who is a doctor and sees many suffering heart attack victims,

realized, or perhaps actually felt for a second, exactly the

true suffering of people who have had heart attacks. And I

very clearly felt in my mind and emotions what Blaine was

feeling and thinking and an overwhelming pity and sorrow

came over me as I read Blaine's sense of the profound tragedy

suffered by his heart attack patients. It was with this

feeling that I woke up."

11>

(Here was a short, but what I consider to be an extrodinary

projection. Here I tried an experiment based on what

I had read in the Seth books. Note also that

illustrated here are many other ideas we have discussed.

Also note that this is an example of astral projecting

while in a dream, except here, after the projection, I

actually woke up here on the physical plane and did

not return to my dream. Also, I use telekinesis in this

projection to open a window.)

"Seth's ideas guided my thoughts in this one.

Laid down to nap at 7 PM, tried to leave. Fell asleep and

dreamed I was playing music. In the dream I decided to go to bed

and try to project. I had that "headrush" feeling. Then I

thought to myself, "maybe I'm already here." I opened my eyes

and was laying on a couch in an unfamiliar living room. It seemed

my little brother Jim was sleeping in a chair. I stood up looking

around. I realized, "I \*am\* here!" I became aware and concerned

about my stability. Went and looked out the window, considering

flying outside to explore. Outside it was a windy and chilly

gray day. I pulled back the window with my mind and climbed out

on the outer ledge.

I began recalling some stuff I had read in a Seth book. He

said we live different lives over here, and that our dream mind

has memories of its own, distinct from the memories belonging to

our physical personality. I noticed that I didn't seem to have a

body. I flew from the window, but then saw a reflection of my body

in the window. I landed in the front yard but my lockmold was

wavering. I struggled to hold it.

Outside reminded me of my brother's house by the lake. When

I felt sufficiently stable I stood there in the front yard searching

my memory for memories from my dream mind. I heard a girl say

something. Then my vision began to fade and in the darkness

before my eyes I thought I saw outer space. I was fighting to

keep my lockmold, and I was still searching for dream memories.

I was thinking to myself, "I want to integrate my waking and dream

minds." I went to go to hitch hike along the road but faded out.

Felt myself entering into my body. Felt my awareness of the

physical plane take over, overwhelming my projection memories. I

fought to recall this experience. Gathered up the memories then

laid in bed reflecting on Seth's ideas. His is a very powerful

approach to understanding. I wonder if the reason I'm "stupider"

over there has to do with a blurring of waking and dream minds.

Got out of bed, went and ate, then recorded this."

12>

(Here is an example of me using clairvoaynce during an OOBE)

"At some point I stopped whatever I had been doing and tried to

meditate with the intent to see my chakras. I sat down (with my

eyes open, looking at myself) and began concentrating on trying

to see the spectrum of my chakras. Initially, nothing happened.

But after a few moments, very faint colors appeared at the various

centers. Then I shut my eyes, and my sight clicked in with my eyes

closed. I was wearing what I thought was a blue gown with

golden flowers etched into it, or hanging from it. There were

very complex etchings throughout the whole robe. There was one

big flower that was distinctly noticeable, the stem coming out

from my waist (which I had originally thought was a belt) and

lying on the floor between my legs. When I saw all this I thought,

"What's this robe? I wanted to see my chakras!" Then it dawned

on me that these \*were\* my chakras. Then I lost consciousness and

went off into other adventures.

As I sit here and write, I wonder if that robe was some type

of representation of my etheric body, displaying the more active

chakras as flowers, and the complex etchings being the nadis.

However, I'm not sure."

(This discussion continues in FILE 9)

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END OF FILE 8

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FILE 9 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

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IN THE OOBE REALM - PART 3

C. Exercising psychic powers (continued from FILE 8)

13>

(Here is another example of me astral projecting from a

dream. What is also interesting here was that during this

projection I had an amazing clairvoyant vision. After

the projection, I indeed "woke-up" back in my dream,

unaware that I was dreaming!)

"...My dream involved me, JC and a bunch of other people.

We were all roommates in a big house. I was unaware that I was

dreaming. There was a party going on or something. We were

down in the basement hanging out. However, at some point in

the dream I looked at JC and told him I'd be back in a little

bit because I was going to go up to my room and try to project!

I went up to my bedroom in this dream house. Again, at this

point I thought everything was normal and had no idea I was dreaming.

I laid down on my bed and started concentrating to leave just

exactly like I always do on the physical plane. However, when

I laid down, shut my eyes and began concentrating, the effect was

intensely more dramatic than it is on the physical plane. I got

results almost as soon as I shut my eyes (compared to the 15 to

30 minutes it usually seems to take on the physical plane). Still

I was unaware that I was projecting out of a dream. Instead of

seeing the "stars" (entopic light) filling the darkness behind

my closed eyes, the effect was more like when I'm in the void

during a projection. But, again, at the time I didn't recognize

this, I only remember it now as I write this entry.

Then, practically immediately, imagery began to form. What I saw

looked like a hole forming in the fog. What I thought at the

moment was that a gateway to the astral plane was forming. I laid

there trying to transfer my consciousness from my body into this

gate. The "gate" imagery itself was vivid and well focused,

kind of a blue swirling mist with stars (little pinpoints of

light) blinking on and off in it. After a few moments of

concentration, I was standing at the gate.

I was floating off the ground in what seemed to be a mist

filled cave. There was lots of light to see by, and I was

definitely not in the void. I was standing at the back wall

of this cave facing the entrance which was about 50 feet ahead

of me. Beyond the entrance all I could see was mist. Under

me to my right, was a table with little objects lined up on it.

Also to my right were objects dangling from strings. Behind

me were shelves with objects on them. My first impression of these

thing is that they reminded me of a souvenir stand. I wondered if

I was in some type of store.

I landed on the cave floor, which was also covered in mist. I was

looking about the cave, but I got the feeling of some invisible

presence. It dawned on my to try something new. I thought to

myself, "Try to visually focus in the way you do when you are

hallucinating on acid" (this type of focusing involves a relaxation

of ones vision, an intentional blurring of the normal visual field

and a focusing on the entire visual field as opposed to simply

looking at individual points within this field). I did this and

immediately got dramatic effects. What I saw was incredible. As

the image of the cave blurred, I began to perceive images behind,

or within the cave. The image only lasted for a split second for it was

difficult to maintain, and worse, what I saw startled me so much

that, in sheer surprise, I "dropped" my focus (just like how someone

can drop what they are holding in their hands when they get

sufficiently startled).

What I saw was that now I was standing and looking out over a vast

plateau that seemed to stretch to infinity in all directions. And

on this plateau there was the most inordinate amount of activity

and motion that I had ever seen. What I saw were creatures and

crowds of beings in all directions. And everything had that

electric, neon self-glowing quality about it. Things that I did

not know how to conceptualize were moving about in every direction,

even passing through me! There were herds of things I could

not recognize, and things that looked like swarms flying about.

There was an undescribable dance of colors bathing the sky.

Something as big as a horse seemed to pass right through me!

It seemed that huge beings were battling in front of me. Even

to this day I have never seen anything so incredible and

spectacular. All I could think the moment I had some faint

glimmer of what I was seeing was "Oh my God! This is \*the\* Astral

Plane!" But like I said, the scene was so overwhelming that I

lost it almost the instant I had some small sense of what

I was seeing.

I was standing back in the mist filled cave wondering what

I had just saw....

(I then went met a monster in the cave, which lunged

at me and caused me to lose my lockmold...)

The shock of its impact was enough to cause my lockmold to

break. I was back on my bed. But I wasn't on the physical plane.

I awoke back on my bed in the dream from which I had started. I

still wasn't in the least bit aware that I was in a dream. At the

moment, I was laying there pissed at myself for letting that

monster scare me out of such a dramatic episode. I decided I was

going to try to leave again. I relaxed and began to concentrate.

Again, a misty hole broke through the darkness behind my closed eyes.

This time the gate was of an amorphorous shape, about 5 feet in

front of me. It looked different than the first one, and was

colored differently too. It was blackish orange with stars in

it - like I was looking into outer space (it looked, as a matter

of fact, like the cover to Carl Sagan's book Cosmos). I tried

to transfer my consciousness into it like I had done before, but

it didn't work. After trying for a few moments, the gate faded

and I thought to myself, "Goddamn that monster got me too worked up!"

I decided I was done for the time being, so I got up out

of bed. I was still in the dream house and still unaware that

I was dreaming. I went looking for some paper to record my

experience. I ended up going back into the basement where everyone

was still hanging out. JC was there and the others and I

told them all about the projection I had just had. Meanwhile,

I was getting very concerned that I couldn't find any paper.

Then I woke up for real, here on the physical plane.

For a moment I was totally disoriented (didn't know where I

was at or what was going on), and then I realized what had

just happened. And so, as is my wont, I recorded it here."

(END OF JOURNAL ENTRIES)

So, there you have it; using psychic powers during astral

projections. This is an extremely dramatic thing to attempt

while you are projecting and I encourage everybody to try

and remeber that you CAN do these kinds of things while

out-of-body. And don't forget, watch for yourself using

psychic powers in your dreams too!

6. Places you can go: Sights and vistas

We are now going to get into the "travel brochure" part

of this presentation. What I will discuss are the places

that you can visit in the OOBE realm. As was stated earlier, the

most useful generalization about the regions of the OOBE state is

the idea that these regions are divided into "rings" (as Monroe

calls them) or "subplanes (as occultists call them). To repeat,

these subplanes form a spectrum that loosely corresponds to the

spectrum of human emotions and states of mind. As human thought

and feeling can range from the most lowly and debased to the most

noble and inspirational, so too is it with the subplanes. Thus, I

will break my description of the OOBE realm down roughly along such

lines. I will break the regions of the subplanes down into three

broad categories: the lowest, the middle and the highest, and

discuss each of these in turn.

I will also discuss two other aspects of the OOBE realm,

and these are 1. the void and 2. what I will call, for lack

of a better term, the "surreal" regions. The surreal regions

are those places that you may find yourself that barely fit

the description of being called a "place". These surreal regions

are often very abstract and tend to be spaces of color, sound

and feeling, though there are others I will describe.

Generally speaking, what I am about to describe are ideas

that are very common in the astral plane literature. What is

amazing to me is that my own experiences in the OOBE state support

quite strongly the common reports of the astral plane (i.e.

see Fox, Monroe, Leadbeater). This could be taken in two ways.

You could say I was highly influenced by other people's reports

of the nature of the astral plane, and thus saw what they described

based on subconscious expectation. Or we could take the fact

that much of my OOBE experience is like what others report to

indicate that the astral world is an (in some sense) "objective"

world complete with its own sights, sounds and inhabitants.

Throughout these notes I tend to go with the latter interpretation, but

that does not preclude the former idea from having some degree of

truth also. Generally, in my explorations of the OOBE realm I

have tried to stay as far away from biasing my interpretations of

my experiences as I could. I have found other people's ideas as

useful \*guides\* and have never accepted other people's reports

without some degree of scepticism. And, as we shall see below,

I believe I have observed a number of "realms" in the OOBE state

that are not commonly encountered, or have interpreted my

experiences differently than how others have. This is

particularly true with regard to the nature of the "surreal"

regions which I will describe below.

So, the basic idea here is that the astral plane does, to

a large extent, appear to be a common reality that we can all

visit. Subjective factors definately do enter into our

observations in the nonphysical realms. My general advice is

to always be skeptical of what you read and do not blindly

accept what others say. This advice holds even for what I have

written in these notes. Other people's observations are useful

\*guides\* for your own activity, but, as I keep stressing, the bottom

line is your own personal experience. If a thing works for you

then that is what is important. If you discover that other

people have expereinced what you have, then that is fine.

However, do not make the mistake of trying to mold your

experiences to the reports of others.

So, this all said, let us begin our description of the

OOBE regions by first considering the void.

A. Life in the void

If you will recall, the void is a great dark space that

I often find myself in. Recall that, when we use the

"radio station" theory of consciousness I presented earlier,

the void is like the empty space between radio stations on

the radio dial. Now, it would seem like there isn't

really too much you can say about a great big space of utter

nothingness. In actuality though, being in the void takes

up a great deal of my time during astral projections - some-

times much more than I'd like! I will not dwell at too great

lenghth on what it's like in the void, but I do want to describe

it enough so that if you end up there you will know what to do.

Strangely enough, the void is not simply a homogeneous

dark nothingness. There is actually a subtle type of variety

to the different times I have been in the void. Sometimes it

\*is\* simply a dark empty space. Other times though there is a

hazy or smoky quality to it. Still other times I seem to see

hazy ghost images of things. In this latter case, I suspect that

I am very close to a subplane and am seeing ghost images of that

subplane. Once I even met a being in the void! It was the only

time I ever saw any kind of creature in the void. I will present

this episode below because, at the very least, it is funny.

The general circumstances in which I find myself in the void

are as follows. I sometimes appear in the void as soon as I

leave my body. I have presented examples of this already. I will

also appear in the void if I lose my lockmold on a subplane

(you will recall that the lockmold is how well you are tuned in

on a subplane). If I lose my lockmold, I usually do not wake up,

but instead appear in the void.

Again, I am presenting these experiences here in case you find

yourself in the void.

1>

(Seeing ghost images in the void.)

"(Had lost my lockmold and)...Then I was flying through the

void. This time, though I was in the darkness of the void, I

could perceive faint, but distinct silhouette images around me,

and it seemed that I was flying through them. I thought to myself

that I must be right on the border of some definite frequency or

plane, not locked well enough to actually be there, but right next

door to it so to speak. I kept flying on, and the silhouettes were

very reminiscent of buildings, cars and city objects. As I flew on,

at one point I got the impression that I had entered the water and

was under the water, though I was still in the void. The

silhouettes reminded me of fishes swimming around. They were not

static images, they were moving too. Even though it seemed like

I was under water, my movement through the void was no different,

but I was afraid to materialize myself for fear of being under

water. The silhouettes were interesting though. Some were of

very large fish, at least 10 feet long. One looked like a shark

and I passed close by it. Another one was a round squat shape

about five feet in diameter. A school of swimming creatures

passed me by. I remember too that when I would look upwards

that I got the same effect that one observes swimming under water

and looking up at the surface. But I kept flying forward and soon

it seemed like I had passed out of the water cause now the

silhouettes I was passing through looked much different, less

organic, like vertical strips. So now I tried to materialize

myself. To materialize I stopped my forward motion and simply

began to spin round and round. Also I began to concentrate on

my hands, trying to lift them up and look at them. Then I began

to see the neatest thing. As my hands began to form and I could

start to see them, the silhouettes around me began to take on

color and form. It was slow at first so I concentrated harder,

and I watched an environment form around me. I was now out of

the void and somewhere. I was standing in a forest, surrounded

by all kinds of plants...."

2>

(A short description of the void.)

"Dream-awoke laying in my old bedroom at Ma's house. I

"flopped" out of my body. Flew downstairs. Flew to front door,

tried to pass through but went into void. Stayed in void for

some time wondering what it is. There were no recognizable

silhouettes, but there were distinct qualities or feelings.

At first the darkness was very "electric." Eventually the void

seemed like a heavy fog. I got the idea to try to look at my

hands. Watched my body and a red tile floor materialize around

me as the fogginess of the void faded away. I was in an empty

room with a red tile floor, it seemed like a small gymnasium or

something...."

3>

(Here is when I met a strange creature in the void.)

"...I was in the void. Was floating listlessly, enjoying

then peace and quiet, figuring out what I was going to

do next. I looked off in the darkness before me and

was absolutely amazed at what I saw, for coming towards

me far off in the distance was a creature of some kind!

I was totally startled. I had never seen another being

in the void before! I slowly started to fly towards

the creature, curiously studying it, as it moved towards

me. At first, all I could see was that it was some type

of humanoid, but as I got closer to it I could make out more

detail. It had a human body, but its face resembled

that of a wolf. It had a hairy face, long snout, and

dark eyes. It was wearing an outfit that reminded me of

the Green Goblin from the Spiderman comic books. As it

got closer I could hear it mumbling to itself. I was

about 10 feet in front of it, but it acted as if I was not

there and simply kept mumbling to itself and kept moving

towards me. I asked it what it was doing and, all

of a sudden it was on top of me! The thing grabbed me

and started to carry me off! I couldn't believe it!

I was not scared at all, but suprised. I started to

struggle and was telling it to let me go. I said

"you can't do anything to me, I'm astral projecting!".

It continued to ignore me and simply kept carrying me

through the void. It mumbled something to itself about

"a specimen for the bioleum". I heard this and realized

that this thing intended to make me a specimen in some

kind of museum! I couldn't believe this was happening to

me. I kept yelling at it telling it I was astral projecting

and I could wake up at any moment. It ignored me and kept

carrying me forward. In the excitment of my struggling,

I lost my lockmold and woke up in my physbod.

Upon waking, I felt stupid for acting the way I did.

I should have let it carry me to wherever it was going so

I could have learned where this creature came from. Still,

this was the first time I ever saw a creature of any kind

in the void!"

(END OF ENTRIES)

B. Life on the planes

Let's now go onto the scenic elements of the OOBE realm.

Again, I will divide these up into four major realms: the lower,

the middle (or "normal"), the higher and the surreal realms.

And again, each of these broad realms corresponds to states

of mind and emotion. Let's discuss each of these realms in

turn.

i. The Lower Realms

The lower realms of the subplanes are easily identified.

They are often dark as if it is nighttime outside. There is also

an eerie feel to the lower subplanes. They just feel creepy. Often,

it is hard to move on the lower subplanes, similar to being on

the etheric plane, where your movement seems to be retarded and

in slow motion. And of course, you will encounter ghoulish

creatures on these subplanes.

You don't need to fear anything you encounter on these subplanes.

First, it is unlikely you will spend any amount of time on these

subplanes. I always have a bad lockmold on these planes, and

thus, often "fade-out" of these lower subplanes within minutes.

Since they do correspond to the worst of human existance, you'd

have to be pretty evil yourself to be in tune with these subplanes.

Second, it's actually kind of theraputic and eye opening to see these

planes. Part of the goal of overcoming fear means opening up to

the aspects of life revealed by these lower subplanes. By understanding

these kinds of energies you transform them into something better.

If you repress these energies, they only continue to ferment into

something even worse. So, my advice is, if you find yourself

on the lower subplanes, don't be afraid of what you encounter there.

Take it as a learning experience.

Now, if you are on a lower subplane, how to you get out of it?

One trick I learned is the following: fly through the ceiling of

wherever you are at. When you do this, you will go through the

ceiling and come up through the floor of the same room you just

left! But actually, it will not be the exact same room; it will

be the room but on a higher subplane. Do this a few times until

you see light outside and do not feel the heavy, eerie feeling

anymore. You will then be on a higher subplane. This does not

always work, but it does work sometimes, so it's worth giving

it a try.

Your other alternative is to just wait it out. As I said,

it is unlikely, if you are a average, normal person, that you

will be able to keep your lockmold stable on these subplanes for

any extended period of time. If you just wait it out, you will

probably disappear from that subplane within a couple of minutes

anyway. If you choose this option, just explore your environment.

Like I said, and you have to always keep this in mind when you

project, nothing can hurt you when you are out of body. You

are literally indestructible. YOU are the only thing that can

hurt you, and the only way this can happen is by letting your

own fears take you over. If you learn to control your fear,

you will ALWAYS be safe out of body.

This said, let me give a couple examples of what the lower

subplanes are like.

1>

(A typical lower subplane experience.)

"Felt myself wake up on the physical. Tried to remember

my dream but it faded quickly. That made me mad. Plus I hadn't

projected for several days, and that sucked too. I thought "go for

it" and pretended I was jumping out of my body - and I did!

Surprised, I floated in my room for a brief instant and then

faded. At first I thought I was in the void, but then I saw all

kinds of humanoid silhouettes around me. There were all kinds of

them marching like sleep walkers. It was a dark and eerie

environment. I couldn't fly well and I felt like I was zipping

along like a balloon. I shot past a silhouette and it bent out

of my way in a distorted and unnatural manner-like it bent sideways

or something. I tried to look at my hands, but it was very

difficult. Woke up.

This was a very short projection - less than a minute.

I bet I was on the lowest astral plane. I think I saw a bunch

of "lost souls". It was very much like Leadbeater described

it - dark, heavy, hard to control one's movements. The

silhouettes were like zombies; no self-consciousness, they

just marched like a herd."

2>

(Another typical lower suplane experience.)

"...Drifted off to sleep again, imagining I was in the living room

downstairs. In the next instant, I was downstairs! I was floating

by the ceiling in the living room. It was dark, like nighttime.

This time I could move, but it was very difficult. I pulled myself

to the floor. I looked at the front door. The dimensions of the

room were distorted and enlarged. The door looked far away, like

in a telescope. I walked toward the door with great difficulty.

I felt a small sense of triumph when I finally reached the door.

I opened the door and walked out onto the porch. My movement

became a little easier. I looked outside to the street. It seemed

to be just before dawn. In the street, I saw two figures running

carrying something looking like sacks over their shoulders. They

seemed to be wearing what looked like long underwear. They were

hunched over as they ran. I don't know what they were, though

they were humanoid. My first impression is that they were thieves

running from the scene of the crime.

But the way they moved, all hunched and distorted made me

think that they might be demons or some lowly astral creatures.

At any rate, they disappeared across the street. They didn't

notice me at all. I wanted to follow them but I knew I couldn't

move as fast as they were. Then I flew out through the porch

window around to the side of the house. Once outside, everything

seemed really dark and murky, and distorted. I realized I was on

the lowest astral plane and got scared. I wanted to leave and

felt myself back in my body..."

3>

(This entry illustrates some of the denizens of the

lower subplanes, a topic to which we will return.)

Was in one of those scary brown heavy regions.

Thought I had woke up. Was laying in bed and I heard soft

but threatening hissing voices. It made me scared. Had my back

to the voices but it sounded like they were getting closer.

Realized I was in the nasty etheric levels and tried to wake

myself up. It backfired and I went into a higher dream level

for a moment but lost lucidity and had a false awakening. Thought

I had woke onto the physical but actually was in some dream

facsimile of my room at Dad's. Saw a clear blue sky through

crack in the curtains and it made me feel great; couldn't believe

I let those stupid etheric ghouls get to me. Went back to sleep

unafraid.

Next I knew I was in the etheric again and heard the voices.

This time I was irked and determined to confront them. I got up,

with difficulty and said, also with much difficulty, "Whoever you

are, come out and face me, I demand it!" Looking forward with it

still appearing that I was in my Dads (actually it didn't feel

like Dads in the episode, more like my own place but very

comfortable), my brown curtains seemed to marshmallow out and it

seemed this pack of strange humanoid creatures stepped through.

My vision was very bad and I was having a difficult lockmold but

I thought I saw about four of em. They had on long dingy robes

and had strange distorted features. It seemed like they were

yelling at me or something. I lashed out at them and stepped

into them best I could. They seemed to disappear into the other

wall.

Fell back asleep more happy than before. Mold was terrible

the whole time, everything had a brown cast to it. I could barely

move or speak. As I was falling off to sleep, kept thinking about

how Leadbeater says that the initiate has a hard time moving on

the lower planes. Boy he was right."

4>

(This is an example of using the "flying through

the ceiling trick to get out of a lower subplane.)

" I struggled to get out. I flopped out of my body and

rolled onto the floor. My vision was blinking but I quickly

realized where I was at and thought, "Shit! I gotta get outta

here!" I saw I was on the lowest astral plane. I felt that

dark, heavy uncomfortable feeling. Everything was in greys

and browns. And worst of all, there were ghoulies all over

my bedroom! They were broken and twisted bodies, moving about

in their lethargic fashion. At least I didn't get frightened

this time. I stayed level headed. My first thought was to wake

myself up, but then I thought, "no, I'll just go to a higher

plane." So I flew upwards through the ceiling, passed through

the ceiling and came up through my floor. I did this a second

time. Now there was sun shinning through my window and the

ghoulies were gone, and everything was in normal colors. I was

quite pleased with myself.

I flew through the ceiling, this time going outside the

house. It was sunny and beautiful outside..."

(END OF ENTRIES)

ii. The Middle Realms

The middle planes are very much like our physical world.

Here you will find houses, schools, cities and buildings,

forests and rivers and pretty much all the things you

find on the physical plane. Remember though, we are NOT on

the physical plane. These middle regions have a very ethereal

feel to them compared to the physical plane.

One place you will often go in these middle subplanes

is the room you are in when you project. In my case, this is

always my bedroom. That fact that you will project into your

bedroom will afford you many opportunities to compare what

your bedroom is like in your projection to what it is like on

the physical plane. When you study these differences, you will

quickly realize that, when you project, you are NOT in the

physical world. So, if you do find yourself projecting into the

room that you are in, I highly encourage you to study the details

of your astral bedroom and, as soon as you wake up, pay close

attention to how what you saw in your projection was similar to

or different from how your room is on the physical plane. I will

give an example of this below.

One of the most interesting aspects of the middle subplanes

is that many authors claim that in this region you will find

discarnate people. In other words, these middle regions are

where so-called "dead" people dwell, at least for a certain amount

of time after their passing away. Thus, what you can find on these

regions are places specifically designed for the recently dead.

Such places take the form of hospitals or dormitories. Robert

Monroe clearly describes such places. Monroe calls these "Rehab

Centers", and I have visited them (or happened across them as the

case may be) on many occasions. "Rehab Centers" exists in the

astral world supposedly to provide a safe and confortable environment

for the recently deceased, to allow them to get used to their new

surroundings and new condition. As a matter of fact, entry number

6, in file 8, where I describe being dragged by the wind force,

is a description of one of these "Rehab Centers". In this case

it was for younger people; older teenagers and people

in their early and mid twenties. I will put another such

description below. And, if I was ever skeptical of the idea

of these "Rehab Centers", this sceptism was laid

to rest when I actually MET a deceased friend of mine in one of

my projections. I will describe this encounter later when I

discuss interacting with the people you meet in your

projections.

In general, you will find that the majority of your OOBEs

occur in the middle regions of the subplanes. I recommend that

you explore these regions carefully. Observe the construction of

the buildings and houses. Feel free to go into strange houses

and just look around. You will actually observe many interesting

things that are much different from the physical plane. For

example, I was once in a shopping mall in one of my projections, and

it seemed to go on and on forever. There was no exit that I

could find. I had a similar experience in a school once.

Also, you will find many people here to talk to and communicate

with. In a later section I will give suggestions for interacting with

the people you meet in your projections. Here we are mainly interested

in conveying some idea of what the middle regions of the subplanes

are like. Let me now present a few of my journal entries of

projections occurring on these middle subplanes which illustrate

what is discussed above.

1>

(Here is an example of me projecting into my

backyard and then waking up immediately and

comparing my astral backyard to my physical

backyard.)

"...I could feel myself laying on my bed in my physbod. Wanted

to leave again. Began to relax and concentrated on staying

dream-awake. Felt myself fall back into it. I jumped out and was

in my bedroom. Turned and looked at my curtains. I tried to pass

through them but couldn't. So I flew out my window - through

the screen. I noticed that I was naked so I thought myself into

some shorts. I flew out into the backyard, landed and sat on the

grass. I wanted to fly off and explore but I thought that I

should just sit there and observe details. I sat there and looked

around trying to figure out how this environment was different

from the one on the physical. Things looked normal. It looked

like my backyard. The house next door looked like my neighbor's

house. I even saw some of my neighbors in their yard down the

street.

[ Right now I'm awake on the physical and I just went

outside and sat in the same spot I did in my projection to

compare the two scenes, and there were many noticeable

differences. First, where I saw my neighbors, there was no one

there. I could not even see the house from where I was sitting

in the backyard on the physical, the perspective was a lot broader

in the projection. Second, in the projection, our backyard

appeared much bigger and more open than it really is. Things

seemed to be located in the same relative positions though.

Third, the whole back yard was neater or tidier in the projection,

and also "lighter". Just now when I was outside in the physical,

the backyard had a "heavy", lush feeling that wasn't present in

the projection. The grass needs to be cut in the physical but was

short and neat in the projection. ]

As I was sitting in my projection in the backyard the most

unusual thing I noticed was that I could "see" the air. I've never

seen anything like this on the physical. The air around me was

moving like transparent sheets wrapping around and around one another.

Also, these "sheets" were made of what looked like a fine mist of

this white particulate matter that seemed to be graded from higher

concentration to lower. The effect was something like when you see

sunlight shinning through a fine mist of water. I only got to

observe this effect for a moment because after I noticed it, my

lockmold started to slip and I began to fade out. This "air

effect" was the most significant thing I saw when I was actually

sitting there in my projection. I was very fascinated while I

was looking at it. Obviously, no such thing existed on the

physical..."

(continued in File 10)

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END OF FILE 9

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AP\_10.TXT

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FILE 10 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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IN THE OOBE REALM - PART 4

ii. The Middle Realms (continued from FILE 9)

2>

(This is an example of me discovering a "Rehab

Center". In this case, it was a place for the elderly,

and it was very much like a nursing home. Also, though

it is somewhat premature in the notes, in the following

entry I met what seemed to me during the projection to

be a deceased person, a young child. I have

decided to include this here for the sake of keeping

the journal entry intact. Later I will discuss meeting

deceased people in more detail.)

"Laid down. Broke consciousness. Was out of my body in my

bedroom here at Dad's house. Passed out my window into the

backyard but nothing looked familiar. Went around to the front

and still didn't recognize anything. I can't recall any of the

details. I wanted to fly away and explore so I shot upwards. I

was afraid I'd blackout. I remember seeing suburb and city

streets spread out below me. The scene below me looked like a

bluish-green microchip. Then I blacked out. I was in the void

and I tried like hell to fly downwards. I managed to go downwards

somewhat and my vision faded back in and I saw the microchip

looking city below me. There was a force tugging me back upward,

but I resisted, broke it, and hovered back downwards. I watched

the microchip scene turn back into city streets as I lowered myself.

But now I was somewhere totally different than where I started

and I still didn't recognize anything. I was standing in front of a

building that had an official looking appearance. I went inside.

There was a group of older women inside the doorway. I tried to speak

with the one who looked the youngest (she looked to be maybe 50). I

got her name, but she was basically ignoring me as if I was a

bother to her. She was wearing a nurse outfit. I noticed that

there were only old people around. I continued trying to talk

to this nurse. I told her that I had a physical body at home,

and that I was projecting and I wanted to know if she was aware

of the fact that she was not in the physical world. Yet she

continued to ignore me as she was too busy with the older folks.

When I was talking to her, at some point a little blond boy with

glasses, kind of nerdy looking, maybe 10 years old, appeared. He

was hanging around me but I ignored him cause I was trying to talk

to Kate or Katherine (the nurse). After the nurse left pushing

someone in a wheel chair, I walked into what appeared to be a TV

room. There was a TV on and a few old men sitting around watching

it. I saw a bulletin board and went and tried to read it. I

managed to read, with great difficulty, one line of what looked

like a flyer announcing a party. I tried to reread the line so

as to memorize it, but it now read something completely different.

Familiar with this kind of a thing, I gave up on trying to read. The

little boy was still following me around. I decided to leave. As

I walked out, it dawned on me that this was probably an old folks

home for recently dead people, like the kind that Robert Monroe

describes. When I realized this, I really wanted to scram.

The little boy followed me outside, then he took off running

in front of me and indicated that I should follow him. He ran

across the street to an old abandoned house. He ran around to

the back and "stepped" up this ten foot step onto a platform of

some kind, that looked like a scaffold. The whole while I was

following this kid I told him to slow down or that I'd disappear.

When we got around back, it took me a bit of trouble to climb up

onto the platform that he got onto with merely one step. But I

managed to pull myself up there. When I got up on this platform

he told me that "this was the funnest place with the best toys."

He was playing with a few broken wooden soldiers. I had the strange

feeling that this child was dead and was simply running around

unsupervised and uncontrolled on the astral plane. I started to

fade and I held onto the child to stabilize myself. I tried to

talk to him. I got that his name was Steven and he was from

Illinois. He said his address was 1717 High Hill. Then he seemed

to read my mind, cause I was going to ask him his zip code, but

before I could he started mumbling a string of numbers. He didn't

seem too intelligent. He seemed like a normal 10 year old. I

asked him if he knew whether he was dead or if he was just

dreaming. He told me he knew that his Dad was dead. As it

was that my lockmold was unstable anyway, I faded out and awoke

back in my physbod."

3>

(Here is the excerpt from the infinite shopping mall

I mentioned above.)

"...Very dramatic and very very conscious. I was somewhere,

don't remember where, or how I got there. I know I didn't like it

though. It was a big place inside a building, high walls and giant

rooms. It seemed like a giant shopping mall. Not giant in the

sense of proportions, but giant in that it went on forever.

Actually, I got both senses from the place. I felt claustrophobic.

The escalators looked more like roller coaster cars and I couldn't

figure out how they went round like an actual escalator. I asked

someone where the exit was, and they pointed down to a lower level.

I flew down that way. My perceptions were strange, very 4 d. No

matter how I moved, the front always stayed in front of me.

Somehow I ended up in a big room. There were people in a queue

for what I thought was a ticket window. I tried to pass through

the wall but couldn't. It was kind of funny cause I was bouncing

rapidly against the wall but not going through it. Someone in

the queue pointed up at me saying something to the effect "the nerve

of some people". I thought to myself "fuck you". I landed

frustrated . Stood there wondering how I was going to get out of

this place. Then my vision blacked out..."

(END OF ENTRIES)

This is all I am going to say about the middle regions of the

OOBE realm. Again, I want to stress that the majority of typical

OOBEs occur in these realms.

iii. The Higher Realms

There are higher realms in the astral plane. I have

not visited these as much as I have the lower and middle realms,

which, given the psychological correspondence between the OOBE

realms and one's personality, could be construed as a not too

pleasant situation. Still, my few visits to the higher realms

are characterized by the following. The higher realms

appear much more ethereal than the middle realms. Colors are

very delicate and "light" (i.e. the opposite of heavy). Colors

and things can also appear very much like sparkling jewels.

In general, the higher regions still have buildings and

recognizable landscapes. The most important clue that you are

in a higher region is \*how it feels\*. When in a higher region,

everything feels really, really good. It is peaceful and

satisfying and makes you feel light, relaxed and content.

It is my suspicion that here too, as with the middle realms,

you will find regions where deceased people dwell. These are

likely the regions people pass into after they have worn out their

earthy desires which bind them to the middle regions. According

to occultists, and other authors (Monroe, for example) these

higher regions are NOT the final resting place for the departed.

They are still intermediate stages in the long soujurn that occurs

after the death of the physical body.

Another thing that differentiates the middle from the higher

regions is something I forgot to mention in the discussion of the

middle regions. This is the fact that you may sometimes encounter

dreaming people in the middle regions. How you can tell

dreaming people from dead people will be discussed ahead. Here I

just want to say that you rarely encounter dreamers in the

higher OOBE regions. Let me now give a couple journal

entries that I believe were visits to the higher

OOBE regions.

1>

(Here is an excerpt of what I feel was a projection

to a higher subplane. It was a beautiful place.

Note too the potential romance.)

"....I faded in alongside a pink house that reminded me of my

old place on Houghton Ave. - which is one of the reasons I thought

I was in Houghton. Standing on the lawn I saw a white picket fence

running up the walk to the front door. Across the street was a lake

and beyond the lake an amazing horizon of sun and colors. Everything

seemed to have a pinkish red tint to it. The colors were like

soft delicate pastels. A warm breeze was blowing.

My movements were like slow motion as I walked through the

front yard (not the slow motion kind of movement that makes it difficult

to move, but a slow motion in the sense of being very dream like).

My thoughts seemed very removed from my situation. The whole

thing seemed to be beautifully unreal (but not contrived,

like I feel when I'm in a thought-form. This feeling was different,

what one might call a "sense of surrealism"). These feeling were

compounded by a deep realization of the novelty of these feelings

in the context of the fact that I was projecting. I was trying to

figure out what to do next. Should I fly into the colored sky-scape?

Should I walk about and explore? I dreamily went up and leaned on

the picket fence in awe of the serene beauty that was filling me at

the moment.

Then, from across the street came a very beautiful blond

girl. She was wearing a black sleeveless top and a plaid skirt of

greens, yellows and reds. Her beauty fit in exquisitely with this

place. She ran across the street towards the house I was at. She

walked up the front walk past me apparently not noticing me.

"Hey, Blonde," I called to her. My voice was distorted and

in slow motion. I waved at her and my motions were in slow motion.

She turned and saw me. I tried to say `come here', but the words

wouldn't come out. But she could tell what I wanted for she

walked over to me. Up close she was even more beautiful than I

first thought. Straight blond hair draped over her elfin features,

thin high cheek bones, slender green eyes, cute upturned nose. I

was irresistibly drawn to her. We hugged. I caressed her breast

which felt so soft and real. She responded to me erotically and

sensuously. We kissed and I felt myself begin to fade. I pressed

my entire body against hers trying to stabilize myself. I rubbed

my face, arms, legs, torso and groin against hers. Still clutching

her I faded out..."

2>

(Here is another episode in which I believe I was

in a higher region. The place in the following

entry is very much like a place described by

spiritualists called "Summer Land", which is

a beautiful meadow strewn region where the

deceased rest. Note that this occurred in the same

projection where I was in the infinite mall.)

"(after I had escaped the shopping mall and was in the void

for a while)...I materialized somewhere else! I was now standing outside,

in what seemed to be a pleasant countryside. There was a guy and a

girl standing near me looking at me. They looked like hippies to

me. Both were wearing loose white tops and white skirts, with

sandals on their feet. She was blond and cute, he had a beard.

I asked them where I was at. They seemed to be paying attention

to me. I asked them what was this place and what their names were.

They didn't respond to my questions but we did talk. The girl

said something to me but I thought she was just speaking nonsense.

Yet it didn't seem to matter. There was an incredible happiness

that filled me and I wanted to make love to her. She took me by

the hand and I walked with them. I saw wood shacks dotted about

and other people around the shacks. The area seemed to be a

beautiful meadowland of rolling hills of green and yellow. I

remember fighting to hold my lock mold, and they seemed to sense

this and we moved slowly and cautiously. We ended up on a hill

under a tree. I flew up into the tree, and they flew with me,

still holding my hand. We frolicked about the tree in the air.

The tree seemed very 4-d, as if I could see many perspectives

simultaneously, and the tree looked as if it was weightless.

I remember looking in her face as she was suspended above me,

and I lost the lock mold. I felt it coming though because we

were moving rapidly , dancing in the air around the tree. Then

I was in blackness again..."

iv. The Surreal Regions

Finally, I want to end this survey of the places you

may go by describing what I will call the "surreal" regions.

As I said, these are realms of dancing sounds and colors. They are

not really "places" in the sense we normally think of the word

"place". I have actually been in these surreal regions quite a bit.

Getting to them has a lot to do with the void. Often, I will

be in the void and it will transform into a surreal region.

What are the surreal regions? There are a couple answers

to this question as far as I can tell. Some of the surreal regions

are related to the physical plane or how the physical plane

affects the etheric plane. That is, such regions have

something to do with perceiving the physical plane from a viewpoint

we normally cannot. Many times I have seen what look to me like

biological structures in my projections, and I wonder if I may

be actually seeing my brain or my own body from on the inside.

That is, sometimes it seems like my perception "shrinks" and I

can see things that normally one would need a microscope to see.

This is one class of surreal region.

Now, the idea of perceiving minute things that we cannot

see with our normal vision is not new. Yogis have described this

ability for centuries. The earliest known description of this

psychic ability is in Patanjali's Yoga sutras, which dates

back to 500 B.C.. At the turn of the century Annie Besant and

C.W. Leadbeater used this psychic ability, which they called

"magnifying clairvoyance" to literally see atoms and molecules,

and they published these observations in a book called Occult Chemistry.

In 1980, this ability was dubbed "micro-psi" by Stephen Phillips,

a physicist who studied Besant and Leadbeater's descriptions of atoms.

The Hindu name for this ability is "anima" and anima is this name

I will use.

What I am saying is that you will be able to use this ability,

anima, when out-of-body. This will occur in two contexts. In

the first case, this may be the basis for some of the hypnogogic

images you see. That is, during hypnogogia, some of what you may see

may actually be you using anima, shrinking down your perception

and actually seeing the cellular and molecular structures of

which your body is composed. I will give examples of this below.

The other context in which you may find yourself using the

anima ability is that you will seem to be in a PLACE that is

very "biological" looking. In this case you are not merely

viewing biological structures, but are actually \*inside\* of them.

Now, in both cases, I do NOT believe you are literally

viewing your physical body. I feel that these perceptions

exist on the etheric plane. So what you are seeing is etheric

plane images that correspond to biological structures inside

your body. This is very similar to when you see your bedroom

during a projections; it is not your physical bedroom, but its

etheric counterpart. Whatever the truth behind these biological

appearing images, there is no question that you may see them.

The second type of surreal regions you may visit falls into

a different category than the anima images. This second

category of surreal regions is closely related to the void.

Sometimes you may be in the void and it will transform into

a space of abstract colors and shapes. You will have a hard time

putting what you see in such spaces into words. The shapes and colors

will also move and be very dynamic. When you are in such a surreal

space, it may either transform back into the void, or you may

transform into one of the middle or higher regions of the astral

plane.

What is going on here is the following. When you move from

the void to a subplane (using the hands trick, for example), what

you are doing is phasing into that subplane. Again, using our

"radio station theory of consciousness", this is analogous

to moving from a region of static on the radio to tuning into a

radio station. Now, tuning into a subplane, though it is

\*analogous\* to tuning into a radio station on your radio, is

by no means the same process. When you are tuning into a subplane

during an OOBE, it is possible to PARTIALLY tune into a subplane

and perceive that subplane from a completely different angle

or perspective than if you have completely tuned into the subplane.

When you percieve a subplane from such a partial angle, it

looks TOTALLY DIFFERENT than it does if you tune into it

completely. What you see during a partial tuning into a

subplane is a weird space of moving colors and geometric

patterns. In other words, you appear to be in a surreal region.

Now, this idea is not speculation on my part. I have

literally observed this to be the case. I will give an example

below showing how this works.

So, in summary, I have discovered two types of surreal regions

encountered during OOBEs. The first results from anima and these

are perceptions of biological and molecular spaces. The second

results from partially tuning into a subplane. Both types of

surreal space are perceived as very abstract looking "places"

of moving colors and geometric images. I have made minor references

to these types of perceptions in some of the entries I have listed

so far. In one I speak of falling through the "meme bacteria" and

this is a description of using anima to see biological structures.

These "meme bacteria" are green and purple neonish colored images,

and they may appear as green tubes with purple liquid flowing

through them (which I think my be me seeing my blood flowing

through my veins or arteries), but they may also appear

as swirling vortexes of green and purple. or as a wall of

green and purple patterns. I also have referred to seeing the

"green and purple" images during hypnogogia and these also

refer to using anima.

Finally, to close I want to say that the two categories

of surreal space I describe here by no means exhaust the possible

causes of surreal spaces in the OOBE realm. According to reports by

occultists, yogis and other OOBE authors, there are many types of

surreal spaces including planes beyond the astral. The reader

interested in further information is referred to the bibliography.

This said, let me list some of my experiences in surreal regions

while out-of-body.

1>

(Earlier in these notes I presented an entry in which

I was being dragged along by the wind force, in

FILE 8, entry 2 under the heading "a. Moving, Flying

and the "Wind". While I was being dragged backwards

by this wind force, I decided to turn around

and see if I could see what was dragging me. When

I turned around I saw a surreal landscape. The

following is the continuation of the entry from

FILE 8, and I believe this was an anima based

perception.)

" ...For a while I relaxed and let it drag me along.

Soon though I became impatient and wanted to see if I could

turn myself around and see what was dragging me. I struggled very

hard to pull myself around, and it felt like I was trying to pull

myself against hurricane winds. When I had my back to the

direction of this wind force, I remember seeing trees pass me

by at high velocity. But I managed to turn around and what I

saw was unbelievable and utterly amazing. I don't even really

know how to describe it! When, after great effort, I turned

myself around, I was no longer seeing the forest. Instead I was

looking onto this unbelievable colored field and there were three

spheres ahead of me and they had something that looked like

butterflies dancing in each of them. But they were not

butterflies, though they looked a little like them. Whatever

they were, there was one each inside of the three spheres and

these "butterflies" were spinning and rotating within the sphere

and constantly changing color. The way they changed color was

strange, it was as if colors were welling into them from

somewhere I could not see, like a liquid, and flowing around inside

of these butterfly creatures.

I was both awed and confused; confused that the forest was

gone, and confused at what I was looking at, awed because whatever

I was looking at was very, very beautiful.

My first thought was, "God, this looks like what Leadbeater

describes the astral plane to look like." But there was a

peculiar quality to the scene that reminded me of looking under

a microscope. I began to wonder if I was seeing the inside of

my brain somehow. The "butterfly" things were extremely

reminiscent of cellular appearances. The background behind

the three spheres looked like a landscape, somewhat reminiscent

of a garden, but it was strangely and complexly colored, most of

the details escaping me now except the preponderance of pink

colors, and the effect of sunset-like colors.

Also, I experienced another unique sensation after I had

turned around. I still felt like I was being pulled forward by

the wind, though that was weakening. I could see nothing in

front of me that seemed to be pulling me. And the strange field

of colors with its dancing "butterflies", though appearing three

dimensional, looked like it was very close to my face. But

strangest of all was a very weird feeling that I could pull off

the top of my head. This was the first time I had felt this

sensation though it would not be the last. The feeling is that,

at the very top line of my visual field, I can reach underneath

and pull upwards, and the top of my head would rip off. Obviously,

this is not a pleasant feeling, but I was very curious as to what

it was and why I felt it, and if the feeling had any connection to

the scene before me, which I was thinking more and more was some

inner view of some type of cells and biological structures.

Yet in short order, the pulling of the wind died away, I felt

myself slowing down, and the scene before me faded away. I was

back in my bedroom again, still lucid in the projection

state..."

2>

(Here is the first time I had been to a surreal

region resulting from partially tuning into a

subplane. You can see below that I suspected

my perceptions were due to partially tuning into

a subplane, but I was not certain at this point.)

"I was back in the void again. This time though it was

different from the last time. I was seeing really complex

geometrical patterns come spinning past me. It's hard to remember

exact details, but every now and then I'd see these really

intense color patterns. It was hard to conceptualize what I was

looking at in this "void". I'd be zipping along checking out

these spiro-graph patterns then all of a sudden I'd see a color

pattern. It wasn't that these color patterns would appear before

me in the void like the black and white spirograph patterns, it

was more like I would "fall" backwards, see these intense color

patterns, then "slip forward" back into the void. I was wondering

if I was bordering on some deeper, more abstract plane and was

blinking in and out of it or something. I do remember seeing

these really intense lime-green cones that were embedded in some

type of complicated geometrical patter. I remember yellow and

purple too. At some point I did my spinning trick and my hand

trick and cause myself to materialize again.

Now I was in what seemed like an upstairs flat or apartment..."

3>

(In this projection, I literally saw first hand how

the surreal space I was in resulted from seeing a

subplane from a different perspective, so to speak.

In other words, it was during this projection that

I saw absolutely that my perception of a surreal

space was related to a definite subplane.)

"Had been up all night studying for an exam and gabbing with

John. Went to bed about 5:00 AM. I fell asleep almost immediately.

Next thing I knew I was walking thru a dance club, very reminiscent

of the Detroit dance club scene. The place was large and dark,

and there was a huge dance floor filled with very underground

looking people. I was not lucid at this point, but I had a very

strong feeling that something was up. I walked off of the dance

floor into another room that was a bar. Sitting at the bar was

my good friend Eric, with whom I had jammed in a band. When I

saw Eric it dawned on me - I was in the dream world! And also,

at this realization, I most definitely experienced the "headrush"

feeling. My lucidity was incredible. Everything was absolutely

clear and vivid. I felt exactly like I do when I'm awake. Once

my lucidity clicked in though, I became very aware of my potential

to fade out so I moved very slowly and carefully...

(I spoke to Eric, then faded out into the void)

...I seemed to now be floating in the void. However, there

were what seemed to be colored triangles moving around, crossing

and spinning over one another making distinctly geometric patterns

in front of me. The colors were mainly a yellowish green with red,

orange and pink hues and they had the texture of clear and smoky,

but smooth glass. "This is a weird view of the void," I thought

to myself. I stared at these patterns wondering what the hell I

was looking at. I began to focus harder and harder on these

patterns, trying to discern some detail in them. Then, as I was

focusing, the most incredible thing happened. I watched these

patterns "solidify" and transform into the scene on the dance

floor of the club I had just left. The spinning triangles were

actually the dancing people in the club! I was amazed. I relaxed

my focus and the scene faded back to the spinning triangles. I

was thinking, "Wow! This is amazing!" I tightened my focus again

and the triangles again transformed into the dancers on the dance

floor. This time I tightened my focus so much that the entire

bar scene faded in around me! I was back in the bar again!

My lockmold was again very strong, but again, I moved slowly

and cautiously so as not to get too excited and fade out. I

wondered if Eric was still here. I walked off the dance floor,

through a neon lit hallway, back into the bar where I had seen

Eric. And no shit - there he was in the same room! I was

extremely lucid and I really had to fight to keep myself calm

because I knew I would fade if I got too excited..."

4>

(The final example I will give of a surreal space

is perhaps the most dramatic I have ever experienced.

However, I failed fully to record this experience until

4 years after it had happend. Here is what I wrote

in my journal the day I had the experience in 1988:)

""Laid there thinking/talking to myself, did hands trick and

skipped/fell down/backwards. Landed by a gymnasium. Skipped to

an acting stage (i.e. artificial, like it was a stage set) looking

city. Got bored and left. Voided a bit. Explored four levels of

physiological structure: 1. the meme bacteria, 2. swirling colors,

eddy fluxes, 3. cells and proteins, 4. rock plateau with embedded

gems and atom lattice. Skipped to 5th level and was in a city.

Skipped into a room and talked to a girl. Various other things

that I can't remember. Laid in focus 10 remembering then

fell asleep."

(This is all I wrote originally in my journal.

It was 4 years later that I elaborated on

these brief notes when typing my journal into the

computer. Below is what I remembered of this

experience four years later. What we have here

is a lesson in being lazy. I was too lazy to

record this experience in detail, and, as you will

see, I forgot significant parts of the experience.

This is, in my mind, one of the most significant

uses of anima that I ever have done. I was a fool

to not record it in more detail. What I could remember

when I entered my journal into the computer is:)

"...What I do recall very clearly is that, while I was in the midst

of the meme bacteria level, I got the idea to shut my eyes, spin around

rapidly, and pretend that I was shrinking. When I did this and

opened my eyes up I was quite surprised to see that I was actually

somewhere else! That I had or had not shrunk down I don't know

absolutely, but then again, there is not one thing described in

this journal that I have any absolute understanding of (other than

the fact that this stuff did occur!). And what I saw when I opened

my eyes was amazing. I was in the midst of a spectacular panorama

of swirling activity and spiraling colors. In the entry above I

refer to this as "swirling colors, eddy fluxes". Even now I can

remember some of the images of what I saw. At the time my

impression was that I was watching the biochemical cycles inside

my cells, but I was seeing them up close. The scene was

staggering in its complexity. In this projection, I was floating

amongst the images, floating surrounded by these color patterns.

I remember that I was amazed, but baffled, and didn't understand

in the least what I was looking at, other than that it was very

beautiful and moving around too much to make out any definite

structure.

At the time, during the projection, the main thing going

through my mind was the new travel/skip technique I had just

devised. Since, at this second level, which I had assumed to

be nested inside of the meme bacteria level, I didn't really

know how to make much sense of what I was seeing, I decided

to try the same technique again. So, in the midst of all these

swirling colors, I shut my eyes, started spinning around and

once again pretended I was shrinking. Then I opened my eyes and

again I was somewhere else! In the entry above I have the

description of this third level as "cells and proteins".

Unfortunately, at this point I don't remember a single image

I saw at this level. Whatever it was though, it must have been

things that reminded me of protein structure, which would mean

coils and loops, or I wouldn't have written this in my journal.

I do remember clearly though what I was thinking at this level.

I remember thinking to myself something along the lines of the

following logic, "if I'm really looking at proteins, then I

should be able to shrink down and actually see the individual

atoms that the proteins are composed of." So I shut my eyes,

spun around rapidly, and pretended to shrink even further. When

I opened my eyes I was again at a new level and this I remember

clearly even now as I type. I opened my eyes and I was standing

on a rock ledge, and in this ledge were embedded little glistening

jewels. I looked up and in front of me as far as I could see were

little dots of light all lined up in a lattice pattern. "Are

those atoms?" I wondered, "if they are, then why aren't they

moving?" The ledge that was overlooking this lattice work was

only about three feet high and I stepped off of it into the lattice

sea of lights. I floated out into it, mostly confounded by what I

was looking at. It was very still and quiet. The lights were

simply embedded in the darkness, and they were not moving or

anything, only sitting in place glowing softly. I remember these

images clear as day. I floated through this panorama and became

bored because it was the same thing in every direction I looked.

I know I was trying to see things like Besant and Leadbeater

described in Occult Chemistry. So I shut my eyes, spun around

again, and pretended to shrink.

And again, I opened my eyes and was somewhere else! This

time though I was standing in a city, and it felt very gloomy

to me. It was misty and kind of dark. Things were colored,

but pale, and mostly shadowy. I felt a little scared by this

place. Far off in the distance I saw a creature running and it

seemed to me to look like a wolf running like a man. I remember

at this point thinking to myself, "I wonder if I'm on the lowest

astral plane now? Maybe what happened is I started out at the

meme level, shrunk deeper and deeper into the physical level,

until I finally popped right out of the physical level into the

astral plane." That's what I thought when I was actually

there seeing it first hand, and this is what I believe today."

(END OF ENTRIES)

So there you have it. We've now gone through a survey of

what it's like on the other side of the veil, in the OOBE

realm. By any standard, what I have described here is only

a fraction of what has been described. And moreover, what has

been described here is obviously slanted by and limited by my own

experiences in the OOBE realm and my own interpretations of these

experiences. I do, by all means, encourage everyone

to read as much as they can about what life is like in the planes.

You may find contradictory reports, you may find differing

interpretations, but this is to be expected. The realm where

OOBEs occur is vast beyond anything we know or understand here

in the physical world. It is truly important if you want to

have as full an understanding as possible that you expose your-

self to as many views as possible about the OOBE/astral projection/

lucid dream experience. And, as always, you want to use YOUR OWN

EXPERIENCE IN THESE REALMS, as your basis for interpreting the reports

of others. Other people's reports are great for giving us ideas

and for exposing us to possibilities, and for corroborating the

things we experience out-of-body, but in the end, there is

no substitute for personal, direct experience. I try here to show

you doors. It is you who must pass through these doors.

-------------------------------------------------------------------

END OF FILE 10

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AP\_11.TXT

-------------------------------------------------------------------

FILE 11 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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IN THE OOBE REALM - PART 5

7. Things And People You Meet

We've discussed the things you can do and places you can go

during an OOBE, now I'd like to discuss the creatures you can meet

during an OOBE. In general you can break this topic down into

two parts: 1. the nonhuman things you meet, and 2. the human

things you meet. I will now discuss each of these in turn,

beginning with the nonhuman things first.

A. Nonhuman Denizins Of The Planes

A number of the entries I have presented so far are

examples of meeting nonhuman entities. I have described

meeting the following "creatures": a talking rhino (FILE 8, entry

9 under the heading "Exercising psychic powers"), a friendly

spirit (FILE 8, entry 4 under "Moving, Flying and the "Wind"),

numerous ghouls, and describe meeting a number of people as well.

Basically, and this is commonly reported in the astral plane

literature, there are any number of nonhuman entities you may meet.

Such entities include "intelligent" animals, spirits of all types,

fairy folk, strange monsters, ghouls, zombies, rotting bodies

and pretty much anything else you can imagine. These entities

may be friendly, hostile or anything in between. They may be

completely indifferent to your presence.

About all I can say in terms of meeting nonhuman entities

is that you want to try to ascertain a number of factors.

First, you want to try to determine if the entitiy displays

volition. That is, does the entity act of its own accord? If

it does not, then it is possible you are seeing a thought-form.

I will give an example of meeting a thought-form below. Second,

try to communicate with the entity if you can. It can't hurt you

to try. Finally, if the entity appears hostile, don't worry about

it, as we saw with the creature that tried to capture me in the

void (FILE 9, entry 3 under "Life in the void"), the situation

was basically harmless. I will also present entries below where

I confront hostile nonhuman entities so you can see what I have

done in such circumstances.

Let me now present some entries.

1>

(Note that this is part of the entry in FILE 9,

number 13 under "Excercising psychic powers". Here

I merely said: (I then met a monster in the cave,

which lunged at me and caused me to lose my lockmold...).

I will now present this meeting with the monster. This

is a good example of illustrating how a threatening

encounter, though startling, is harmless.)

"I was standing back in the mist filled cave wondering what the

heck I had just seen (as described in entry 13, FILE 9). The

dangling objects caught my attention and I hovered up to get

a closer look at them. They appeared to be highly

colored paper mache tubes suspended from strings, real reminiscent

of Chinese artwork. I focused on them in the same fashion I did

above and their appearance changed. Now they looked like little

creatures dangling from strings! They had bodies that were small

in proportion to their heads. They had little bead-like eyes and

long tube-like beaks. They had short little dangling arms with

little detailed hands that reminded me of mice hands. I figured

that they must be some kind of elementals. I touched them and felt

them. But the focus broke again and they reverted back to colored

paper-mache tubes.

I looked around wondering if there was a mirror. Inspecting

the shelves against the cave wall, I saw a mirror about 10 feet up

on the cave wall! (No real surprise, huh?) I flew up to it and

looked at myself. What I saw looked like a horror story version

of myself. It was me , but my skin was all white and flaked, my

eyes were completely white and chalky looking, and my eye sockets

were deep as if my face was just a skull. I thought to myself,

"Oh my!". But I wasn't unusually startled. This is not the first

time I had seen weird images of myself in astral mirrors. I

continued staring at the image and it then transformed into a

normal image of myself. I thought that that was interesting. I

turned and looked around the cave, then turned back to the mirror.

I saw the same thing; first the horror image, which then transformed

to the normal image. I hovered down to land on the cave floor

wondering if there was any significance to these mirror images.

I was staring forward into the mists at the cave entrance and

saw an outline of a humanoid form there. "What the hell is that?"

I wondered. I became a bit trepid. The image was moving towards

me and I focused on it with my new focusing method. And boy, did

I get a surprise again! What I saw was a ghastly looking monster

ready to lunge at me! I got a good glimpse of what it looked

like. Its face had the same quality as my horror mirror image;

white chalky skin, pure white eyes. Its mouth was agape, fangs

protruding from its jaws. It seemed to be over 6 feet tall,

humanoid, and was unquestionably bigger than me. It had its

arms extended to grab at me, and it had huge claws on its hands.

It seemed to be wrapped up like a mummy.

I backed up into the air, more disturbed than scared, and tried

to pass through the back of the cave wall, but to no avail. There

was no way I could shoot past it, it was too close and would grab

me. And then, it also shot up in the air and was coming at me. I

at least wasn't panicking and the thing lunged at me with a loud

growl. At the last moment it dawned on me, "What the hell can

this thing do to me anyway? After all, I'm in my astral body.

It can't hurt me." The monster bounced on me and grabbed me. The

shock of its impact was enough to cause my lockmold to break. I was

back on my bed...."

2>

(Here's another example of a monster lunging at me.

This time it's a ghoul. Again, you don't have to fear

these things.)

"...I turned away from the mirror wondering what my appearance

meant and I noticed that my window which has a fan in it on the

physical plane did not have a fan in it now. But then I noticed

that there was somebody or something standing out in the backyard.

I looked and it was a ghoul! There was a ghoul creature standing

outside my room! It was wearing a ragged yellow shirt and ripped

red shorts. It had long stringy, dirty gray hair, and looked like

a corpse in an advanced state of decay. God, now I was really

wondering what the hell was going on! Not only did I look weird,

but now there was some astral slime in my very own backyard.

It didn't strike me during the projection, but what was weird was

how the ghoul was positioned in my backyard and the angle I was

viewing him from out my window. He was standing at the corner

of my room on the outside, with its side facing in my direction and

its front facing towards the street and its back facing into the

backyard. What I didn't realize until I woke up and wrote this

is that there is no way I could see someone if they were standing

in this position on the physical plane. I just tried to look out

my window from where I was standing in my room in the projection,

and you simply can't see that corner of the house. I have to put

my face right up to the screen and turn my head to see that position

from my window. But in the projection I could see that position

perfectly standing back a few feet from the window. Geometrically,

this would mean that the corner of my room was less than 90

degrees in my projection on whatever plane I was on. Either

this or that I could very naturally see around a 90 degree corner!

And I know that I was NOT seeing through the wall. I saw the

zombie through the window. Whatever the case, the geometry of

space was definitely very different in my projection than it is

on the physical plane.

So there I was looking at the ghoul wondering what I should

do. It was just standing there at the corner of the house and I

didn't know if it was conscious, or if it knew I was looking at

it or what. But my curiosity got the best of me and I figured I'd

dive out my other window that was up over its head and see just

what it looked like up close. I figured, hell, this is the astral

plane, and the thing can't hurt me anyway so what have I got to

lose? So I dove through my window. I passed through the window

and there I was in front of it. I tried to look at its face, but

its face was just a blur and I couldn`t focus on it. But it looked

like a dried up corpse with long dirty, stringy hair and its ripped

up clothes. Then an instant after I jumped out the window, it lunged

at me. I remember that the thing growled as it lunged. It startled

the shit out of me and I pulled myself awake. I sat there in bed

wondering what it all meant. Was that thing still outside on

another plane? Did it wander off again? Why was something like

that in our backyard? Was it just passing through? Did this

household emit vibes that attracted it? Why did my body materialize

into such a deformed shape? I didn't know what to think. After

I awoke, I wasn't scared or spooked or anything like that, just

very curious. I've know enough about this projecting now to realize

that nothing can hurt me out there except myself and I never need

to fear anything. Wrote this entry."

3>

(Here's a description of some strange creatures I

met that seemed to have their own volition, but

didn't seem too intelligent. It is my suspicion

that these were some type of fairy-folk.)

"Was dreaming in my old room at Ma's house. I knew I was

going to go into it. I fell off my bed and flew up. I was looking

out my (old) bedroom window over Ma's backyard. I flew through

the window effortlessly. I was up over Ma's backyard. I could

feel the wind whipping past me. I was glad to be back. Flew

around a bit then went straight up. Blacked out at about one quarter

mile up. Was in the void, but I flew downward anyway. I regained

my sight but didn't recognize where I was. I wanted to experiment

so I hovered in the air and imagined I was at Dad's house. I

wanted to materialize there. It didn't work, or if it did I

couldn't tell because I blacked out again. I remembered what I

had read in Greene's book about going into space, so I decided I

was going to try to fly to the moon. I flew upwards and imagined

I was at the moon. I was still in the void, and I didn't really

know where I was, or where I was going, but after flying upwards

for some time I tried to regain my lockmold. I concentrated on

trying to perceive around me in the void, and I started to

materialize somewhere. I was standing in a clearing in a misty

old forest. I thought to myself, "This is the moon? It doesn't

look like the moon." I remember a moss covered fallen tree at my

feet, mist creeping across the ground, yellow dead grass. My

vision wasn't perfect, the lockmold was shaky, I couldn't see

into my peripheral vision. I heard a weird gooing noise in

front of me. It sounded like little babies laughing in a

demented way. I looked up and saw little people coming at me.

I became frightened a little bit, but I was as equally curious.

The gooing noises were coming from them and it was creepy.

They were ugly little creatures- grey purple skin, black matted

hair on the tops of their heads, about 1 and 1/2 feet tall,

stout little bodies with pudgy arms and legs, and pitch black eyes.

They were wearing what looked like rags about their groins.

They approached me with their arms outstretched trying to touch

me. I was frightened as much as I was repulsed. I said "let

me go!", as they were now grabbing at me. They weren't hostile

though, they only seemed to be curious. I looked one of them

distinctly in the face and it stared back up at me and seemed

to smile- though it was an empty and nonintelligent smile. I

began to lose my lockmold and felt myself fading away. Could

feel myself in my physbod again. Could see hypnogogic images

behind my closed eyelids. It looked like a duck staring at

me-but I really don't know what it was, it wasn't moving though.

What was really unique though is that the image was undulating

like: (drawing in my notes). It looked like the undulations

produced by dropping two rocks in the water. The bottom

undulation was covering some type of landscape. Lost the

image and woke up."

4>

(Here's an example of meeting a thought-form.

In this case, it was a thought-form of Superman!

Thought-forms have no volition at all and often

look like mannikins.)

"...I was laying on my bed again, but I still felt my feet

tipped upwards higher than my head. I was still a little afraid

but I began tipping and sliding backwards again. I saw the green

and purple spiral motion again, but this time I slid quickly though

it. Next I recall, I was floating in a great darkness, but before

me was a structure that looked to be made up of passages of flags

or curtains draping downwards. As I got closer the passages seemed

to form a maze. There was a figure floating at the entrance to

this maze and as I got closer, I realized it was Superman! But

Superman looked like a toy doll, or a manikin and he didn't look

real at all. The expression on his face was completely immobile

and looked like it was made out of plastic. I asked him if he was

real, but I got no answer. Then I figured it was probably just

a thought-form. I drifted past Superman into the maze of hanging

flags. I noticed that the Superman thought-form was following me,

but I didn't really care. I studied these flags and noticed that

each one was of very specific colors. The colors seemed to be laid

out on a black velvet background. Then it dawned on me that the

colors that each flag was made up of was identical to the colors

of a particular superhero's costume! I saw one that was mostly

blue and red with a little yellow; that was Superman. Then there

was one of red and blue with black in it; that was Spiderman.

There was another one of yellow and red - and that was Ironman.

As I stared at these I realized that they weren't really flags

like I had supposed. They were more like strips of black velvet

with colors laid out on them. The texture of the colors was very

similar to the texture of colors on a flag (i.e. like dyed cloth)..."

5>

(Here is an interesting encounter I had with a giant

minotaur. I do not know if this creature was a thought-

form or not. It seemed to display volition, but

its behavior was highly repetitious, which makes me

suspect this creature may have been a creation of

my subconscious mind. At any rate, the following

adventure is kind of comical. I suspect there is

a lot of personal symbolism in this projection.)

"...I had a false awakening. I awoke in bed, not realizing

that I wasn't in my real bedroom. I was very excited about this

adventure and my first thought was, "Wow! I have to call Rob and

Joey and tell them about this projection." For some reason I

thought it was mid-afternoon and I could get a hold of them on the

phone. Then I looked over at the digital clock to see what time it

was. But I couldn't read what time it was because I could see about

twenty different times displayed at once, fading successively

backwards. And I could also see the gears spinning around inside of

the clock. "Goddamn!" I thought to myself, "I'm still projecting!"

Still, I tried to read the time anyway. It seemed to say 6:47,

but I was simply seeing too many numbers at once to be sure. But I

knew for sure I was still projecting. I looked around. I was in a

bare bedroom, with only my mattress and the clock. I seemed to be

in an apartment. The door was open and went off into a hallway,

and there was a window on the wall of the hall.

I got up out of the bed and realized that my lockmold still felt

incredibly stable, solid and wide awake. I walked out into the

hall and looked out the window. Through the window I saw that I

was quite a few stories off the ground, and there was an unfamiliar

city off in the distance. I decided to fly about and explore. I

passed very easily through the window and could even feel that

weak tugging feeling as I passed through the window.

I was now hovering in the air just outside. I could see that

I was definitely about five stories up. It felt like sunset was just

around the corner and the city lights were sparkling off into the

distance. Beyond the city I could see countryside. Then I looked

directly below me and got an incredible shock. Here I am hovering

five stories up in the air, but down below me on the ground is a

gigantic creature that looks like a centaur! It was easily three

stories high. I freaked out! I was just gonna fly away and hope

that it didn't see me. I tried to fly but I couldn't, it felt like

I was locked in place.

And then, as if in response to my desire to split, it saw me.

It looked up at me and pointed at me and said in a low, deep,

rumbling voice, "Excuse, me. Oh excuse me, sir, but I must ask

a favor of you." I couldn't believe it, the thing's voice sounded

like a low thunder filling the air.

"Oh my God!" I thought to myself, "this is like something

out of Jack and the Beanstalk. Wait till everyone hears about

this one!" I was actually quite excited about the prospect of

being able to brag about having met this creature. Still, I

tried to ignore the thing and jet away, but I couldn't seem to

get any leverage to move. As I was trying to pull myself away,

the creature yelled up at me again, "Excuse me, sir, but I must

ask a most important favor. Could you please assist me?"

At this point, a gust of wind came along and grabbed me and

carried me up, away from the creature, and around to the other

side of the building. As I went higher up, I got an even better

view of my surroundings, and I was much more interested in exploring

these than in dealing with this unknown giant below me. Then I

heard it yell again, "Sir, I said I need your assistance." I

couldn't see it at this point, but its voice was like thunder.

Then it riveted up into the air and spiraled around the building

and began to follow me through the air.

I wasn't scared by this creature. I actually felt bothered

by it. I didn't have any sense that it wanted to hurt me. But I

was actually being pulled by many desires - what should I do?

All the while I was looking around at where I was at and I was

in awe of the incredible beauty of the place I was in. The sun

seemed to be coming up over the horizon behind the city, and the

city itself glistened like so many jewels far below me. And once

I got around to the other side of the building, off in the

distance the sky was filled by huge billowing clouds draped

across the sky in wave after wave. And if things hadn't been

dramatic and spectacular enough to this point in the projection,

I realized as I was looking at the clouds that there was a city

built right into the clouds! It was like a fairy tale - a castle

built into the clouds!

My mind was spinning. I was attempting to assess what

actual subplane I was on to encounter so many fantastic things.

And I was wondering what this giant creature wanted from me, and

how I could just get away from it. And once I saw the castle on

the clouds, I decided that that was where I wanted to go. The

wind was carrying me in that direction. The clouds themselves

seemed to be getting bigger and bigger, dwarfing everything else

in my view. They were beautiful as the rising (setting?) sun was

shinning off them, making them look like some gorgeous pastel

painting. There was an incredible vividness to everything; very

real, but not like the physical plane. Everything seemed almost

like claymation. But paradoxically, even though I was moving in the

direction of the city in the clouds, it didn't seem like I was

getting any closer to it. I began feeling frustrated that the

wind wouldn't have enough power to get me to the city in the clouds.

Then the creature, which had been flying after me, caught up

to me and was now following alongside me in the air. "Shit, I

guess there's no way I can avoid dealing with this guy," I

thought, resigning myself to my obvious fate.

"Sir," it said, rather impatiently, "I asked if you may assist

me on a rather important matter." It was funny how formally and

fairy-tale like it spoke. The centaur, flying along side me now,

looked smaller up close, about twice as big as a horse. And it

didn't really look like a centaur anymore. It seemed to be some

type of a giant that was riding on a headless horse.

Staring ahead towards the beautiful city on the clouds, I

spoke to it, "Ok? What do you want?"

It replied, "Sir, I need to find the whereabouts of a very

important person."

"Ok. Who is it? Tell me who you are looking for, and I'll

help you find them," I answered.

But it kept rambling in its thunder voice, "Sir, would you

please give me your assistance?"

Now I was getting impatient with it. "Who are you looking

for?" I kept asking. But he just kept asking for my assistance,

and all the while, as I was getting closer to the clouds, I was

getting no closer to the beautiful city on the clouds. Next

thing I knew, I was back in my physical body, laying in my bed.

This time I was awake for real. I looked at the clock. It

was 6:00. Only an hour had passed. I laid quite in awe at this

unexpected adventure while I was gathering up my memories."

6>

(Here is an example of me meeting strange fish

creatures. I do not know what these creatures were,

but I was afraid of them and responded accordingly.)

"...When I stopped falling backwards, I had landed in a

rather large room that seemed familiar to me, though I couldn't

place why. The floor looked like it was made up of piles of long

(5-10 feet) bean bag chairs and they were colored in blue and

white, green and white, or red and white swirl patterns. This floor

was lumpy, not at all smooth. When I had stopped from sliding

backwards, I had stopped with my face pushed up against some kind of

transparent wall that reminded me of an aquarium. I was looking

through this wall into what seemed like a dark, watery medium.

Then, something on the other side seemed to get up from the mud

and swim away off into the darkness. This startled me and I pulled

myself up. I stood up and stepped backwards away from the wall,

but the colored "beanbag" that I had stepped on got up and swam out

from underneath me! The floor was alive! This really scared me and

I started to feel claustrophobic. I hovered up into the air, and

this "beanbag' was actually a fish-like creature, maybe about 7

feet long, colored in red and white swirls, and it was now swimming

around through the air in the room. I hovered around trying to

avoid it. It swam up to me as if to investigate me and it circled

around me. I was too afraid to move. But then it got close

enough to me and I punched its face. It swam over towards the other

side of the room. I looked around me trying to get a better sense

of where I was at and it was then I really noticed that the whole

floor was made of these creatures! I was very afraid that they

were all going to awake and start swimming around. Then another

one did get up and start swimming around in the room. I flew up

and hit this one too, but my movements were slow and jerky. I was

very scared. I got a good look at the room I was in. It was

circular, with a diameter of maybe 50 feet. The walls were

transparent and there was a lot of motion and activity going on

beyond the walls. I couldn't make out anything definite beyond

the transparent walls, but it all seemed very biological. The two

fish were swimming about, though keeping their distance from me.

Then I faded and was back in my physical body...."

(END OF ENTRIES)

Well, looking at the above entries, I wonder how justified

I am in telling you not be scared, given that I \*was\* frightened

in many of the episodes I reported above! Still, in the years I have

been projecting, I have obviously survived all of these encounters,

and during this time have learned not to be scared of the nonhuman

entities I meet. Perhaps the scariest aspect of all this is the

fact of the unknown. We are always scared in the face of the un-

known, and most of my above reactions reflect this reflex. I

can assure you though that as you get more proficient at

projecting, and more familiar with the OOBE realm, you will

become less and less afraid of what you encounter there. So, if

you like, you can build on my experience and simply accept

that you do not have to fear things you encounter in the OOBE

realm. Otherwise, you can go through the same learning process

I did. Whatever the case, the bottom line is never be discouraged

and try to keep an explorer's attitude about your projections.

When you project, you are entering the unknown and there is

nothing you can do about this fact. As you transform the unknown

into the known, your responses to the OOBE realm will transform

too.

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END OF FILE 11

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FILE 12 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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IN THE OOBE REALM - PART 6

B. Meeting People: Dead Verses Dreamers

Meeting people in the OOBE realm is one of the most fascinating

and eye-opening aspects of the projection experience. Now, there are

a variety of aspects when it comes to meeting people during

your OOBEs. First, some authors report that you can observe

people who are on the physical plane while you are out-of-body.

Monroe for example makes this claim. In my own personal

experiences I have never been able to do this, except perhaps

once during my very first astral projection and a couple other

times that were, however, very ambiguous. So, if it is your

intention to spy on people while you are out-of-body, good luck

cause you're on your own - I have no experience with this to

share with you!

When I meet people during my projections, they are actually

on the subplane I am on. And, like nonhuman entities, people you

meet in the planes will respond to you in all manner of ways, from

friendly to hostile to ignoring you.

Now, theoretically, if you accept the occult viewpoint, there

are two main classes of people you can meet during an OOBE:

dreamers and deceased or "discarnate" humans. I think I

have met both during different projections. Of course,

it is very difficult to verify if someone you meet during an OOBE

is a dreamer or a discarnate person. If you can get a name or

address or phone number from the person, then you are doing very

well and have some kind of evidence to determine if the person

you met does or ever existed here on our physical plane. I will

get more into the idea of questioning the people you meet during

an OOBE below.

Now, I suspect that there are different subplanes for dreamers

and discarnate humans. I think that there is a "dreamers current"

in the subplanes close to our physical plane, and it is on this

"dream current" that most of us go every night when we dream. On

the other hand, I think that the regions inhabited by discarnate

people are "farther away" from the physical plane. Living people

exude a different type of energy than do discarnate people, and

as oil does not mix with water, I think that living people (i.e.

dreamers) tend not to mix with the deceased, except under certain

special conditions. For example, we have all heard stories

of people meeting deceased relatives in their dreams. In this

case, a strong emotional tie between the individuals either "pulls"

the dreamer to the regions where discarnate humans dwell, or

"pulls" the deceased person to the regions where dreamers dwell.

If a strong enough force, or emotional resonance, is exerted, one

could conceivably bring the deceased person's aura very close

to the physical plane, in which case one may see ghosts. This

latter idea is the basis of seances and spiritualism where, 100

years ago, it was fashionable to attempt to communicate with

deceased relatives.

Now, how can you tell a deceased person from a dreamer? Again,

there is no sure method to do so. It is only in extreme cases

that you might be able to make a reasonable guess. You might

think that by becoming lucid during a dream that the people

around you are dreamers too, and this is a reasonable presumption.

If you meet people in your OOBEs who are dressed in fashions from

another era, this may be a clue that it is a deceased person.

Likewise, if you find yourself in a region that looks like a

past era, it is conceivable that the people there (if there are

people there) are the deceased who lived in that era. However,

there are simply no guarantees about this.

The only way you can be sure you met a dreamer is by getting

their name, phone number or address, remembering these upon waking

and contacting the person here on the physical plane. Next, you

will have to find out what this person looks like. If you can

actually do this, and the person you contact here on the physical

plane is indeed the person you met in your OOBE, then you can

say pretty much for sure that this person was a dreamer. Actually,

if you can bring a valid name and phone number back from a

projection with you, you've done something quite amazing. I've

never succeeded at doing this though I try every chance I get.

I have never done this for reasons I will get to shortly.

To be sure you met a deceased person you will have to go through

a similar process; get the person's name, the general era in which

they lived, where they lived, and if you can, some facts about

their life. Then, again, presuming you can remember all this

information upon waking, if you can verify this information, then

you can say with a high degree of certainty that you met a deceased

person.

Now, the above methods are only valid for people that are

strangers. Different factors seem to be operating if you

meet someone you know during an OOBE. In many of my

projections I have seen and interacted with my close friends.

Throughout these notes I refer to a fellow named J.C., or John, and

this is a close friend of mine who answers to both names.

Numerous times I have met J.C. in my projections, yet I don't know

what to make of my having met him during an OOBE. In some cases

he was awake here on the physical plane when I met him in my OOBE.

In other cases he was sleeping here on the physical plane when I

met him in one of my OOBEs. I don't understand what is going on

when I meet J.C. during an OOBE while he is awake here on the

physical plane. Am I only conjuring up his image in my OOBEs

(i.e. creating a thought-form of him)? That is, when I meet J.C. is

he merely a hallucination within my OOBE? Alternatively, am I

meeting a part of his subconscious mind in my OOBEs? I do not

know the answers to these questions. I know that there is no

apparent correlation between what he is doing while he is awake

and what he was doing, apparently at the same time when I have

met him in my OOBEs. Likewise, the times I've met him when he was

in bed sleeping here on the physical plane, he has never once

woken up and remembered meeting me in my OOBE.

So, unlike other authors who claim to meet people they

know during their OOBEs and later get confirmation of this meeting

from the person here on the physical plane, I have never had

such confirmation. I do not have the slightest clue what is

going on when I meet people I know within one of my OOBEs. This

is why I said above that the methods I suggest to use if you

want to prove a person is a dreamer or deceased person will

only work with strangers. If you can meet a stranger during an

OOBE, then later, here in the physical world, actually confirm

that that person does or did exist here in the physical plane,

then you have gotten very strong evidence of meeting a bona fide

person during your OOBE.

However, I have had three experiences that are very close to

being confirmations that I really did interact with a specific

person during one of my OOBEs. In the first case, I had

a long OOBE in one of those resting places for deceased

people that I mentioned earlier. While I was in this

"Rehab Center", I found a friend of mine who I knew

from about 10 years prior. This frind of mine, whose name

was Steve, had muscular dystrophy (and was confined to a wheelchair)

and we were very good friends in junior high school. I lost

contact with Steve during high school because I moved away and

have never contacted him since. The only time I have seen

Steve since junior high was in a projection I had in 1987.

When I saw Steve in the projection, he was completely

dazed. He was in a complete stupor (I will talk more about people

being in a stupor immediatly below), and he did not recognize

me. But it was Steve, in his wheelchair, looking very much like

I remembered him. In the projection, I told him that he didn't

need to be in a wheelchair because he was in the astral plane, and

he could do anything he wanted, but he didn't seem to hear me.

I then introduced him to a couple other guys that were in the

room with us who were in wheelchairs too. These guys were

much more lucid that Steve and they took to him. The three

of them then wheeled off out of the room and I went on to

other adventures in the projection.

Well, it was maybe a year after this projection (1988) that I

had found out that Steve had died in 1983. All I could

figure is I found Steve in the after-death state.

A second instance that I had during a projection that seemed to

possess an uncanny validity also involved a deceased friend

of mine. One of my very close musician friends committed suicide

in 1987. About 6 months after his death, I saw him in a projection.

He was complaining about how much the world sucked. He and I

got in a big argument and I told him that just because he was dead

didn't mean anything, he was still being an asshole and that he'd

better quit feeling so sorry for himself and get his act together.

In my mind, this was a very legitimate meeting. My friend, who obviously

was so desolate that he took his life, had the same attitudes after

death. For whatever reason, I was drawn to him in one of my

projections, and I gave him my two cents worth! Whatever the case,

I feel I really did meet him in the after-death state while I

was out-of-body.

Finally, my third close call was when I met one of my best

friends during a projection. I came upon this friend, whose name

is Tim, while I was flying through a strange city. Tim was sitting

on the ledge of a building and naturally I was surprised to see him.

I went over to him and started to talk to him. I knew that it was

early Sunday morning and chances were good that Tim was home sleeping

on the physical plane. I decided I would see if I could help him

become lucid so that when he woke, he would recall our meeting.

I told him that we were projecting and that we were in the world

of dreams. At first he responded as if in a daze, but I started

shaking him and kept telling him to wake up (i.e become lucid).

Finally, he seemed to become himself, which is to say, he started

to act lucid. I then showed him how to fly and we proceeded to explore

the city we were in. I kept pointing things out to him, telling him

to remember all we were seeing so that when he woke up he would

remember it. I also kept telling him to call me as soon as he woke

up. Well, we were together for a long time in the projection

and I kept reminding him to call me when he woke up. Eventually,

I lost him and continued with my projection. I woke up straight

from my projection and it was about 11:00 AM. And then,

within minutes of waking up from my projection, Tim called

me! For real - on the physical plane! I was very excited, but

didn't say anything to him about the projection. I asked him

how long he had been awake, and he said he just woke up, which

meant that he really had been sleeping at the same time I was projecting.

I then asked him if he had had any dreams that he could remember.

He couldn't remember anything though, but he said he had an urge

to call me!

So, these three episodes were the closest I have ever come to

having a meeting with a specific person during an OOBE verified. Now,

if you were a hardcore skeptic, you'd probably think I was grasping

at straws, but, then again, if you are a hardcore skeptic, you have

never even astral projected, so I'd ignore you.

Still, in spite of these three provocative episodes,

the fact that I have never been able, with any absolute

certainty, to confirm the meetings I have with people during

my OOBEs makes me leery of people who make such claims, and

also makes me question just how far we can take the projection

experience as occurring in some kind of "objective" world. However,

because I have not done this does not mean it is impossible. To

think such a thing would be completely foolish. Lots of people can

do things I cannot do. So, the bottom line here is that I am

in no position to pass judgement on people's claims of meeting

and verifying meetings with other living (or deceased) people.

I still remain open minded that it is possible to interact

with other people (living or not) during an OOBE, and am constantly

testing and looking for ways to verify the validity of my

meetings with people, friends or strangers, during my own OOBEs.

i. The Character of People In OOBEs

Now, to explain what I was saying above about these friends

of mine being in a daze, one of the most interesting things I have

observed when meeting other humans in my OOBEs is generally how

completely out of it they are. What I mean by this is that, when

I meet people in my OOBEs, these people, more often than not, act like

they are in a daze. In other words, they are NOT lucid. I will

present a number of examples of this from my journal. In fact,

when I meet a person who responds to me the way a person would

respond to me here on the physical plane, I am very surprised.

Let me elaborate on what I am saying here in more detail.

When I meet people during an OOBE I ask them a number of

questions. This has become a habit with me and I strongly recommend

that you do this also. Here are some of the questions I will

ask people I meet during my OOBEs:

1. What is your name?

2. Where are we? What city is this?

3. Did you know we are in the dream world right now?

4. What year is it?

5. Are you dead or are you dreaming?

You have to imagine what you would think if someone came

up to you out of the blue and just started asking you these

questions. If someone came up to you and said, "Hey, we are

dreaming right now", you'd think they were nuts or just being

silly at the least. If someone asked you your name, or the date,

or what city you were in, you would be able to answer this

immediately. Well, the people I have met in my projections

generally CANNOT answer these simple questions. I think this

is one of the most amazing discoveries I have made in my OOBE

explorations. That is to say, PEOPLE IN THE OOBE REALM ARE

GENERALLY \*NOT\* AS LUCID AS PEOPLE IN THE PHYSICAL PLANE. You

will be doing very well if you get yourself into a postion

where you can either confirm or refute this statement.

A typical scenario of me meeting a person in one of my OOBEs

is as follows: I approach the person and they may or may not

respond to my presence. If they do respond, it is a rather feeble

recognition that I am there. I will then talk to the person, and,

more often than not, ask the questions I listed above. And,

more often than not, the person will NOT know their name, will NOT

know where they are at, and generally speaking, will respond to

me as if they are in a daze. Examples of this are below.

Now, another thing I've learned to do is the following, and

I will give examples if this below too. Sometimes I will be SLY with

the person and not let on that I know I am astral projecting. I

will approach the person and interact with them in a matter of

fact way, without any indication that I know I am projecting.

Whatever is going on, I will just go along with it. Then, out of

the blue I will say something to the effect, "Hey, wake up,

we are in the dream world; This is all a dream." Often, in such

circumstances, the person looks at me as if I am joking or I am

a nut. And then, I will float up about five feet off the ground

and say, "Ha! Can you do this in the physical world?". When I do

this, I often elicit a reaction of surprise from the person I am

talking to. They no longer think I am joking! Often they are

genuinely surprised. However, depending on the circumstances,

they will either fall back into their catatonic stupor,

or I will bring them into some kind of adventure or another.

Another thing I do when I meet people during my projections

is to teach them how to fly. The overwhelming majority of

people you meet in your projections have no idea where they

are at and what they can do. When you meet someone during an

OOBE, you can teach them to fly. It's easy, it's fun, and, to

some extent or another, you are helping that person out.

Also, you will find situations where you can console

people. You will find people who are scared or angry and violent,

and, simply because you are lucid and know your "powers", you

can often help mellow out both types of people. I will give examples

of this kind of behavior too.

Finally, before I start presenting journal entries, I want

to comment about one last aspect of meeting people during your

OOBEs. This involves trying to tell a person you meet that

you are NOT in the physical world. This is the strangest thing

to try to do. A number of times in my projections, while I

am trying to tell someone that we are in the astral plane, it

dawns on me how weird it really is to try to communicate this

idea to someone else DURING A PROJECTION. See, we don't have such

a problem here in the physical world. It's totally trivial if I come

up to you and say, "Hey, we are in the physical world right now,

and we are NOT in the dream world". You'd look at me and say,

"yea, so what? big deal!" I mean, it is so obvious to us that

we ARE in this physical world that we don't even think of any

other possible way it could be. But imagine you are standing in

the world of dreams trying to tell somebody that you are in the

dream world and NOT in the physical world. It's almost

paradoxical trying to do this. Don't forget, most of the people

you meet out-of-body are NOT lucid. They have no idea where

they are at in the first place, and then you come along and

try to tell them that there is this place called the "physical

plane" and that is where you come from, but that is not where

you and this other person happen to be at at the moment. They

generally do not get it. All I can say is, if you get the chance,

try to tell someone you meet in a projection that you are not in

the physical world.

So, let me summarize this section:

1. People you meet during OOBEs can potentially be: in

the physical plane, or dreamers, or deceased. However,

it is very difficult to determine which is the case.

2. People you meet during OOBEs are generally in a catatonic

daze. YOU will be lucid, but they will NOT be lucid.

3. Question people for as much information as you can.

Ask the kinds of questions I have listed above; simple

questions. This will get you two types of information:

you will get information that could help verify if

the person you meet exists on the physical plane, and

you will get information that will allow you to gauge

how lucid this person is.

4. Teach people how to fly, or help them if they need help.

5. Try to tell the people you meet during a projection that

you are not in the physical world.

Ok, let me give you some examples from my journal

illustrating what I've said above.

1>

(In this episode, from my very first full-scale

projection, I had planned to go to J.C.'s room

if I actually left my body. Our plan was that

whoever got out-of-body first would go to the

other's room and see what they were doing. And

that's exactly what I did. Turns out in this case,

what I saw actually happened, only my projection

occurred about 3 hours after the events I saw.

This was a fourth case that was a type of

confirmation of the validity of what I saw,

though this case too, like the other three,

is ambiguous.)

"...I remembered to try to go to John's room as we had

planned... I stepped out into the hallway. It felt a little

eerie, but familiar recognition made me feel good and only fed my

enthusiasm to push on. I pushed forward about two feet, and

instantly appeared going up the stairs to the third floor. I didn't

quite think this at that point, but basically I quantized through

space! I was three or so steps from the top so I made my way up.

There was John's closet which was in the hallway in front of his

room. Again the recognition filled me with enthusiasm. I turned

and looked at his door and it was closed. I did my new trick and

looked away, then looked back, and it was open.

And there was John standing there facing toward me talking,

and Gregor sitting on John's bed staring at the wall. I was so

surprised that our experiment had worked that I very

enthusiastically rushed into the room shouting, "J.C., Hey

J.C.! I did it!". This was very strange because, as I yelled,

my voice seemed to come out of me in slow motion as if someone

were playing a 78 record at 16 speed. But at the same time, I

was hearing this, I was hearing another "me" actually shouting

out these things normally. But this voice sounded far in the

background and behind the slower voice. As I'm realizing all

this, meanwhile I'm rushing into the room trying desperately to

get J.C.'s attention. But he doesn't notice me. I'm talking

and shouting at him and trying to grab and shake him. But to

my surprise my arms pass right through him as I try to grab him.

I notice that John seems to be talking about something that quite

enthuses him but his back is to Gregor, and Gregor doesn't seem

to be interested anyway, he's just sitting on John's bed, smoking

a cigarette and staring up at the wall.

It occurs to me to try to look at the clock and see what time

it is. The clock seemed to read 12:56, but I wasn't sure because

it was blurry and not quite legible, no matter how hard I would

try to focus on it. Then, I seemed, for no apparent reason at

all, to completely lose interest in the situation. I turned and

left the room.

When I went back out into the hall, I looked into John's

closet. There was now a window right in the middle of his closet.

In the window was a pink rainbow swirling mist that enchanted me

enough to want to dive right into it. I thought to myself, "Well,

I've only gotten this far by pushin' on ahead!" And so I plunged

into this glimmering, enchanting window. I really don't recall

well what happened to me after this point, other than it really

freaked me out in a very pleasant way..."

2>

(Earlier, I presented me trying to pass through a wall

[FILE 8, entry 7 under "b. Moving through walls"].

Here are the events leading to that. This was the

first time I met a "dazed" person during a projection

and it was a little child. Note here also how I forgot

the children's names upon waking. It is NOT easy

carrying information from the OOBE state back to the

waking state.)

"...When I regained my vision I was standing on steps leading

down into what appeared to be a basement laundry mat.

It was very distinct - a perfect lockmold, and I felt

very conscious. Yellow painted walls, pipes on the ceiling

washing machines and wash tubs up and down the room. It was a

corridor extending for about 300 feet. There were various other

turns to my right but I did not explore these. To my left was a

wall with windows at the top which seemed to be at ground level.

All of a sudden, a little colored boy about 10 comes walking

out of nowhere. He's wearing a blue parka but looks quite normal

otherwise. I said "Hello. I love you" but he didn't seem to hear

me. I thought "Wow! He must be sleeping" (that he was dead never

entered my mind). I said "Who are you? What are you doing?" He

still didn't seem to hear me even though he was looking right at

me. I said "Who are you?" quite loudly in his face. He turned

dazedly and started walking away from me and he was mumbling his

name. I don't remember what he said, I forgot since I woke up.

During the projection I heard it and it seemed to be quite important

to me at that point. But he seemed uninterested in me and he

disappeared into what I thought was a bathroom. I stood waiting

for him and out of the same door comes a little white boy, about

10 or 11 years old. He had reddish brown hair in a bowl cut,

wearing a green shirt and blue jeans. He was much more receptive.

He came out and saw me and said "Where am I? I'm scared here". I

said "Don't worry, you are only sleeping and you'll wake up soon.

I asked him his name and he told me right away. But it seemed

to "blend" with the other boy's name and I just can't remember.

Then the little colored boy comes out with us. "How can we

get out of here seems to be the mutual thought of all of us. All

I could see as an escape route were the windows to our left. The

windows were sunk back and about 7 feet off the ground. There

were a series of pipes blocking the way so I hovered up into

the air..."

3>

(Another dramatic example of how UNLUCID people

are that you meet in projections. Notice too here

in this entry something I have found; that it is

very difficult for me to read things during projections.)

"...(I was flying through a sea of faces) As I was flying

through the faces, I passed the face of a very beautiful woman and

her beauty caught my attention so much that I reversed my motion

until I came upon her face again. I stared very hard trying to

focus my lockmold and I began to materialize again! And there she

was standing in front of me, in the flesh! We seemed to be in the

middle of an old west town and she was in line at the theatre or

something. She was wearing a dark business outfit with green eye

shadow and deep red lipstick. She didn't look as beautiful now as

her face appeared in the sea of faces. I was standing there staring

at her intensely and she looked at me and asked "Can I help you?"

I asked her what city we were in, what is her name, what State

is this. She looked at me pensively, then a look of confusion

swept her features. Then, as a couple of policemen entered the

street, she pointed to them and said "Why don't you ask them"? And

she hurried off into the building we were in front of. I seem to

recall her asking "Do you think I'm beautiful?" either when I first

saw her or as she was leaving. At any rate, I went up to the

policemen and asked them the same questions. And I got the same

response! The cop I was addressing looked at his partner and

they both shrugged their shoulders. I noticed a sign in front of

a building and got the idea to go try to read it so I thanked the

cops and hurried off. The sign was on some steps leading into a

building and I got the sense that it was some kind of official

sign. I tried to read it but had a very difficult time. I could

not get it into focus that easily. All I could make out were

the letters "OR", which for some reason I interpreted to mean

Oregon, and the statement "Cheyan Country". At that moment I

thought to myself "This sign is senseless. These dead people

decorate their landscape, but there is no function for this sign

it's just a decoration". I gave up my attempt to read the sign

and walked back down the steps somewhat shaken up. I noticed my

hand were in my pockets and thought to myself that I was glad I

had materialized with clothes on this time. I wondered if the

cops would have noticed had I been naked.

I walked into the street again and tried to survey my

surroundings. The sign gave me a definite impression of the

Old West. The cops looked thoroughly modern though. The

woman in green looked like someone from the late nineteen

hundreds. The city itself seemed to be a cross between the

1920's and the 1950's in terms of the appearances of the

buildings. The buildings were at most 5 stories high, some

of yellow or red (like a rose) brick, others of the usual brick

red color. I noticed I was on a dirt road. Then that flimsy

feeling came over me again and I felt my lockmold fade.

I was now in the void again..."

4>

(Here is an example of teaching someone how to fly

as well as being an example of my being "sly"

with the person I meet. Again, by "sly" I mean

going along with the person and whatever they are

doing, even though I know I am projecting.)

"...(I had become lucid during a dream. I was in a typical

looking suburb...) Then I felt the heaviness come over me that

indicated my lockmold was getting weak. I was afraid that if I

just kept walking I would lose my lockmold, so I turned and walked

back by the school.

I met up with a young fellow who was walking home from school.

I was really feeling my lockmold slip and I caught up with this kid.

He was maybe a few years younger than me, heavyset and had greasy

blond short hair and was wearing blue jean overalls. I approached

him and asked if I could hold onto him because I was going to

disappear otherwise. He was quite casual about it and said ok. So

as we walked for a few yards, I clung on to him and I felt my

lockmold return. It was stable but shaky and I knew I had to go

along slow and not get too excited or I would lose it. We

started talking and he asked me if I would like to go hunting or

fishing with him. I really didn't want to, but I said ya anyway

just to keep things smooth. I thought the hunting was to take

place over a small hill that we were walking up and I ran forward

to the top of the hill. The scenery had changed from suburban

streets to a country-like environment and there were woods about

and I saw a small lake about a quarter mile down beyond and

through the trees. My friend laughed and said the fishing spot was

over the ridge and that we had to stop at his house first.

We took a turn down another road into the woods, past what

I thought was a garage and came to a shack that was his house.

We went inside and the place was very small. My friend's brother

was there but he went into the bathroom. My friend told him to

hurry because we were going to go fishing. While waiting I

started talking some more.

"What's your name?" I asked.

"Cameron," he said.

"Where you from?"

"Cleveland," he said.

I told him my name was Don. But I started getting bored

and decided I was going to fly away and explore, so I went outside.

I was about to fly off and Cameron came out.

"Aren't we going to wait for my brother?" he asked.

I told him I was going to fly away. He looked at me and

started laughing as if I was joking, and he told me that I couldn't

do that. I was ignoring him and ready to fly away. I jumped up to

go but a tree got in my way and I only went up about 10 feet, so I

smoothly landed back on my feet. Cameron looked at me in awe,

his mouth open and eyes wide. I told him not to be so surprised,

he could do it too if he wanted to. "Try it," I told him, "but

first let's go into some open space." So we walked over to a gravel

lot that was adjacent to his house. I encouraged him to go on and

try to fly. So he took a long running start, like an airplane on

a runway, and lifted off into the air with his arms flapping

like a bird's wings. He went up about 5 feet off the ground and

coasted a few feet before landing. I was standing there laughing

cause he looked so funny flapping his arms. But I was still

enthusiastic with the fact that he had got off the ground.

"All right!" I said, "I knew you could do it!"

Cameron was quite surprised and happy about his first flight.

Now I decided I was going to be a show-off and show him how it was

really done. "Watch this!" I said, and I shot straight up into

the air, at least about 100 feet up. Cameron was down below me

telling me something, but I couldn't make out what he was saying.

I shouted back to him: "You should see the scenery from up here!"

It was really quite beautiful. I could see for miles around me

in all directions and I realized that this was one of the best

lockmolds I had ever had while I was flying. I could see the

landscape spread out below me. It was a large forest area dotted

by numerous little lakes. It also looked like winter because

everything seemed to have a thin layer of snow covering, though the

water was sparkling blue where ever it was to be seen. I circled

around in the air currents a few times to get a good view, as it

seemed like I was now quite a few hundred feet up. I wanted to go

explore, so I tried to make some direction with the wind, and I

had began to drift away from Cameron and his house. Cameron was

below me running and trying to stay up with me, and he was shouting

at me telling me to come back. I could tell he didn't want me

to leave and the wind was forcing me lower anyway. I began to

circle downwards towards a small field next to the gravel lot

where we started out. Cameron was running towards where I thought

I was going to land, but as I got within 20 feet or so of the ground,

I completely lost my lockmold and was laying in my bed wide

awake. I felt very refreshed upon waking."

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END OF FILE 12

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AP\_13.TXT

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FILE 13 of 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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Astral Projection Class on CompuServe

by Don DeGracia: 72662,1335

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IN THE OOBE REALM - PART 7

B. Meeting People (continued from FILE 12)

5>

(Apparently, sometimes we astral projectors must

look like ghosts to the people we meet in the

planes. This is a cute episode where \*I\* ended

up scaring instead of being scared!)

"...At first the darkness was very "electric." Eventually

the void seemed like a heavy fog. I got the idea to try to look

at my hands. Watched my body and a red tile floor materialize

around me as the fogginess of the void faded away. I was in an

empty room with a red tile floor, it seemed like a small gymnasium

or something. I started walking and noticed that my footsteps were

very noisy. There were two open doors. One led out to a hallway,

the other led to a storage closet. There was a light on in the

storage closet and I heard someone moving and stacking chairs..

I approached the lit closet nervously and a little scared, not

knowing what to expect. There was another entrance to the storage

closet out in the main hallway, and as I walked by I saw a pile of

chairs go crashing out into the hall. Then I heard grumbling and

complaining come from the storage closet. I became a little

amused and hovered out near the door to peek into the storage

closet and see who was in there. Then, a guy dressed like a

janitor walked out of the storage closet. He looked up and saw

me floating there and I obviously startled him because he gasped

at me. The whole situation was becoming very amusing to me so

I flew down closer towards him. He ran scared back into the

storage closet. I hovered for a second outside the door to the

closet and the janitor reappeared, this time carrying a large

garbage can, which he then proceeded to throw at me. He missed

me and the garbage can struck the wall next to me, but I was

surprised nonetheless. He ran back into the storage closet and

I flew up towards a vent by the ceiling. I pulled the vent

open and tried to climb into it, but I lost my lockmold and was

back in my physbod."

6>

(Here's one time when John and I, who shared a

room at college were both sleeping. I projected

and saw him sleeping on his bed and I tried to

wake him while I was out-of-body.)

"...Having some kind of dream. Had a false awakening, except

I figured I was either awake, or maybe I could project. Tried to push

out of my body. I was gyrating wildly. I flopped out sideways, like

a fish, onto the floor next to my bed. I was in my bedroom. Stood up

and went over to where J.C.'s bed was (he was sleeping there for real on

the physical plane).

I nudged him, "John, wake up."

He rolled over, half awake, looking up at me.

"John, it's me," I said, "Can you see me?"

He said, still half asleep, "Ya, I know it's you."

He didn't seemed too thrilled.

"Can you see me? I'm projecting right now. I'm in my astral body."

He said, "You look like a haze."

I asked him, "Can you see my physical body lying on my bed?"

He said he couldn't. But it was dark in the room and I figured he

couldn't see my physbod in my bed because there was no light. So I

stood up and told him to watch me. And I shot up through the ceiling.

I felt myself pass outside, but at the same time I completely lost

my lock-mold..."

7>

(The following is an interesting episode. I

met a stranger, a woman, and I think she may

have been a deceased person. This, I feel, is

an example of consoling a person.)

"...Felt myself laying on my bed again. I didn't make any

attempt to "push out" though, I just started flying forward through

the void. Almost instantly, a scene materialized around me.

It seemed to be dusk, and I was standing on the front lawn of

a house overlooking an unfamiliar neighborhood. It reminded me

somewhat of the older and bigger houses in Detroit. There were

a few people walking about on the sidewalks. I noticed a woman

coming up the sidewalk that passed in front of where I was at.

Without really thinking, I ran across the lawn, jumped the row

of bushes separating the lawn from the sidewalk, and stood there

on the sidewalk waiting for this woman to approach. She was an

older woman with graying blond hair, wearing a long brown coat.

She was acting scared as if she wanted to avoid me. She was

only a few feet from me and I asked her, "What's your name?"

She stopped, but turned away from me and said, "I don't

look at faces."

I could sense her fear and caution and I said, "Don't worry,

I know how people are up here."

Then she turned back towards me, brightened up with interest

and said, "You do?"

I was glad to have gotten her attention. But then I noticed

as I was staring at her face, that her features kept shifting from

that of an old lady to that of a beautiful young woman. Looking

into her eyes I said, "You're very beautiful."

She giggled embarrassed. I didn't know if I should make a

sexual move on her or not. I decided against it cause it was

obvious that she had been afraid, but now I had her confidence.

I realized that she seemed scared and lonely and I figured she

simply needed to be consoled. I hugged her and we began walking

off. Then I faded out..."

8>

(This is one of the most interesting times I've met

someone I knew during an OOBE. The fellow I meet,

Eric, was a good friend I jammed with in a band.

He had left school, but I was still at school. I

met Eric while I was projecting. It seems very

reasonable to conclude that where I ended up going

in my projection was where Eric happened to go that

night in his dreams. I tried to get him to call me.

Notice how little lucidity he has. Also, note how

I am "sly" in interacting with Eric.)

"...Had been up all night studying for an exam and gabbing

with John. Went to bed about 5:00 AM. I fell asleep almost

immediately. Next thing I knew I was walking thru a dance club,

very reminiscent of the Detroit dance club scene. The place was

large and dark, and there was a huge dance floor filled with very

underground looking people. I was not lucid at this point, but I

had a very strong feeling that something was up. I walked off of

the dance floor into another room that was a bar. Sitting at

the bar was my good friend Eric, with whom I had jammed in a band.

When I saw Eric it dawned on me - I was in the dream world! And

also, at this realization, I most definitely experienced the

"headrush" feeling. My lucidity was incredible. Everything was

absolutely clear and vivid. I felt exactly like I do when I'm

awake. Once my lucidity clicked in though, I became very aware of

my potential to fade out so I moved very slowly and carefully.

I approached Eric, vividly aware that we were in the dream

plane. I decided not to say anything to him about this fact at

first. I wanted to experiment and play with the situation. I

approached him exactly as I would have done if I really had

unexpectedly run into him in a club on the physical plane. I

casually walked up to the bar and nudged him.

"Eric, what's up?" I said, extending my hand in greeting.

He turned and recognized me and showed the typical surprise

one would show when seeing a friend one hasn't seen for a while.

We hadn't seen each other for over a year.

"Don!, How are you?" We were shaking hands. Eric had a

drink in his hand and he was acting as if he was slightly drunk,

which I found quite novel knowing that we were in the dream world

and one's dream body simply cannot get drunk!

We gabbed about what we had each been doing since we last

saw each other. Eric told me that he was working at a radio

station (which was true, and I knew this anyway). I told him I

was still in school working towards graduation. I kept up this

small talk, but I was trying to figure out what I should do next.

Finally, right in the middle of our small talk, I looked at Eric

and very casually, but seriously said, "By the way, Eric, we're

dreaming right now."

He looked at me and started laughing as if I was joking.

I responded, "Look, Eric, I'm totally serious. I'm in Houghton

right now, and my body is sleeping in my bed. You and I are on

the astral plane right now."

Eric said something about me always having been a great kidder.

There was a young woman sitting next to Eric at the bar and

she was listening to us. She looked at me very snidely in response

to what I was saying. I looked at her and said, "Look, woman,

We're dreaming right now. Just wake yourself up, then you'll

believe me." Then I made some nasty remark to her about the fact

that she was just another typically stupid dreamer. Meanwhile,

Eric was watching this getting a big kick out of it.

Then I felt myself begin to fade out. I grabbed Eric and

said, "Uh oh! Look, Eric! I'm gonna disappear right before your

eyes, then you'll know that this is a dream!" And I was gone.

{At this point read, FILE 10 , entry 3 under "iv. The Surreal Regions"}

...This time I tightened my focus so much that the entire bar

scene faded in around me! I was back in the bar again!

My lockmold was again very strong, but again, I moved slowly

and cautiously so as not to get too excited and fade out. I

wondered if Eric was still here. I walked off the dance floor,

through a neon lit hallway, back into the bar where I had seen

Eric. And no shit - there he was in the same room! I was

extremely lucid and I really had to fight to keep myself calm

because I knew I would fade if I got too excited.

This time Eric was standing next to the wall and he seemed

much drunker than before. Not only that, he was acting incredibly

unlucid, just like any other ordinary dreamer. This time, I

decided, I wouldn't waste time with small talk. An idea occurred

to me. I went up to him, grabbed him and said, "Hey, Eric, I'm

back."

"Hey, Don, where'd you go?" he said smiling and slurring

his speech. Just that I got this response from him was amazing

because it implied an interesting memory continuity.

Very seriously I said to him, "Look, Eric, we are dreaming.

Didn't you see me disappear? Can't you understand? This is a

dream!"

His attention, however, was wavering. I didn't seem to

be getting through to him. I shook him and continued, "Look,

Eric, I'm in Houghton right now sleeping. I want you to wake

up and call me on the telephone right now. My number is 7449.

Do you understand? 7449. Wake up and call me."

For an instant it seemed that he had come out of his dreamer

mind and seemed to be understanding what I was saying. A glint

of recognition passed over his features. I repeated my phone

number and told him to wake up and call me.

He said, "7447." I corrected him, but he just kept getting

the phone number more and more wrong. At this point now, we

were both floating about five feet off the ground, and we were

in front of a long mirror up over the bar. I turned Eric towards

the mirror.

"Look," I said pointing into the mirror, "We're floating,

Eric. You can only do stuff like this in a dream. Don't you

get it? We're dreaming Eric!"

Again, a definite glint of recognition passed through

his eyes. For a second he seemed to understand the situation.

I started shaking him violently, telling him to wake up while I

was repeating my phone number to him.

As we were floating, I looked over on the wall and saw a

flyer posted there that said something about Ferndale. I

thought, "he knows I'm from Ferndale". I pointed it out to

him, but continued pleading to him to wake up and call me.

But by now he was acting, not only like a typical

dreamer, but like he was very drunk as well, and I gave

up on him. He began to float away from me, what little

lucidity he did display was completely gone. "This is

futile," I thought, and I let him float away..."

{I then went on, in this same projection to meet the flying minotaur

which is described in FILE 11, entry 5, under "Nonhuman Denizins

Of The Planes "}

9>

(Sometimes you will encounter a person who appears

highly lucid. The following entry is such an example.

As you will see, I was surprised by this woman's

lucidity and actually had a somewhat meaningful

conversation with her. I think she was a dead

person from the past.)

"...(I had been in a surreal space, the...) I "bent" out of

the crystal and was standing in a relatively large, very beautiful

room. It looked Victorian in its decor. There was a butler

standing there shinning shoes and staring at me. I ignored him,

and looked about the room. It was very elegant. Intricately

etched wood lined the contours of the wall and a large beautiful

tapestry covered most of the wall next to me. A large glistening

chandelier hung from the ceiling. Large windows on the opposite

wall revealed a court yard outside and beyond this, a mansion-like

building with stained glass windows. I was very impressed. I

haven't been in such a beautiful place out here in the planes

for a while. There was a smaller room cut off from the first

by intricately carved wood dividers. I looked into this smaller

room and saw that it was a dining room. Then I felt myself

begin to fade. I quickly clung to the wooden divider and

concentrated on stabilizing myself.

Luckily, I restabilized myself. I went back around to where

the butler was shinning shoes. He was an older man, bald on top,

curly gray hair around the sides. He was wearing spectacles and a

typical butler outfit. He seemed to be slightly attentive to my

presence and he looked at me with a leer. On a small table next

to the butler was a dish of brown pudding with little bits of

chocolate in it. I went up, completely disregarding the butler,

figuring he was at best half conscious anyway, and took a handful

of the pudding. It tasted great! I proceeded to eat most of it.

The butler seemed irritated but I continued to disregard him.

Beyond him I saw a group of women sitting in front of the big

windows on the opposite wall. I rudely and purposely climbed

over the butler (with an attitude akin to what Monroe calls a

"wild one") and approached the women.

There were four women sitting there in front of the window.

One was seated in the center in what looked like a throne and

she appeared to be in her 30s. She had a sophisticated beauty

about her. She was dressed in Victorian finery and I thought

that she might be nobility. Surrounding her were three older

women and they looked to be in their 50s. They looked like old

maids. As I neared the window I was captured by the beauty of

the building across the courtyard. As the women noticed I was

approaching I spoke out:

"This is some great pudding."

The younger woman in the middle addressed me immediately,

"Oh my," she said, "you seem to have eaten all of Ducheme's

(pronounced "due shames") pudding!"

She spoke with confidence and surety and I was very

surprised by this. Usually the people I speak with in my

projections are idiots. This woman was not. She seemed

as lucid as I was. Meanwhile, the three older women eyed me

with suspicion but said nothing.

"That's a beautiful building over there," I said, pointing

out the window across the courtyard, "What is it?"

"Oh yes, it is very beautiful," she agreed, "It is our

clothes palace."

I was not sure what she said, "I'm sorry, I didn't understand

you."

It is our clothes palace," she repeated.

"Wow! A whole palace just to store their wardrobe", is what

I thought. I was surprised and taken aback by this woman's

lucidity, the quickness and relevance of her responses. Such

communication is rare for me out here. I thought that she must

be a dead person still living out her astral life. I struggled

for a moment trying to think how best to respond to this unique

circumstance. All I figured to ask her is "What year is this?"

"1890," she said.

"Wow! She is dead!" I thought. There wasn't the least

indication she was constructing her responses from my thoughts.

Her responses were too natural for that. Besides, I would have

felt it if she was pulling concepts out of my mind. Also, I

asked her this question in total sincerity, with no preconceived

notion of what answer I would get.

"Wow!" i exclaimed, "I'm from the future. I've come from

the year..." For the life of me I couldn't remember what year

it was back on the physical plane! I was stymied. I struggled

trying to remember. I knew it was 19 something, but what? All

I could blurt out was, "the nineteen eighties." But the whole

situation was making me too excited. My lockmold began fading

and so did I. My vision was gone, but I heard her say, "My how

interesting..." Then my hearing was gone too. I awoke back in

my physbod frustrated by losing the opportunity to converse

further with her, but also happy that I had encountered her.

I don't think I ever had such a natural and meaningful conversation

with anyone in a projection before this."

10>

(Here's an example of a time I was at a "rehab center"

which is one of the places that recently deceased

people go. The following excerpt is from a very

long projection. I was in this place for a long

time. Here I am only presenting one particular

meeting from this projection. I met a man who I

suspect had just died (of course I have no way

to confirm this, though you will see I tried to

get information from him). He was in bad shape

and needed help of sorts, as you will see.)

"...I was in the void and I struggled immediately to fade back

in. I spun round and round, and faded in again at the place I had

just left. It was apparent to me by now that I must be at some

tremendous rehab center, like the type Robert Monroe described

in his books. I was standing outside by the entrance I had seen

moments ago. Through the door I could see the bar I was just at.

When I actually faded in, I found myself flopping around on the

ground like a fish out of water. When I had completely

materialized, I pulled myself to my feet and jumped through an

open window next to the entrance doors. I found myself in a

room adjacent to the bar, and I saw the bar in the next room over.

This room was little, with pasty green walls and a wooden table

in the middle of the room. There was a steam radiator against the

wall and a wooden bench next to this, and a bum was sleeping on the

bench. There were two doors; one leading back to the bar, the other,

opposite this, closed. There was a hospital push cart sitting in

front of the closed door and there was a guy wrapped in bandages

sitting on this cart. He was staring at me and I started to say

something to him. He seemed angry at me and then he lunged at me

and attacked me. Needless to say, I was surprised. I said

something to him to the effect, "That was the wrong move buddy, I

know more about what's going on around here than you do. There ain't

no way you can hurt me. And I know that you don't know I can't

hurt you." Actually I wasn't in the least bit angry or mad at him

cause I'm sure he had no idea what was going on. Still, I felt

like being macho, and I had to do something to settle him down.

I flipped him to the floor and started pounding him into the

ground. I literally flattened him out like a pancake! It was

like a cartoon. But when I saw that he wasn't being aggressive

anymore, I stopped thrashing and helped him "pop" back out to

3-D , and helped him to his feet.

He seemed surprised that neither of us was in the least

bit scathed after our scuffle. His attitude was significantly

different. He was more submissive and friendly. He got back on

his cart and I started to push him out towards the bar. I asked

him if he was dead (seeing that he was on the hospital stretcher

and all). Quite to my surprise, he said he had died the night

before. I asked if maybe it's that he's been dead for a year (As

I write this entry I don't remember what my logic was in asking

him this). He said something about getting into a fight with his

Dad. I asked him where he was from and he said "the Land-O-Lakes,

from Idaho." I asked for his address but he mumbled nonsense.

He told me his name but I can't remember it now. His demeanor

was interesting. He seemed contemplative, quite absorbed in his

thoughts. He had responded more intelligently to me than anyone

had to this point in the projection. I wheeled him up to another

door and faded out..."

11>

(Here is an example of how paradoxical it is to try to

tell someone you meet that you are in the astral plane.)

"...What the situation was was that, during an episode I had

met an unfamiliar girl. We fell in love immediately and became

lovers (and the feelings were quite sincere, I should add). I knew

I was projecting, but everything was extremely real and I even felt

that I did not have to go back. I felt that, if I chose, I could

simply forget entirely about my physical plane life and stay right

where I was at, and it wouldn't have bothered my soul in the least.

I knew I could do this if I really wanted, and I was tempted by

the possibility, but I ultimately decided that I would go back.

At any rate, my lover and I had gone through some adventures

together. We were coming out of a movie, and I felt I would have

to spring the truth on her. I told her that I couldn't stay with

her because I was from another plane of existence. She didn't

follow me at first, so I elaborated and told her how I had a

physical body and that it was sleeping back in the physical world,

and that I'd soon have to go back there. She looked at me, with

so much love in her eyes, and she thought I was joking with her.

She said as much and gave me a hug and a kiss. I was completely

lost for words and just left it at that. As it turns out, we

started getting sexual shortly thereafter, and naturally, once I

started getting sexually excited, I faded out.

Now what was significant about this particular episode was

when I was trying to explain to her that I was from the physical

world. Here we are, her and I, walking arm in arm, down a sidewalk

in the middle of the city. And I'm trying to tell her I'm

from the physical world. But where I was standing at that moment

felt just as real, if not more real than anything in my physical

experience. To say that where I was standing at that moment was

not real, not physical, sounded absurd even as I was trying to

explain to her. I realized that it is impossible to really

convey to these people in the astral world that they are not in

the "physical world". To them, where they are at is completely

real - to them. They don't have physical bodies to go back to.

And dead people forget very quickly their physical lives. I knew

I was in a realm of "dead people" - I just knew, instinctively.

Dreamers act stupid - they do all the things that we, you and I,

the people who dream, know we do in our dreams. Where I was at

in this experience was simply life as usual. I was in some

astral town where astral people (who we would call "dead people")

were simply living out their astral lives, completely unaware

that our physical plane exists.

This was not to be the last time that I would confuse

an astral person by telling them that they were not in

a "physical" world."

12>

(This final entry I shall present about meeting people

was actually posted here on CompuServe the day after

the projection occured (Dec. 14, 1992). In this

projection I met someone who was aware that he was

dreaming. This was a most astonding experience on my

part and the first time anything like this has ever

happened to me. You will notice, first, that I tried

to get verifyable information from this person, and

second, how difficult it was for him to concentrate.)

"...The final episode I recall was the most dramatic. I was

moving in the void and somehow locked into an episode. I seemed to

be on an outdoor patio in a park or something. There was a group

of people sitting at a picnic table and a few feet away another

group sitting at one of thoses round, white metal patio tables.

They seemed to all be together. I approached them with my standard

question of the evening: I asked them if anyone knew the date. I

got a bunch of nonsensical answers from the people at the round

table, things like "Its the 2nd". I'd say "the 2nd of what?" and

get no reasonable response. But then one of the guys at the picnic

table said "There is no date, this is a dream". I heard this and

was startled like I haven't been in a long time. I turned around

and began talking to this guy. He was looking at all his friends

as if to say 'you dummys, there can't be any date now because we

are dreaming'. He looked to be about 35, brown hair, had on

preppy clothes and looked about as modern American as you can get.

I became very excited. I asked "you know we are dreaming?" He

acknowledged this. I couldn't believe how lucid \*he\* was. He

seemed confused a bit, as if he was not used to being so lucid

while he was dreaming. I assured him he was correct.

I said "That's right we are dreaming right now." Then I

asked him where he was from. He said Minneapolis, Minnesota, and

made some little joke about the town and chuckled. Again, I was

overwhelmed by his lucidity. His answers were quick and succinct,

though he had that subtle confusion that comes with being lucid

in the dream world when you are not used to doing so. He looked

as if he was surprised by his own responses as much as I was. I

told him that I too was dreaming and that I was from Detroit,

Michigan. I told him that we were both dreaming right now and

then I asked him again what was the date. He thought about it

for a second and said "The 21st, no, no, the 2nd of December".

I sh\*t my pants! He \*was real\*. I couldn't believe it! This had

never happened to me before. I immediately said, "Look, tell me

your name and phone number and I am going to wake myself up right

now and call you in Minneapolis". He told me his name, which I

do not remember now. He was sitting there trying to recall his

phone number. I could tell he was having difficulty in doing so,

which is not uncommon for me even when I project. And then,

almost without warning, I faded out and was lying awake in my

bed. As I felt myself fading I became infinitely disappointed. I

awoke thinking "So close, yet so far". Yet, at the same time, I

was very excited. This is the first time I ever met and talked

to anyone in a projection that was so lucid and had a grip over

physical memories like this guy did. I laid in bed for a few

moments trying to gather the memories together, then I fell

asleep for the night."

(END OF ENTRIES)

To wrap up this section on meeting people during OOBEs, I

would like to make a couple of closing comments. At the start of

this section I discussed ways to verify your meetings with

people you encounter while in the OOBE realm. However, after

reading through the excerpts from my journal, I hope you can

appreciate just how difficult acquiring such information is.

There are two factors that make this a difficult endeavor.

First, as we have seen, is the fact that people are usually

in a daze when you meet them in a projection. You ask them

a simple question like "What is your name?" and you get

a garbage answer, or mumbo jumbo, or they say "I don't know".

Thus, if you can't get any information from them in the

first place, you are obviously in no position to verify this

person's identity, whether they were dreaming or were deceased.

Now, the second reason it is so difficult acquiring verifyable

information during an OOBE has to do with retaining the information

you get. For, as is illustrated in the above entries, it is

very difficult to remember simple facts or details that you

learn in a projection. Many times someone would tell me their

name or some other simple data, and I would forget what they

said almost as soon as it was said. Or, perhaps I would remember

during the projection, but once I awoke I would forget the

information before recording it in my journal. And because

I forget this information so easily does not mean I have a bad

memory. Whatever is going on here is just not that simple.

There is something about being lucid in the OOBE realm

that makes it inherently difficult to remember stuff. And

further, the process of carrying the information back here

to the physical plane is also another factor that can cause

one to forget what occurred during the projection. This is

why I stressed early on the need to strengthen your ability

to remember dreams and to always lay and try to remember

as much of your projection as you can as soon as you wake up,

or to make mental notes to yourself while IN the projection; all

of these things help strengthen your memories so you can carry

them across the border between the physical and the dream realms.

So, the bottom line is that getting verifyable information

during an OOBE is no easy task. Some people (especially

parapsychology types) have simplistic and naive

notions about acquiring information during an OOBE, as if

memorizing a fact while out-of-body is the same as memorizing

a fact while in your body. This just isn't what's going on.

To repeat: it is hard to get simple facts out of the people

you meet during an OOBE and, it is also abnormally difficult

to retain these facts if you get them. If they are not immediately

forgotten during the OOBE, then they can easily be forgotten as

one's consciousness passes from the OOBE realm back to the physical

realm. And again, these factors have nothing to do with how

good or bad your memory skills are here on the physical plane

when you are awake. These memory problems seem to be inherent

to the OOBE state itself and to the nature of the transition

from being lucid in the OOBE to returning here to the physical

world. This fact is probably a vital clue to the nature of the

OOBE state and its relationship to our waking consciousness.

So, what can you do about this? I cannot stress enough

how important the memory exercises I prescribed are. You

have to do everything in your power to strengthen the memory

connection between your waking and your dream mind, and you have

to very conscientiously work to remember both your dreams and

your OOBEs. You have to work to develop habits that will ensure

that you can successfully carry your memories back and forth

between this physical world and the world in which OOBEs and

dreams occur. Obviously, these memory problems are not insurmountable

barriers as my recorded experiences attest to. Once again,

practice makes perfect and the more you practice, the more

likely you will be successful.

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IN THE OOBE REALM - PART 8

8. Getting Into Trouble

During an OOBE, there are two ways to get into trouble:

a. Threatening situations

b. Being a trouble maker

I will not dwell on these at any great length, but I do want to comment

on them. The first way to get into trouble is if you find your-

self in a threatening situation. I've discussed this off and on

throughout these notes, so I will only summarize salient points

you should remember if you feel you are in a threatening situation

while out-of-body.

What kind of threats can you face during an OOBE? Well, you

can meet hostile entities, or you may find yourself in a region

that feels threatening. In either case, as I have said throughout,

such circumstances are in reality NOT threatening situations.

You must remember that you are basically indestructible during

an OOBE and nothing can harm you. I have found occasion to

remind myself during an OOBE that I too am one of God's creations,

and I personally have a faith that says God doesn't go around

needlessly hurting (its?) creations. God doesn't hurt us, we hurt

ourselves. And more often than not, we hurt ourselves because

we are ignorant of causes and effects. During an OOBE the \*causes\*

of whatever threatening situation we may find ourselves in are

our own fears, subconscious or conscious. Fear is destroyed

by the light of awareness and understanding. So, the way to

deal with scary situations during an OOBE is to overcome

your fears of things you do not understand. Like I said,

there is a process of growth and maturity involved in the

attempt to learn to astral project, and sooner or later, you

will have to face this. There is nothing wrong with facing this.

It is good to face it. It's called "growing" .

Now, a much more serious possibility of a threatening

situation you may find yourself in has to do with your physical

body. It is possible that you may experience unpleasant

effects in your physical body when trying to project. I, for

example, have a number of times returned from an OOBE and,

upon waking, had a terrible headache. I have always had migraines,

evern before I started projecting, but a number of times after

projecting, I would wake up with a full scale migraine. I

haven't any certainty of why this happens to me, but it does.

I have noticed that if I go without sleep, such as when I

stay up all night studying for an exam, that I will also

get my migraines. I suspect the connection between migraines

and OOBEs in my case has to do with lack of sleep. When

out-of-body, you are NOT sleeping, you are in a trance.

Being in trance is apparently a different physiological condition

than being asleep, and my body \*sometimes\* treats an OOBE as if I had

gone without sleep.

I want to stress loud and clear that I get migraines whether

I project or not. I believe that getting these headaches is

specific to me. If you do not regularly get migraines, then

you will probably not have this problem.

And on the other hand, I want to stress that very often,

upon waking from an OOBE, I feel great. I feel light and tingly.

I have not counted, but I know I experience this pleasant

feeling upon waking from an OOBE much more often than I experience

the headaches upon waking.

Another thing you have to watch out for involves what

occultists call "kundalini". I do not want to go into a full

scale definition of kundalini here. But for our purposes, we

can define kundalini as a \*latent\* energy that each of us posesses.

When this energy is "awakened" or brought out of its latent

state, it causes us to have psychic abilites, among other things.

It is the kundalini energy that is in large part responsible

for the ability to project/have an OOBE. The chills and shivers

you may feel as you go deeper into trance are a result of

awakening your kundalini.

Kundalini is a very powerful energy and there is a

possibility that it may affect your physical body. Like I said,

as you go into trance you may feel chills or shivers. You may

feel a pressure at the back of your neck. You may feel a

pressure between your legs at your sex organs. Most of the time,

such sensations are harmless. However, if you feel any kind of

sensations while trying to leave your body that cause pain, then

stop. Don't force yourself. Just stop trying to project and

try again later. Such pain is a result of the kundalini energy

doing things prematurely and, if you force this energy too

soon, you WILL hurt yourself.

I don't want to scare anybody saying these things.

However, it is something you need to be aware of. Chances are

you will NEVER experience any kundalini induced pain. This

is rarely reported by people that project. However, I once felt

a strange pain between my legs and I didn't force it. I just

stopped trying to project for that session. And I was fine.

Nothing bad happened to me, and I have never since experienced

anything similar. Again though, I am pointing this possibility

out to you just in the rare case that you do feel pain in your

body when trying to project. To repeat: you will probably

NOT have to worry about this.

The second aspect of getting into trouble during an OOBE

is by being a trouble maker in the OOBE realm. Robert Monroe

discusses such people and calls them "wild ones". Usually

these are deceased people who have begun to realize that they

can fly, pass through walls, create things (thought-forms) with

their mind, etc. These people will act in ways that we

would consider "mischievious" or maybe even downright belligerent.

Now, once you get into the OOBE realm and start to feel

comfortable there, you will be in a position to be a "wild

one" too. Basically, you can do anything you want in the OOBE

realm and get away with it. As a more benign example, I will

often walk into houses while I am projecting and explore freely,

whether I am invited in or not. This is something I absolutely

would never do here on the physical plane. Once, for example,

I walked into a house and there was a family there. I went

into the kitchen and started exploring their refrigerator.

I found a gallon of milk and drank it (straight out of the jug!)

to see if it had a taste (incidently it tasted and felt like

real milk). Meanwhile, they were staring at me wondering what

I was doing in their house, though they had the typical nonlucidity

that people have over there. I made small talk with them and

then flew out through the door and left. Again, this is

something I would not do here on the physical plane.

If you look back even at the entries I've listed in these

notes you'll see many examples of my being a "wild one": when I

ripped down the wall of the house so I could go out into the rain;

when I ate that Butler's ("Ducheim's") pudding; when I "flattened"

the mean guy I met in the rehab center. All these are examples

of me letting go of the inhibitions I would normally have here in

physical life and doing exactly what I felt like doing with

absolutely no concern for the consequences of my actions.

It's not even that I had no concern for the consequences

of my actions - there were no consequences! The people you

meet during an OOBE are in \*usually\* no position to challenge your

behavior. You will encounter exceptions to this so don't get

complacent.

So, all I want to do is point out this facet of the

OOBE/projection experience. It is completely up to your

moral makeup as to how you will behave during an OOBE.

I'll leave it to those of you with deviant imaginations to come

up with other things you could get away with during a projection

that you could never dream of doing here.

Now, maybe what I'm saying here sounds like a complete

contradiction to what I said at the begining of these notes

about the need to have morals if you want to be a successful

astral projector. Now, hear me good: I am NOT saying to

be mean, I am NOT saying to hurt anything or anybody, and I

am NOT saying to be evil during your projections. It will

be on your conscience if you decide to act this way while

out-of-body. What I am saying though is HAVE A SENSE OF

HUMOR. Having morals does not mean you have to be dead

serious all the time. The OOBE realm provides ample opportunity

to act in ways that you simply cannot act here, and provides

a means to lift your inhibitions and experience a type of

freedom of action that is simply impossible in this physical

world. I recommend you explore this freedom.

9. Waking Up - Returning Back To The Physical Realm

The final part of any OOBE consists of your return to this

physical world. I would now like to comment on the process of

waking up from an OOBE. Though I've been using the expression

throughout these notes, it's kind of a misnomer to say "waking

up from an OOBE" because you have been \*awake\* (i.e. lucid) all

along! Actually, what happens is you come out of your trance.

Let me first describe the nature of the transition from the OOBE

back here to the physical, and then I will summarize the suggestions

I have presented throughout the notes that pertain to the transition

from the OOBE back here to the physical.

There are a two ways that the "waking up" process may occur:

1. It is abrupt.

2. You have a "false awakening".

In actual fact, when your OOBE is finnished, you will abruptly

wake up back here on the physical plane. Coming out of an OOBE is

NOT like waking up from sleep. Usually when we wake up from sleep

we pass through a hypnopomic period (recall that hypnopompic means

hypnogogia during waking up), or at least we lie in bed feeling

dreamy and comfortable and many times do not want to get out of

bed right away. Coming out of a projection is much different

from this. The transition is completely abrupt and you will find

yourself wide awake laying on your bed. As I said, you may even

feel "light and tingly" when you return here to the physical, or

in rare cases you may feel tired and unrested. And to repeat,

in very rare cases you may actually feel perhaps a headache.

And that's it; your OOBE will be over. It's now time to gather

up your memories of your OOBE and record it in your journal.

However, there are certain complications that can arise

which I need to comment on. What can happen many times is that

you will think you are awake back here on the physical, but in

fact you are NOT. This is called a "false awakening" by Oliver

Fox an author on astral projection. Basically, you will come out of

the OOBE and think you are physical again, but you will actually

still be projecting! A number of times I have woken up from an

OOBE, laid gathering my memories and promptly gotten up and started

recording my experience in my journal only to discover I was not

really awake here in the physical!

When you have a false awakening, there are basically two

ways you will respond to it. Either you will realize that

you are still projecting or you will not. If you do not realize

you had a false awakening, it will become like a normal dream

and you may go off and do other things, characteristic of your

dream behavior, only to find yourself waking up \*for real\* here

in the physical sometime later.

A number of things may serve as clues to help you realize

you have had a false awakening. First, you may be in a completely

unfamiliar environment. That is, you may "wake up" in some

unfamiliar room but be under the impression you have ended your OOBE

and have returned to the physical. If you still have any lucidity,

you will quickly recognize the fact that you are in an unfamiliar

place, and that should trigger in you the realization that you

had a false awakening.

It may be that you have a false awakening, but you are

indeed in your bedroom or wherever you had projected from. In

this case, you may see subtle clues that will retrigger your

lucidity, and help you realize you had a false awakening. One

thing that would happen to me often, and there are examples

of this in a couple of the journal entries I presented is

that I would look at my clock-radio to see what time it was

upon returning from my OOBE. However, when I would look at

the clock, I could literally see the \*inside\* of the clock with

its gears and such moving around. This was usually enough to

clue me in on the fact that I didn't really wake up but was

still projecting.

So, once you realize that you had a false awakening, you

will realize you are still be projecting and you can continue

to explore the OOBE realm.

Sometimes, during an OOBE, you may \*want\* to wake yourself

up. For example, you may encounter some threatening monster or

such and decide that you'd rather be awake. So, the question is:

how do you wake yourself up while in the midst of an OOBE? Well,

if you do not spontaneously wake up due to the excitement (i.e.

lose your lockmold), then what you can do is the following:

shake yourself violently. Just shake yourself awake. This is

what I describe in my Darkside episode presented earlier. In

this experience I was terrified. So I jumped back into my body

and started shaking myself and, even though in this case I had

some difficulty, I eventually woke myself back up here to the

physical world.

Presuming you are really now awake here in the physical

world (i.e. no false awakenings) and just returned from an OOBE,

here are the things you want to do:

1. First thing is to simply lay there and gather

your memories of your OOBE. Do not move or think

about anything else until you have recalled as

much as you can about your OOBE.

2. Next, immediatly record your OOBE in your journal.

Again, this can be simply jotting down a quick

outline, or writing a 10 page narrative. I do,

however, suggest you write down everything you

can remember, no matter how long it is or how

long it takes you. It is too easy to forget

your experiences or distort your memeory of them

as time goes on, and the only way you can guarantee

an accurate account of your OOBE is to record it

while it is still fresh in your mind. Also, put

the date and time of your OOBE in your journal.

10. Astrology and OOBEs

I said earlier that I would discuss using astrology to

determine if one has a propensity towards having OOBEs. Now,

this will be a somewhat specialized discussion as it will

mainly be of interest to astrologers. So basically, if

you know nothing about astrology, you can skip this section.

The information presented in this section has nothing \*practical\*

to do with having OOBEs. I am presenting these ideas here mainly

because I have a rudimentary ability to read birth-charts, and

I have tried to determine what factors in my chart were related

to the fact that I can astral project. And also, I have never

seen this topic discussed in any astrology book I have read, so

as far as I know, the following is a completely new application

of astrology (if anyone out there knows better, please let me know!).

So, the question to astrologers is: are there factors in a

birthchart that will help indicate if the subject has a propensity

towards having OOBEs? As any astrologer knows, one can deduce a

pretty accurate profile of an indivdual's personality if one

can construct and successfully interpret that individual's birthchart.

What I will do here is give the information necessary to construct

my birthchart, and describe the factors in my chart that seem

to be relevant to my ability to astral project. Afterwards, I

will distill out what may be the major personality characteristics

which facilitate having OOBEs. Then, I would predict that people

having a preponderance of such factors in their chart will have

a greater propensity towards having OOBEs than people who do not have

such factors predominating in their chart.

Before I begin, so you astrologers out there know where I am

coming from, my entire approach to astrology stems exclusively

from Dane Rudhyar's Humanistic Astrology. This is the only approach

towards, and philosophy of, astrology that I know and practice. So,

the basis for my own interpretation of my birthchart derives

from a Humanistic Astrology approach. This said, here is my

birth data to construct my natal birthchart:

Date: November 9, 1965

Time: 5:18 PM EST

Latitute: 42 N 20.0 (Detroit, MI)

Longitude: 83 W 3.0

House System: Campanus

With this data, you can construct my natal birthchart and see

the properties I will now list. The following list of factors

from my birthchart are those that I feel are relevant towards

my ability to astral project relatively easily:

1. 50:50 balance of the planets above and below the Horizon, meaning

a perfect balance of subjective and objective. Or the ability to

objectify subjective realities and subjectify objective realities.

To make one's inner dream life real like the waking experience, to

make ones real outer objective experience into a dream.

2. Sun below Horizon suggesting an emphasis on inner subjective

orientation and experience, i.e. more introverted than extroverted.

3, Retrograde Jupiter in second house, which is also below the

Horizon, suggesting wealth and abundance of my inner psychological

life.

4. Neptune conjunct to natal Sun, suggesting an easy channeling

between my life essence and occult energies, energies possessing

the quality of inclusiveness. Also, the glamour and illusion

of Neptune is associated with the astral plane.

5. Also my retrograde Saturn, along with factors 3 and 4, suggests

an essentially flimsy ego, one not very well grounded in objective

reality. Such a situation would enhance the potential for OOBE.

i.e. a person who lives more in their imagination than in the

objective, outer world.

6. Saturn opposition Pluto, suggesting an identification (Saturn)

with death processes, i.e. the ability to explore the realms

of the (so-called) dead (Hades, of which Pluto is the ruler).

7. The gestalt pattern of 2 in my chart, the so-called "Dumbell

pattern", which is related to the aspect of opposition,

suggesting the ability to be aware of, and thus conceptualize.

And also the balancing of opposites such as inner and outer

realms, subjective and objective realities, ect.

8. Moon in first house, again suggesting an essentially transient

and ephemeral ego.

9. And of course, the fact that my natal sun is in Scorpio

suggesting an interest in things occult.

Now, what can we distill out of this chart analysis as the

key features of a personality prone to the OOBE? Here are the

factors that I see:

1. The ability to balance opposites.

2. More introspective than extroverted, i.e.

factors that point to a rich inner life.

3. Things that indicate a flimsy ego.

4. A natural propensity towards occultism and learning.

5. A propensity towards enhanced awareness or lucidity

of one's environment.

It seems apparent to me that an indivdual who displays these

types of characteristics in their chart will have a greater

propensity for having OOBEs than a person who does not. Of course,

such a profile may apply to mediums as well (i.e. a person who

can be taken over by other consciousnesses easily), and to sensitive

people prone to psychosis. I think the main determinant here is not

any particular individual element (which traditional astrologers

tend to take too far) but is to be found in the overall \*gestalt\*

of the chart. Of course, Humanistic Astrology insists upon

interpreting individual chart elements solely in terms of the gestalt

pattern of the chart, and that is exactly what I am saying here.

The gestalt of the chart should indicate balance and awareness

(i.e. opposition type aspects) and lean more towards the subjective

than the objective.

Now of course, the type of personality analysis I am suggesting

here need not be confined soley to astrological analysis. We are

actually talking psychology and personality analysis here.

So, in general, given enough information, one should be able to

develop a general profile of the "ideal" personality type that is

especially suited for astral projecting based on the above

characteristics. The advantage of astrology over traditional

psychological analysis however, is the strength of astrology

to construct a unique and objective personality profile based

upon the natal birthchart. In a very real sense, astrology

provides a systematic, and highly effective means for conceptualizing

the elements of human personality, and maybe one day psychologists

will discover this! And again, for those of you reading this,

all my statements are based EXCLUSIVELY on Dane Rudhyar's

ideas about what astrology is and what it can be used for,

a type of astrology called Humanistic Astrology.

11. Wrapping it all up

We are now almost done with these notes. What I want to do here

is very briefly summarize the overall process of the OOBE experience,

and then make some comments about the significance of having OOBEs

and how OOBEs fit into the greater scheme of life.

A. Review.

We have discussed:

1. The theory behind OOBEs/astral projections/lucid dreams.

The take home message to our discussion of theory is that

these 3 terms all refer to the same experience. The

difference in these 3 terms is in the \*world-views\* that

produced each term. Debating about these terms in not

important. What is important is LEARNING HOW TO HAVE

OOBEs FOR YOURSELF.

2. We discussed two major methods for inducing OOBEs:

becoming lucid in a dream, and putting yourself into

a trance. The message here is that, if you practice

either of these techniques, you are almost assuredly

guaranteed to successfully project.

3. We discussed the major facets of the OOBE: the actual

act of leaving your body, the things you can do during

a projection (fly, etc.), and the regions you will

encounter in the OOBE realm.

4. Finally, I briefly discussed "getting into trouble"

and the "waking up" process.

In general, these discussions have meant to provide a

PRACTICAL introduction to astral projection/OOBEs/lucid dreaming.

Of course, this material was completely slanted and based upon my

own experiences out-of-body and my particular interpretation of occult

teachings. Almost everything I say in these notes may or may not

apply to you. All you can do is practice the suggestions

I put forth and see what happens. It would be nice if OOBEs were

a science. However they are not, and this fact we have to for now

accept. It will be very helpful to you to read as much as you can

about OOBEs/astral projections/lucid dreams. Please look over

the bibliography and go and find the books I have listed there

that interest you.

B. OOBEs: Subjective Or Objective?

So, as we wrap up here, is there any way we can summarize

just exactly \*what\* the OOBE experience is? Is it truly an

exploration into unseen worlds and planes? Or is it merely

a complex hallucination occurring in your own brain, merely

a subjective fantasy world in which your subconscious mind

exteriorizes seemingly outside of you?

Presently, no one can answer these questions with any certainty.

The methods of modern science have pretty much failed in the quest

to discover the nature and essence of the OOBE. Parapsychologists

and psychologists have produced interesting insights into various

facets of the OOBE, but by no means have defined it or even come

close to understanding the act or its implications. Occultists

also have very interesting and useful things to say about the nature

of the OOBE/astral projection experience. I strongly recommend

that you read the occult literature I have in the bibliography.

There are many useful and PRACTICAL hints scattered throughout the

occult literature. I repeat, the best you can do is

be open-minded to all the various ideas put forth about the

nature of the OOBE/astral projection/lucid dream experience.

As I said at the start, the study of OOBEs does not occur in a

vacuum. The fact of OOBEs relates to many other studies including

occultism, psychology, parapsychology, religion, physiology, history

and a large number of other topics.

However, and I will say this for the last time, you can debate

about definitions of the OOBE/astral projection/lucid dream

experience till you are blue in the face. But all such talk is

only so much hot air. It's easy to speculate and theorize. It's

not as easy to go and learn how to project for yourself. The only

way you can get any sure answers at all about the nature of the

OOBE/astral projection/lucid dream experience is to LEARN TO DO

IT FOR YOURSELF. That's the bottom line: LEARN TO DO IT FOR

YOURSELF. And, if you choose this path, be eclectic, be open

minded, and most of all, in light of everything you learn along

the way, BE PRACTICAL.

C. Maya and Buddhi

We have now come to the end of these notes. To conclude my

lessons on how to achieve an OOBE/astral projection/lucid dream,

I will present the "big picture" presently in my mind by which I

understand what an OOBE is and how it fits into my life. You can

take my philosophy or leave it as you wish. However, these ideas

are the fruition of a tremendous amount of study, reflection, more

study, numerous experiences with altered states of consciousness,

numerous qualities of experience here in my physical life, and more

study and more reflection. There is a cycle: learn, do,

reflect, learn some more, do some more, reflect some more. This

cycle goes on and on for our whole lives.

Presently, one of my major interests centers on understanding

ancient Hindu ideas. I have been led to study Hinduism because,

as far as I can tell, the Hindus probably had the most complete

understanding of altered states of consciousness of any other

culture I know of, even our own. In our culture today, we are

completely preoccupied by physical consciousness, by the experience

of our consciousness here in the physical world. As I already

said, we do not even understand the nature of the fact that we dream.

And it seems that everything we attempt to understand today has

to be fit into physical terms or we consider it irrelevant,

fantasy, mythology, or meaningless.

The ancient Hindus, on the other hand, had developed an

elaborate science of human psychology while our ancestors

were still barbarians in the forests of Europe. This

science they called "yoga", and behind this science is an

elaborate system of philosophy that has been captured in the

Vedas, Upanishads, Tantras and in other ancient Hindu holy

writings.

The Hindus were \*introspective\* and the things they discovered

through the introspective science of yoga are completely amazing.

Millenia ago, the Hindus mapped out the inner planes, and mapped

out the methods and techniques needed to access these inner planes.

The ultimate achievment of Hindu civilization, was, however, to create

methods by which we humans could experience a direct relationship

with the SOURCE of all creation. Hindus called this "becoming

enlightened", and they call this SOURCE "Brahman". Call it God,

call it Brahman, call it whatever you want. It doesn't matter what

name you give it, because the source of all existence is ALL names,

and ALL things. And the Hindus learned how to directly experience

this source through the methods of yoga.

The Hindu outlook is a viewpoint far removed from our every

day life here at the cusp of the twenty-first century. We of the

so-called "modern" world are like naive, rambunctious teenagers

compared to the mature, inclusive outlook of the Hindus. We are

marvelled by the physical world, and marvelled by the mind we

possess that allows us to mold and shape the physical world in

terms of our desires and ideas - even though we haven't the

slightest idea what we are doing. The Hindus, though, understood

what was going on. They understood the nature of Humankind,

and all the invisible layers that appear to separate humans from

the SOURCE.

These are the ideas I presently use to understand what OOBEs

are and how they fit into the greater scope of our lives as

conscious beings in the cosmos, and these ideas I will

express to end this presentation.

There are two ideas from Hindu thought that we do not

possess in our culture or in our language. These ideas are

"maya" and "buddhi". Understanding these two ideas \*as Hindus

understand these ideas\* gives us an infinitely powerful framework

to make sense not only of the OOBE, but of our entire life and

experience.

I was surprised to read in a book about Hindu culture that the

word "buddhi" translates as "to reflect" or "reflection". In our

culture the word "buddhi" comes to us in the concept of the buddhic

plane, or the idea of a buddha, or in the idea of bodhistava.

All of these words have tremendous \*spiritual\* connotations, but it

is a type of spirituality that is unknown to us in the

present day of modern techno-mass production culture. To us,

spirituality is a flimsy term or it is an emotion-laden term.

We rarely ever think of spiritual things as being intellectual,

or even more rarely, as being something \*greater\* than our intellect.

In our modern world, we worship our intellect, which, in occult

terms means that the highest level we tend to operate on is the

mental plane. We understand the world through ideas, symbols,

names, theories and definitions and we are content with this

(if not downright smug about it). In effect, the "God" of our

present-day culture is the intellect and its creations. The

reality is though, in our ignorance, we simply do not know what

we are missing. Only a few of the more daring thinkers of our

age would have suggested that there is something greater than the

human mind, and have the courage to follow such an insight through

to its logical conclusion (see for example, the book by Dane

Rudhyar in the bibliography).

Buddhi is indeed that essence of spirituality which is GREATER

THAN THE HUMAN MIND. But what is buddhi? Why does buddhi mean

"to reflect"? To put it into terms that are meaningful to us

as a people preoccupied by the mind, BUDDI IS THAT ASPECT

OF THE SOURCE OF ALL CREATION WHICH CAN OPERATE IN HUMAN EXPERIENCE.

Buddi is the divine in the mundane, the spirituality of the secular.

Buddi is GOD as God manifests in our everyday lives and in human

history. Dane Rudhyar put it something like this: as a crystal

is a perfect structure which can then reflect the light of the sun

and display the light of the sun in a myriad of multicolored

facets, likewise is the human mind like a crystal that can,

when the mind is made clean and perfect, reflect the light of

the divine into a myriad of multi-colored facets, and these facets

are the sum total of human experience. In other words, buddhi

is when our mind is clean and pure and reflects in the light of

the divine essence that underlies all of creation.

The second Hindu term of relevance here is the idea of

"maya". Maya is translated in a number of ways in our culture,

with each translation capturing a part of the meaning of the word

maya. Maya is: illusion, magic, the power of life, the Great

Mother, transience and change, impermanance, time. The basic idea

behind the Hindu concept of maya is an idea very far removed

from our everyday approach to life here in the late twentieth

century. For the idea of maya means that all that we can

perceive, all that we think, all that we experience, is but

ephemeral and transient. All of phenomenal reality, all of the

manifested universe - both physical AND nonphysical - are

but a momentary shadow of the Divine Source. The closest idea

we have to maya in our collective consciousness is Plato's

allegory of the cave, in which men chained to the back of a cave wall

watch the shadows from the outside world dance before them on the

cave wall. All these chained men can see are the shadows and

have no idea of the world outside that is the source of these

shadows. This, according to Plato, is how the ordinary mind

experiences reality: they see only the \*effects\* and never once

suspect the Divine Cause beneath the effects of life as we

perceive and experience it.

So, in terms of stressing the idea of illusion, Plato's

allegory is similar to the Hindu concept of maya. However, the

implication of Plato's allegory is that being in such a state

of ignorance of Divine Causes is bad in some sense. Why else

would he present the idea of men chained in the darkness? This

is not one's image of good. However, the Hindu idea of maya

does not have such emotional overtones. It has, as a matter of fact,

quite the opposite implications. For the illusion of reality as we

know and experience it is the joyous expression of the Divine

becoming enmeshed in the Divine Tragi-Comedy of Creation. Maya is

not a sorrowful reality, but a Cosmic Dance of celebration by the

Gods.

Be this as it may, we today do not accept the possibility that

the entire phenomenal world that we perceive with our senses

and the worlds we perceive in dreams and OOBEs could be all

of Divine Illusion. Today we take things very literally and

very seriously. We believe very strongly that the word we

perceive and experience is \*real\*. And this is both our strength

as a culture and our folly.

However, as I personally have passed through the cycle of

learning, action, reflection, more learning, more action, more reflection,

I have come to appreciate the relevance of the concepts of buddi

and maya as very PRACTICAL principles for dealing with life.

What we call "reality" is in actuality a multi-layered, multi-

dimensional, ever changing, ever transcient "thing". We ARE maya;

our life and experience and all we take to be so real is maya.

In this incredible Divine Play of maya we have the option of

reflecting the Divine, of allowing buddhi to become a progressively

greater part of our being. We have the choice: we can get

ever deeper enmeshed in the illusion of experience, or we can

turn inwards to the center of our being and discover buddhi.

Once we discover buddhi, we then view maya in a new light;

we know that ALL is but the joyous play of the Divine.

The fact of the matter is, from such a point of view,

the OOBE is us exploring deeper levels of the maya, seeing the

shadows cast by other shadows on the cave wall. Is this "bad"?

No it is not. It is simply what it is. The realm of the OOBE is

a realm one step closer to the Divine Source of Creation than is the

physical, but it is an even more illusory realm than this physical

world. In both the physical and OOBE worlds, our ideas and

desires shape the reality around us, only this process is

greatly enhanced, greatly quickened in the OOBE realm. So,

we may be one step closer to the Divine, but we are potentially

veiled even more from the Divine while in the OOBE realm than

here in the physical realm, veiled from the Divine by illusions

we create in the OOBE realm from our desires and ideas, be these

subconscious or not. But to say the astral is "closer" to the Divine

or not is all only apparent, for the Divine is equally present

in ALL THINGS, physical or otherwise, and discovering the

Divine in our life is always only a heartbeat away.

So, to conclude these lessons in astral projection, I basically

believe at present that, yes, the nonphysical realms exist, that

yes, there is something in us that transcends our physical body,

and yes, you can visit these realms easily if you learn the right

things. But, though the implications of these facts are astounding

from within the materialistic and secular mind-set of our present

culture, from the point of view of the ancient Hindus, this is all

no big deal. You can be as ignorant of the Divine in the OOBE realms

as you are here. In the end, all that matters is to open yourself up

to buddhi. By opening up to buddhi, you will find the maya to be an

infinitely enjoyable place, whether in this world or any other.

I would like to end this presentation with the following

quote from Dane Rudhyar, a man who truly understood buddhi.

"If we do not accept the existence of spirit as

a transpersonal, transcultural, and metabiological

power, the only other possible way of interpreting

with some degree of consistency the obvious facts

of personal and collective human experience is to

adopt a materialistic approach, whether as

developed by Marx or by other materialists; but

such an interpretation excludes many of the most

significant experiences of man. It leads to a most

depressing world-view, essentially devoid of meaning

and purpose. On the other hand, if the existence of

spirit as a creative and transformative power is

accepted, and its action in and through mind is clearly

understood and adequately formulated, the material

facts find their place within an all-inclusive picture

of cosmic activity which takes nothing from them, but

instead endows then with a transphysical and

metabiological significance stimulating human beings

to more conscious, sustained, and eventually more

radiant endeavors."

-Dane Rudyar. "Culture, Crisis and Creativity", (page 106).

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FILE 15 - CompuServe Astral Projection Class by Don DeGracia, 1994

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ANNOTATED BIBLIOGRAPHY

Recommended Reading List

There are basically 3 different types of books in this list.

1. Books about HOW TO astral project, which give techniques.

2. Books about people's experiences in the OOBE realm.

These are written in the first person and are

autobiographical.

3. Books not specifically about astral projection but

that provide background information on topics

related to astral projection.

For each book on this list I will specify which category(ies)

it falls under, and then say a few words about the book. The list is

simply in alphabetical order according to the author's name. By no

means is this a complete list. It is only meant to give you a

starting exposure to literature relevant to astral projection/OOBEs/

lucid dreaming. The books listed here are, however, those I

have found to be particularly useful.

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Besant, A. A Study In Consciousness, Madras: Theosophical

Publishing House, 8th edition, 1980.

This book is not about astral projection. This

book is an excellent and profound introduction to

theosophical occultism.

Besant, A., and Leadbeater, C.W. Occult Chemistry.

London: Theosophical Publishing House, 2nd edition, 1919.

This book is not about astral projection. This book

describes Besant and Leadbeater's clairvoyant

investigations into the structure of the atom. The

reason this book is relevant is because Besant

and Leadbeater use the little known psychic ability

anima (called also "magnifying clairvoyance" or "micro-

psi) which I discussed under the section of the notes

titled "Surreal Spaces". As you can excersise the

ability of anima during your projections, this book

gives you some idea of what is possible to see

using this psychic ability.

Besant, A. and Leadbeater, C.W. Thought-Forms.

Wheaton, IL: Quest, 5th edition, 1986.

(Originally published in 1901).

This book is not about astral projection. Again,

this book provides important background information

relevant to the OOBE. This is a classic book, the first

ever to describe thought-forms. You will encounter

thought-forms when out-of-body and this book will

give you a good understanding of the nature of thought-forms,

what they are and how they behave.

Fox, Oliver. Astral Projection A Record of Out-of-the Body Experiences.

Citadel Press, Secaucus, N.J., 1975.

This is one of the classic first person accounts of

the OOBE. Oliver Fox was highly influenced by

theosophical ideas, so his accounts generally fall

under the occult world-view. There are many useful

tips in this book as well. For example, this is

the book that first described "False Awakenings".

Hall, Manly P. Unseen Forces. Los Angeles, CA. Philosophical

Research Society, Inc. 1978.

This book is not about astral projection. Again, this

book provides excellent background material about the

forces and inhabitants of the inner planes. It is

written from the occult perspective. Most important

this book discusses the "Dweller on the Threshold".

I highly recommend any of the books by Manly Hall.

He is a highly infomative and intellignet speaker.

His material contains a vast wealth of useful

information.

Leadbeater, C.W. Man Visible And Invisible.

Wheaton, IL: Quest, 3rd Quest printing, abridged, 1980.

This book is not about astral projection. This book

is about occult anatomy. Here, the various bodies

(astral, mental and buddhic) are described in detail.

Leadbeater claimed to be able to percieve these bodies

using clairvoyance. Again, this is important

background information. I also strongly recommend

reading any and all Leadbeater books you can get

your hands on. Of all the authors I have read,

Leadbeater has been by far the most useful for

understanding the nature of the OOBE. Many

things I have directly experienced during my OOBEs

are described in Leadbeater's books and Leadbeater

present many useful ideas I never seen published

anywhere else.

Leadbeater, C.W. The Astral Plane. Madras: Vasanta Press,

twelfth reprint, 1984.

This is \*the\* classic book on the astral plane.

Written in 1895, it is still relevant in many

respects today. Of course, just as the physical

world and society changes, so too do the astral

realms transform. Nonetheless, this book will

introduce you to many of the important principles

operating on the astral plane.

Leadbeater, C.W. Dreams. Adyar, Madras India: Theosophical

Publishing House, 12th reprint, 1984.

Here we have the theosophical conception of

dreams. This is a very PRATICAL book for the

astral projector. This book will help you

understand the nature of your projections and how

they relate to your dreams better than any other

book available. This is a MUST read for anybody

learning astral projection/OOBEs/lucid dreaming.

Leadbeater, C.W. The Chakras. Wheaton, IL: Theosophical

Publishing House, 4th Quest edition, 1985.

This book is not about astral projection. Again,

this is another classic book in the field of occultism,

and explains the chakras; how they function and what they

do. Again, this is important background information

and will help you better understand the nature of

things you percieve while in the out-of-body state.

Leadbeater, C.W. Clairvoyance. Wheaton: TPH, 1986, 15th reprint.

This book is not about astral projection. This book is

another important source of background information. Here

Leadbeater defines the various types of clairvoyance.

This book is also a MUST read because you will find yourself

using the different types of clairvoyance Leadbeater

defines while you are out-of-body. Agin, this book will

help you make sense of perceptions you will have while

out-of-body that you could not understand otherwise.

Mavromatis, A. Hypnogogia. London: Routledge & Kegan Paul, 1987.

This book is about hypnogogic imagery. This book

presents numerous reports of hypnogogic imagery and

also presents a number of theories to explain

hypnogogia. It is an academic book, but it is highly

informative. My favorite aspect of this book is that

it is the only academic type book about altered states

of consciousness I have ever read that suggests that

the theories of Besant and Leadbeater may be the most

suitable theories for explaining altered states of

consciousness.

Monroe, R. Journeys Out Of The Body. New York: Doubleday, 1971.

This book too is a classic in the astral projection

literature. Here, Robert Monroe presents his

personal experiences out-of-body. This is a first person,

autobiographical book, but it also has some technique

described in it. The important thing about Monroe's books

are that they are NOT based on occult ideas, nor strickly

on parapsychological ideas, nor on psychology ideas.

Monroe has his own personal style of understanding his

OOBEs. Nonetheless, Monroe clearly describes and supports

many of the claims of occultists.

Monroe, R. Far Journeys. New York: Doubleday, 1985.

This is Robert Monroe's second book. In my opinion,

this book is perhaps the most "modern" of any book

about OOBEs. In Far Journeys, Monroe paints a picture

of the OOBE realms that is absolutely stunning. This

book is a MUST read book. Again, what is very clear is that

Monore is desribing the planes that occultists have

described. However, Monroe's approach is different in that,

unlike occult ideas, Monroe's attitude is that the reality

of the planes is open to everybody. Traditional occultism

tends to reserve traveling in the planes for special initiates,

Masters and other supposedly "advanced" humans. Monroe

severly challenges this view by showing that anybody

can travel in the planes (or "rings" as Monroe calls them).

This change in attitude is very important, and it is an attitude

that I share with Monroe. Also in this book, Monroe

describes the activity and researches of the Monroe

Institute in Faber Virginia, a research organization

established by Monroe for studying the OOBE. As I said

in the notes, the Monroe institute furnishes tapes

and programs for learning how to have OOBEs.

Monroe, R. Ultimate Journey. New York, Doubleday, 1994.

This is Robert Monroe's third book about OOBEs and is

hot off the press as I sit here and write these words.

In this third book, Monroe describes how he has discovered

his past lives, and also gets a faint glimmer of something

mystics have described for centuries, which is the fact

that our psyches touch God. Actually, I am dissapointed

with this book. It is not as useful a book as is Far Journeys.

You would think that, after 30 years of having OOBEs,

Monroe would have somewhere come across the fact that what

he has experienced in the out-of-body state is very similar

to what others have described. However, he comes across

in this book as if he is the only one in humanity that has

ever experienced the realities he describes. This is just

not a good attitude to have in the OOBE buisness. Also

dissapointing in this book is that Monroe gets kind of

"preachy" (as one New Age forum member put it), as if

his particular viewpoint on the universe is the ONLY

viewpoint. Again, this kind of closed minded approach

is not good in the OOBE buisness.

OOBEFAQ.ZIP - OOBE FAQ file by Jouni Smed, 1994.

This is NOT a book! OOBEFAQ.ZIP is a compressed file

which contains the FAQ (Frequently Asked Questions) file

for the Internet newsgroup alt.out-of-body. This file

is available in the Compuserve New Age forum Library.

If you are not on Compuserve, you can send e-mail to the

Internet address jounsmes@utu.fi and request information

for obtaining this file. This FAQ file is an excellent

source of information on the OOBE. It includes techniques

for inducing OOBEs, information about numerous surveys and

studies of the OOBE and much other useful information.

It also has a large reference section which can lead you to

many other sources of information about OOBEs. This FAQ

file is written mainly from a parapsychology perspective

and quite obviously attempts to discredit occult views

of the OOBE. Nonetheless, the author at least presents

occult views side by side with nonoccult views, which is

much more than most parapsychology presentations do. I

highly recommend this file for reading. Though it is

slanted with a bias I do not share, it is a veritable

storehouse of information. Reading this file will

expose you to the variety of ideas that exist regarding

the nature of the OOBE. In effect, this file is a more

advanced approach to the theory behind OOBEs than I

have attempted to present in these notes.

Ophiel. The Art And Practice Of Astral Projection.

York Beach, Maine: Samuel Wiser, Inc., 1982.

This is a HOW TO astral projection book and is another

classic in the field. Ophiel outlines specific methods

for achieving OOBEs and also describes many helpful

hints. This is one in a series of "The Art and Practice

of..." books by Ophiel. Generally, all of Ophiel's

books are practical introductions to traditional occultism,

and are fun reading too. Unlike most occultists, Ophiel

does not have a "holier than thou" attitude and he also

presents the view that OOBEs and other occult gifts are

meant for everyone, not just Masters. This book is

highly recommended.

Powel, A.E. The Etheric Double. Wheaton IL. Quest Books (TPH), 1969.

Powel, A.E. The Astral Body. Wheaton IL. Quest Books (TPH), 1972.

Powel, A.E. The Mental Body. Wheaton IL. Quest Books (TPH), 1972.

Powel, A.E. The Buddhic Body. Wheaton IL. Quest Books (TPH), 1972.

A.E. Powel undertook the extrordinary task of compiling

the writings of Annie Besant, C.W. Leadbeater and

H.P. Blavatsky on the topics of the etheric, astral

mental and buddhic bodies. Each of the four books

listed above is a complete compilation of these three

authors thoughts on each of the bodies. These four

volumes compiled by Powel provide a very compact and

convinient source of information about occult anatomy

as defined by Besant, Leadbeater and Blavatsky.

These volumes make a nice addition to any library.

Rogo, D.S. Leaving The Body. New York: Prentice Hall, 1986.

This is a HOW TO book on astral projection and is

a MUST read book. If there is one book in this list

that you should read, it is this one. Rogo has done

us all an increadible service in this book by collecting

all of the known methods of achieving OOBEs in one book.

He covers Monroe's methods, Ophiel's methods, Fox's methods,

the methods of Yram, and others as well. For the beginner

in astral projection/OOBEs/Lucid dreaming, this is the

book you want. My only reservation about this book is

that Rogo's ideas about the nature of the OOBE are not

very sophisticated. Rogo was a parapsychologist who

came eventually to realize that occult ideas are more

uesful than not. But he was not informed enough about

occult theory to really give a coherent picture of the

OOBE. Nonetheless, this is \*the\* most useful HOW TO book

on astral projection available today.

Roberts, Jane. The Nature Of The Psyche. New York: Prentice Hall, 1979.

This is not a book about astral projection.

however, the Seth books are MUST READ books. The

ideas that Seth presents go one step beyond traditional

occultism to what we can call "modern occultism". In

this book, Seth discusses the nature of human psychology.

The ideas he presents in this book are highly relevant

to the idea that what we percieve in dreams and OOBEs

are, in some sense, symbolic expressions of our

"higher self" (or whatever term you prefer here).

Seth helps us realize the greater contexts in which our

physical, dream and OOBE experience fit. This book

is especially useful for understanding the differences

and the overlap between waking and dreaming.

Roberts, Jane. Dreams, "Evolution", And Value Fulfillment, A Seth

Book. New York: Prentice Hall, 1986.

Another Seth book. Actually, this is two books:

volumes I and II. Here, Seth presents a concept of

what dreams are that is completely unique. Nowhere else

can you find concepts of the nature of dreams that are

described in this book. I will not even pretend here

to capture Seth's ideas. All I can say is I highly

recommend this book.

Roberts, Jane. Seth - Dreams And Projections Of Consciousness.

New York: Bantam, 1989.

This Seth book goes into the nature of OOBEs and their

relationship to dreams and our waking experience. Again,

this Seth book helps us understand the personal symbolism

that is always present in our life, whether waking, dreaming

or out-of-body. This is a very good book.

Rudhyar, D. Culture, Crisis and Creativity. Wheaton: Quest, 1977.

This book is not about astral projection. I list this book

here in the bibliography because it is an excellent

example of how sublime occult thought can be. For

secular intellectuals and academic types who think

occultism is for raving loonies by raving loonies,

I strongly suggest they check out this book. Rudyar

presents a view of human history, evolution and

spirtuality that dwarfs any of the feeble minded

misconceptions that proliferate in secular academic

circles today.

Sparrow, G. Scott. Lucid Dreaming, Dawning Of The Clear Lights.

Virginia Beach, VA. A.R.E. Press (The Edgar Casey Foundation),

1987.

This book is about lucid dreams. It is written primarily

from a psychology perspective. For those of you interested

in this perspective, here's a book. There is not much

practical material in this book. It is mostly case

studies and a lot of speculation about the nature and

meaning of lucid dreams and how lucid dreams are

different from OOBEs.

van der Leeuw, J.J. In Conquest Of Illusion. Wheaton,

IL: Quest Books, 2nd paperback edition, 1968.

Original edition 1928.

This book is not about astral projection. This

book is about enlightenment, it is about mysticism.

I have advocated in these notes that enlightenment

(or buddhi) is the perspective and state of consciousness

you should seek. This book is one man's experience of

achieving this state. van der Leeuw does an elegant job of

displaying how becoming enlightened alters forever ones

view of oneself and the world. He also does a great job

of showing how the intellect is \*inferior\* when not

illuminated by the light of buddhi. For those of you

who seek the ultimate, and desire to overcome the limitations

of the mind, this book is a MUST READ.

Zimmer, Heinrich. Philosophies Of India. New York, Meridian Books, 1956.

This book is not about astral projection. For those

interested, this book is an extensive survey of the

ideas of Indian civilization, including Hinduism, Yoga

Jainism, Buddhism, Tantra and Brahmanism. It is a beautifully

written book by one of the foremost modern scholars on Indian

thought. Any of Zimmer's works are highly recommended;

he is a brilliant, articulate and sensitive writer. One

might even suspect Zimmer was a reincarnated Hindu!

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Please note: Any of the above books that are published by

Quest Books or the Theosophical Publishing

House can be ordered directly from the Publisher.

Almost all of the above TPH books are still in print.

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