

Motivations : **Why do you want to project?**

I know most, if not all of you just want to jump in and get started with projecting but first it might be a good idea to ask yourself why you want to project. If someone had asked me a few years ago why I did it then I don't think I would have been able to give them a straight answer. Now I know for sure; but my reasons don't matter, you're doing this for yourselves. However, it's a lot more difficult question than you think and while it may at first seem irrelevant, your motivations play a big part in your likelihood to succeed.

Consider two different people, both with two different goals and both approaching projection for the first time. The first person can think of only what they can achieve once they're out and free to go more or less where they like. I'm speaking of the things that we've all wished we could do if we suddenly had the power of invisibility, such as spying on people (looking in on members of the opposite sex seems to be a common theme), going places with little regard to privacy or whether or not you should be there... you get the idea. While projection seems like the perfect opportunity to do all the clandestine things you've ever wanted to do; in my own experience this doesn't seem to be the case.

See, just like you can use your will consciously while projected to go places and do plenty of other things (more on that later), the same seems to be true for everybody else in the world. Only their will is enforced subconsciously while they are still in their bodies.

I'll give you an example:

A couple of years ago I had a friend (who shall remain nameless) and she was in a bad relationship where there was a suspicion of violence from her partner. Now physically I didn't really notice anything wrong; there was the odd bruise and such for which she had perfectly reasonable excuses. But you know how you can sometimes sense when there's something that someone isn't telling you? When the little nuances of behaviour seem to suggest something other than what they keep assuring you is true? Well this was one of those times.

Anyway, one night I managed to project some distance from where my physical body was located and I decided to attempt to see if I could catch this guy in the act, so to speak. I know it was an immoral thing to do, but I was very concerned for this person so I did it anyway.

Unfortunately for me once I had arrived at their flat (the trip there caused no problems) I found I was unable to enter. It was as though a wall of something or other had been erected and as hard as I tried I just could not get in. This went on for a while and had me completely perplexed, and in the end I just called it a night and went back to my body.

It wasn't until a couple of days later that my friend told me that she had split up with this guy and had started seeing someone else. It turns out that when I had tried to get in on that night, she and he were engaging in acts of a carnal nature and as such had the desire for privacy and seclusion that had subconsciously set up a barrier that I was unable to cross.

Perhaps that was a bit of a long winded example but the point I'm trying to make is that if all you're interested in is getting out there and having a good old perv at the hot girl or guy down the road while they're in the shower or something then you'll probably manage the "out there" part but when you try to look in on them there'll be a high probability that you can't.

"So what's the point?" I hear you ask.

Well, remember I asked you to consider two people? The second person's motivations are simply to see what's out there. For their entire life they've been stuck in a prison of flesh (an attractive one perhaps, but a prison nonetheless). They've found out that it's possible for them to escape that prison, at least for a while, and now they've decided that they just want to explore, to see what's possible without the limitations of exhaustion, heat-stroke, hypothermia, travel costs, etc. They realise it's possible to go more or less anywhere free of physical limitations and that the Etheric plane is only the first step. There's still the entirety of the Astral plane waiting for them once they decide to take that step.

The question you have to ask yourself before you begin practising the techniques presented here is: which one of those mindsets appeals to you most? Which sounds the most rewarding? And then ask yourself if you have the right motivation for doing this?

A note on visualisation : “That mind picture stuff”

During your investigations into the world of projection you will have no doubt heard this word bandied around. If you're not sure what it is then perhaps a bit of explanation is necessary.

Visualisation. That magical term that appears to be able to unlock the mysteries of the universe if only we could manage it. Right?

Wrong.

Visualisation is simply a word used for the act of being able to see things in your mind, and with practice almost anyone can do it. I'm willing to bet that even those people who say they can't visualise have, in fact, done it more times than it's possible to count... only they don't realise it.

Have you ever had a daydream? Have you ever looked out of a window (perhaps during something extremely boring like a school class that you really didn't like) and seen yourself walking around without a care in the world and free of the spirit-sapping drone of the teacher?

Have you ever read a book that was so vividly detailed that the words on the page become alive inside your mind as you see the hero/heroine/undead demon from hell, etc. doing the things that the author tells you they're doing?

Both of those things are visualisations; that is to say that both of the scenarios are created inside your mind by you, and by honing this skill, the ability to create and manipulate things inside your mind, you can achieve things beyond belief.

A lot of techniques ask you to visualise things, but all they are really asking you to do is to picture things in your mind, to imagine if you like. What if I asked you to think of a member of your family who you got on well with, to picture their face and then to perhaps think back to a time when you did something together that you really enjoyed (or if you really dislike your family then substitute that for a friend)? I'm sure that you'd immediately form a picture in your mind of this person and the activity that made you feel happy.

Now the visualisation itself will be based on a memory, something you actually know about and can remember, but the image itself will be a visualisation because you're not actually seeing this person with your eyes, you're seeing them with your mind.

The difficulty comes when you're asked to consciously create a picture of something that you have absolutely no idea about and that you haven't actually experienced. However the same principle applies as with the memory you just thought about. Suppose I asked you to visualise yourself doing something you've never done before such as climbing mount Everest (if you've actually done that then ignore this because you'll miss the point).

You've never climbed Everest but I'm betting you've seen a documentary or a picture of someone who has. Just imagine what it would feel like - the biting cold and wind that drives snow into your face as you trudge upwards, the weight of your pack and oxygen equipment trying to drag you back, everywhere you look there's nothing but ice and rocks and it feels like you could be walking on another planet such is the inhospitability of the terrain. About five feet in front you can just make out the hunched figure of one of your sherpas as he pushes on up the mountain while fighting against exhaustion and the screaming wind...

Close your eyes for a few minutes and try to recreate the scene inside your mind. What do you see? What do you feel?

Perhaps the first thing to do is to test just how good your current level of visualisation is and you can do this very simply. Hold an object up in front of you (a simple object works best like a fork or a pencil or

something) and study it for a few minutes. Turn it over in your hand and try to notice all the little details such as the patterning on a fork handle or any little nicks in the wood of a pencil.

Now close your eyes and try to recreate that object in your mind. Remember what you saw while you were looking at the object and simply transfer that to your visualisation. One way I like to think about it is that while your eyes are closed, the lids are screens or canvasses and you are painting a picture onto them.

If you find that the image is unstable; that you can see it for a few seconds then it disappears and you have to work to bring it back then don't worry, at least for those few seconds you could visualise it and that's a start. All you have to do now is to open your eyes, take another look, close them and try again. You will find that the more you do this, the easier it gets and once you can visualise a simple object then you can move onto more complex objects with even greater levels of detail.

If you could manage that with ease (or at least keep the image steady for a long period of time before it fades out) then you have sufficient skill to have a go at the first technique.

If you're thinking "I don't have a fork or a pencil, I'm doomed!" Or "The only thing I'm visualising is a big black patch of nothing!" Then don't worry, we'll try it another way using the same method authors use.

Some people are simply unable to recreate in their mind what they see with their eyes... and that may not necessarily be a problem if you have a good imagination. What I'm going to do now is to write a short description of a setting and what I'd like you to do is to allow the words to form a picture in your mind.

It's dawn, and in the distance you can see the upper edge of the sun creeping over the horizon. There isn't a cloud in the sky and it looks like it's going to be another beautiful day. You're standing in a field of gently waving grass that smells as sweet as perfume. You breathe in deeply and notice how crisp the early morning air is. As you breathe out you watch your breath form a spectral mist that drifts slowly upwards into the deep blue of the sky. You turn your attention back to the sun and watch as it inches its way into the sky. You've never seen anything so beautiful, a golden ball of pure light radiating its energy all around you. Somewhere in the back of your mind the thought that looking at the sun should be hurting your eyes flutters weakly by, but you find that this isn't the case and the light is gentle and soothing instead.

As you watch you start to feel something, a dampness creeping into your shoes and as you look down you see that the grass has a white, almost translucent quality to it and you realise that there must have been a light frost during the night.

You decide to walk forward, towards the sun, and as you do so you can hear the crunch made by your shoes on the grass as each footfall lands. You also start to notice the feel of the gentle breeze on your face, how cool it is, how clean, how refreshing.

As you walk you begin to pick up the faintest sound and you stop for a moment, listening. It sounds like laughter being carried on the breeze and you smile. You begin to feel the warmth of the rising sun and realise that while you are here, in this serene place listening to the sound of laughter, you yourself are happy...

All right, that was part of a hypnotic script I wrote for another purpose entirely but hopefully you should have been able to form at least some kind of image in your mind of what I was describing.

(Believe it or not one of the simplest of ways to increase your ability to visualise is simply to read more. Try it out with the book of a movie you like. You'll find that more often than not the images you create in

your mind will be far richer and more vivid than the movie could ever create. That's merely a hint at the power of the mind.)

The more astute amongst you may have noticed that sight wasn't the only sense invoked during that little exercise and that point is an important one when dealing with visualisation. The word itself is a misnomer since you can utilise any of the senses when creating something in your mind.

Perhaps a better term would be "Visual Imaging" to describe seeing images in your mind since then we can differentiate between the senses. For example "Auditory Imaging" would be the act of creating sounds in your mind (and no, the voices don't count). "Tactile Imaging" is the act of imagining the feel of something, or how something would feel to the touch (the ROPE technique makes good use of this and there is a little used in the second technique I will show you).

"Kinetic Imaging" is probably the hardest one to get the hang of (this is basically creating the feeling of movement), but once you can do this then most of the techniques you'll come across for projection will seem a whole lot easier. Both the techniques here use kinetic imaging (the first one more than the second) but before you start wondering how the hell you're ever going to do them, let me say that everything will be explained in the techniques themselves - exactly what you have to do - and once you've given them a go a few times, they shouldn't seem so daunting.

Er... I think I may have got carried away a bit. This is only supposed to be a guide for the astral novice so I think I'll leave it there, but look for a guide on visualisation sometime soon because there is a lot more that would be worthwhile to learn.

Before you begin : **Aids (and distractions) to projection**

In this section I will deal with a few things that I've found either help a projection along or hinder it somewhat. Now I can't guarantee that these will be the same for everyone since people are different but if you use them as a guide then you should be okay.

One question I hear a lot is whether time of day has an effect on projection ability. My answer is: yes and no. Yes it does have an effect but not in your own ability to project. The effect will be more evident in what those around you are doing at different times of the day, and whether you will be distracted or not. I've found through my own projections that if you can be free from distractions and in a place where you can concentrate on what you're doing then it doesn't matter if you project at 3am or 3pm.

Naturally you will be relatively free of distractions at night (because others will be asleep) and there's less chance of traffic rattling past your window... like it's on a mission to break your concentration... and you feel about ready to go out and vent your rage on the driver of the twelfth lorry that's gone trundling past in the last half hour.... ahem... sorry. You get the picture.

Of course if you work nights then obviously that won't work. I'm guessing there can only be so many instances of: "Hey, I thought I told you, NO SLEEPING ON THE JOB!!" Before the only projection you're likely to get is one that sends you on a trajectory out of the building with your boss' boot in your posterior. If that's the case then as long as you can create the conditions around you where you can attempt the techniques in a reasonably quiet environment then you'll be okay no matter what time you do it.

Food is another issue. Should you eat? Shouldn't you eat? Won't a full stomach get in the way? Well the only answer I can give to that is to tell you that generally if I know I want to project then I won't have anything to eat for a period of four hours beforehand. That way I won't be hungry and I won't feel full but rather somewhere in between the two. I'm not sure food does have a huge effect since I have managed (once) to project when I hadn't eaten anything for three days, but that was very difficult and I wouldn't recommend it. Still, try both ways and see for yourselves if it matters to you, you have nothing to lose and at least then you will know.

Coffee, on the other hand, is a different animal... er... beverage. I wouldn't recommend drinking coffee if you're going to attempt projection since the main purpose of caffeine is to keep you alert and your senses sharp (or bouncing off the walls if you've had too much) when what you need to be is nicely relaxed and in a passive state of mind. If you're like me and crave coffee then there's always de-caffeinated.

One thing that it took me ages to realise was making my projections much harder to achieve was the use of covers at night. If you're going to try to project in bed then I would recommend against using any form of covering (duvet, blankets, etc.) unless you're likely to be very uncomfortable if you don't (if, for example, it's -20°C and you're likely to become very cold very quickly).

There are two reasons for this. Firstly, while they have no effect whatsoever on your astral body entering and leaving your physical one, the weight of a duvet or blankets can be a distraction and may cause you to be more aware of your body than you would otherwise be. The second reason is simply that if you're all warm and snugly in bed then you'll probably fall asleep before you get anywhere.

My recommendation is that you either lay on top of your bed if you can, or better still place your mattress on the floor, make the room as close to a neutral temperature as possible (neither too hot nor too cold) and do it there.

Okay, I know there are plenty of things I haven't covered but I'm intending this guide to be dynamic. I could probably go on and on about all the little details that may or may not effect your chances, but I figured it would be best to play it by ear and have a bit of feedback from you guys about anything that's worrying you.

However, before I finish this section, I would like to give you the two things I've found have the greatest effect on projection:

Belief

Before you start the techniques, once you've decided you're going to give this a shot, it's important to have a bit of faith that it's going to work. I know this sounds like a very obvious thing to say but it's surprising how often people undertake things with the mentality of "oh it's just a bit of fun" or "yeah whatever". I used to be like that so I know how easy it is to go through the motions with no real commitment. Belief is a very important aspect of this whole process and you're more likely to succeed if you believe you will.

Commitment

You should avoid trying to structure your training around your life. It's one thing if you have commitments that you absolutely can't get out of (we've all been there), but it's another to say "oh I'm not going to bother tonight because there's a really good programme on TV and I really want to watch it."

Tape it instead and watch it later.

I know this may sound a bit... strict... but you don't see professional athletes taking a break from training just because there's something else they'd rather be doing. And this guide is, in essence, a training schedule. But you are not training a muscle, you are training your consciousness, you are training your body to do something repeatedly that it normally only does once when you die.

If you leave it and do something else then you'll find it harder to get back into the rhythm once you decide you want to have another go. At times you may feel that you're not getting anywhere and even (occasionally) that the whole thing is a waste of time but if you believe nothing else I tell you then believe this: The end justifies the means more than you can possibly imagine. Just stick with it and I assure you that once you achieve your first projection you will feel that it has all been worth it.

With that in mind, the last thing I will say to all of you while I have my schoolteacher hat on is this:

I will give you the means, you must provide the motivation, but when you have both then you will have given yourself a golden opportunity. Grasp it in both hands and give it your best shot. You all have the ability within you, every single one of you. Some may find it harder than others but you will all get there eventually if you have faith in yourself. You are not alone in this either. I will assist you to the best of my ability and if I can't help then it's a pretty safe bet that there's someone here that can, so don't be afraid to ask for help if you need it.

The Fear Barrier

You may have heard this discussed elsewhere but during your first few attempts at projection there's a good chance that this is going to be the bane of your life, and unfortunately all the information and assurance in the world doesn't seem to combat it.

I don't know for sure but my guess is that the fear you experience when you attempt projection isn't anything to do with fear of the unknown or fear of something catastrophic going wrong while you're out. I would suggest that the fear you experience is simply a reaction or a reflex by your own body because you're trying to do something that it just isn't used to.

Think of it this way:

Body: "What are you trying to do?"

Mind: "I'm trying to get out and take a look around, you have a problem with that?"

Body: "Hell yes!"

Mind: "Why?"

Body: "With you gone, what will happen to me? I'll die. I need you!"

Mind: "No you don't. Besides, I'm leaving the important stuff in the hands of those guys down in the subconscious department, they can handle it."

Body: "No, you can't go!"

Mind: "Watch me."

Body: "Okay, two can play that game. Here are a few hormones that should sort things out."

Mind: "What the..!? Jeez, maybe this isn't such a good idea after all."

Body: "No it isn't. Stay here. I can take you wherever you want to go."

Mind: "Okay, I guess you're right."

Body: "Mwahahahahaha!!!"

I think the only way to get over this irrational fear is to combat it head on. Have you ever heard the expression “Feel the fear and do it anyway”? Accept that for the first few times you’re going to be scared, but also accept that this fear is baseless and that once your body has got used to you leaving it on autopilot a few times it will be far more compliant and it becomes a case of:

Body: “You going out tonight?”

Mind: “Yeah, are you going to be okay?”

Body: “I guess so. I’m still not keen on the idea but I know things won’t fall apart while you’re gone.”

Mind: “I won’t be gone too long.”

Body: “..... okay, don’t do anything reckless.”

Mind: “Yes, mother.”

If it comes to the crunch and you find that you absolutely can’t get over it no matter how hard you try then autosuggestion may be a way to go. This is basically programming your mind with a series of suggestions while you’re in the trance state. I know people get wary when the word ‘hypnosis’ is bandied around so I won’t go into too much detail here but if it’s something you’re seriously considering then you might want to check around for information on self-hypnosis and autosuggestion. (Or PM me and I’ll see what I can do).

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Okay, now we get to the good stuff. Perhaps you’ve been practising your visualisation skills and have become more adept at picturing images in your mind. And you’ve decided why you want to do this and made sure you’ve given yourself the optimal conditions. Well now we get on to the methods used to induce projection itself.

::waits for the cheering to die down::

What I’m going to do in the following sections is to give you only two methods you can use. The main reason for this is because I feel that while having a whole raft of methods is good in that it allows you to tailor your programme to suit your needs, it is also highly confusing and can result in you flitting from one method to another without giving adequate commitment to any of them. Another reason is that I have tried a great deal of techniques and to be brutally honest some of them aren’t exactly... how can I put this... well let’s just say they make assurances that they can’t live up to. The ones I will show you have worked for me repeatedly... and in the end I can offer you no more guarantee than that.

The two methods are different in that one is suited to those who work with visualisation and relies mainly on that skill, while the other requires little or no visualisation so those who have problems with it can still project. With each I will provide (hopefully) helpful comments about what you can expect to feel... or rather what I felt by using them, and any little tips I’ve picked up along the way.

The very last thing I will say before we start is that in my opinion, and based on my experiences with both of the techniques, #1 is the more reliable but #2 will give you the fastest results.

So choose which you want to use and read on...

Technique #1 : “Who the hell are you!?” (Visual imaging based)

Okay, the first technique I will call “Who the hell are you?” simply because I was so surprised that’s the first thing I said once I’d managed to get it to work... and hopefully you’ll soon understand why.

Some of you may be aware of a technique called the “Body of Light” used by the Golden Dawn, and one which I have mentioned before. Well the technique I use is a heavily modified version of that (mainly modified because I couldn’t be bothered to do all the weeks of visualisation work necessary beforehand - and in my honest opinion it is unnecessary and can even detract from the experience).

For those of you who don’t know of the Body of Light, perhaps a brief explanation is necessary:

Basically the aim with this technique is to create a sort of “duplicate” of yourself (although you can also create whatever form you want - it just takes a bit more work) into which you transfer your consciousness (at first). Call it an artificial astral body if you like. Anyway, there’s a whole load of visualisations you have to do before the actual transfer and it’s these that just got on my nerves so much that I decided to take the original and change it a bit.

So here’s my version, from the top.

Preliminary work : Mirror, mirror... (optional)

As an addition to this technique there is a neat little trick you can do to help things along a bit and all it involves is a mirror.

I think this was originally invented by a guy called Sylvan Muldoon (a very accomplished projector) and it seems to increase your chances greatly when using this technique or the full Body of Light one mentioned earlier.

To start with I was a little sceptical, but after giving it a go a few times it worked very well so now I’m going to share it with you. What you do is to look in a mirror at yourself as closely as you can. If you have a full-body mirror then so much the better, but if not then I suppose it can work with a smaller one.

What you’re attempting to do is to become familiar with the way you look so that when it comes time to visualise yourself, you will be able to do it much easier.

That is only part of the exercise, however, since once you’ve studied yourself for about ten minutes what you do is to stand about three feet away from the mirror and look deep into your own eyes. Don’t blink if you can possibly avoid it, just hold your own gaze for as long as you can. At the same time, give yourself the suggestion that the reflection in the mirror is the real you (your physical body) and that you’re standing some distance away looking at the eyes of your physical body.

Unfortunately this can sometimes lead to dizziness and disorientation (as it did with me the first few times) and if that happens then break the stare and take a few deep breaths. But the benefit of this is that when it comes to transferring your consciousness into the artificial body then you’ll have a good idea what you should be visualising as you do so.

As it says above, this is entirely optional and you don’t have to do it.

Now, onto the main technique

Making yourself comfortable

Firstly I find the best position to use this technique is sitting rather than laying down. I know a large majority of techniques assume that you're going to be spread-eagled on a bed or something... and if you really want to then you can do that. However, I've also come to realise that it's a hell of a lot easier to visualise when you're sitting up. I think it has something to do with the alignment of the spine or something but there are more knowledgeable people than me about that stuff. Just know that in my opinion it works a lot better in a seated position. Of course you may be different and find that you visualise better when laying down (some people can be awkward that way), but there's one way to know for sure - try it both ways and see which works better for you.

If you do decide to do this sitting rather than laying then make sure that the chair you use isn't going to cause you any problems by digging into your back or being so hard that you can't stop fidgeting to get comfortable. Fidgeting is probably something I should have mentioned earlier but it can be a real problem. If you have an itch, scratch it and make sure it's gone before you start or it will become an absolute nightmare later on, trust me.

Clearing your mind

Okay, once you're reasonably confident that you're itch free and that you won't be bothered by any irritations (or as much as you can be), then the next step is to clear your mind of the junk that tends to clutter it up during daily life.

There are about a billion meditation methods you can use to clear your mind (mantras and all that gubbins) but I'm going to teach you a hypnotic method that should do the job relatively quickly.

Okay, the method I use involves nothing more complicated than simply counting. Take a few deep breaths and close your eyes. Now imagine that your mind is completely dark, black, that there's nothing there (which is easy for me some days).

Then imagine the number one as a solid figure inside your mind. You can visualise this any way you want but to make things easy for yourself you should probably avoid making it too fancy (or rather than counting you'll be thinking "Wow, look at all the swirly patterns!"). Once you have this number inside your mind concentrate your entire attention upon it. See nothing but the number one. If any thoughts thrust their way through then immediately stop and mentally erase them (I do this by visualising the dark nothing enveloping them and smothering them out - that seems to work relatively effectively).

Once you've done that, visualise the number one again and once again concentrate upon it. After about twenty seconds of full concentration without interference from any outside thoughts (the actual time is irrelevant but 20 seconds is a good indicator that you have the concentration necessary) you can replace the number one with a number two (no sniggering at the back!). Once again focus your full attention on it. This time, if you find a thought creeping in then get rid of it as before and start over with one.

Some common thoughts that can break your concentration are: "Hey, this is easy!", "God I'm so bored!", "This is pointless!"... and the absolute worst: "I need the bathroom" (which is usually brought on by thinking of a number one or two).

Persevere with this and once you reach number ten then once again bring back the black screen and concentrate on that for a few more minutes. Once you can do this consistently then your mind should be clear enough to continue on with the technique.

The other you

You may have noticed at this point that I haven't said anything about full-body relaxation. That's because it isn't really necessary with this technique since once you start visualising you'll forget about your body soon enough (although you can use it if you want, it certainly won't hurt your chances).

To begin with you may want to try this at night because it seems (at first) slightly easier to do it in dark (or semi-dark) conditions, but if you're confident enough to have a go during the day than do that instead.

For novices I would highly recommend keeping your eyes closed while you do this since you're far more likely to succeed if you don't have the added problem of double perspective to cope with (seeing everything from two different viewpoints at the same time - it can be very disorienting).

Okay, your mind is clear and you're reasonably relaxed. Now it's time for the actual visualisation that will form the astral duplicate itself.

What I want you to do is to imagine a duplicate of yourself standing about six feet away from your physical body and looking straight at you. Sounds straightforward, I know, but what you have to do is to make the visualisation as detailed as you possibly can. If you've done the preliminary work then this should be a lot easier to manage. If you're wearing a jacket then visualise the buttons/zip, the pockets, and even the creases in it. Visualise the way your hair looks, the style and length and even the colour (this may be a touchy subject but if you're using this method in bed and you sleep in your birthday suit then you should really visualise your duplicate with some clothes on because otherwise you're likely to give any other projectors or ghosts you might meet a heck of a shock).

(I tend to spend the longest time on my face if I'm visualising myself because that's the part you're going to have the most interactivity with, so if you do the same then make sure you have it just right or as close as you possibly can).

You may not be able to get the visualisation solid in your mind at the first attempt (I certainly didn't) and if that's the case then break it down and spend about twenty minutes visualising the figure as much as you can and then take a break for the rest of the day or night. Then come back to it the next day and work again at the visualisation until you're confident you have it as solid and stable as it's going to get (there's a reason it has to be as solid and detailed as possible which I will talk about later).

Sneaky shortcut

If you're having a difficult time visualising yourself and really can't get the image looking right then there is a shortcut that you can try. You remember earlier I said that you could visualise something other than yourself and that it would work just as well? This is exactly the case and depending on what you use instead, you could make your life much easier.

If you're having trouble creating a duplicate of yourself then why not use something that is less detailed? One thing I tried early on is the image of a figure in a black robe with a hood drawn over his face. This meant I didn't have to bother visualising the face at all and didn't have to worry about all the different types of clothing I was wearing or my shoes since they were all obscured by the robe.

If you try this then it's important to still be as detailed as you can. There isn't a universal black-robed figure, so due attention to the little things must still be paid. What I did was, once I'd become more confident in my ability to visualise, I began to give the figure golden edging around the sleeves and hood

with runes inlaid onto the fabric - which basically made the figure more individual to me and easier to work with.

When you know what you're doing then you can work with whatever form you want but you should be careful because the more outlandish you make it, the more likely you are to have an astral projection rather than an etheric one (animals and mythical creatures should definitely be avoided since they can bring up all sorts of problems). So my advice is to stick with humanoid until you feel ready to experiment a little more. Of course if an astral projection is what you're after then disregard that statement, however moving directly from physical to astral isn't something that's covered by the scope of this guide (wait for the advanced guide if you're interested).

The transfer

The Body of Light technique talks about visualising yourself doing all kinds of little things before the actual transfer of consciousness but I've decided to skip all that because it will only slow you down and make you question yourself later on.

I'm assuming at this point that you can visualise either yourself or the replacement you're going to use standing six feet away from you. Something to just make sure of is that you've visualised the figure facing you rather than turned away and that they are looking straight at you.

Done all that? Okay, the final visualisation you have to make is that of a small glowing thread stretching from a space just above your eyes in the middle of your forehead to the same point on the artificial body. (If your figure is hooded then just send the thread to the approximate position and it should work fine).

You can probably guess what this is for. It's a representation of a conduit that you're going to use to transfer your consciousness to your visualisation. You don't strictly have to do this but I've found that the technique works a lot better if you have something to focus on.

Now we have the real essence of the technique and also the part that's likely to give you the most trouble. I've been thinking for ages about how to explain this part since it's a feeling rather than an actual movement, but what you have to do is to see yourself looking out of the eyes of the artificial body and straight into your own eyes (if your physical eyes are closed then obviously you can't do that so just look at the face instead).

This is hard to get the hang of so don't be discouraged if it doesn't work first time. Since your new position will be standing rather than sitting or laying down then also try and recreate the sensations of what that would feel like. The feeling of gravity and weight as you stand there looking at yourself.

(If this is giving you real trouble then what you can do is to open your eyes, physically get up and walk over to where your duplicate will stand and adopt the same stance while taking in all the feelings of gravity, height, perspective etc. Then go back to your chair/bed and try it again.)

Whatever you do, don't try and visualise yourself getting up, walking over and turning around to face yourself because that's likely to make you feel instantly sick and dizzy. The first time I tried I did just that and ended up with my head spinning and feeling like I wanted to throw up. The best way is just an instantaneous shift in perspective from your seated/laying position the new vertical one.

Once you are looking out from this new body then focus on the point where the thread starts on your physical body (around the 'third eye' if you did it correctly) and visualise it starting to shimmer as you begin the transfer of consciousness. This may feel a little strange for a while (okay it will probably feel a lot strange but it shouldn't last that long). The closest approximation I can give is... hmmm... you know when you suddenly shiver involuntarily for no apparent reason? Well it's like that only it will last for about five to ten seconds.

When this feeling has finally subsided then one of two things will have happened:

1) You will immediately notice a sharp increase in clarity and reality tone and it will seem as though you're actually in the new body and staring at your physical body. You will feel all the sensations you would normally while in this new body and will now be free to move about and do whatever you like.

2) If the body wasn't sufficiently visualised, and by that I mean it was only a vague shape with the barest hint of detail, then you'll find yourself back in your physical body wondering what the hell happened. This is why it's important to make the visualisation as solid and detailed as you possibly can so you can actually see it in your mind's eye clearly. (Ideally you should visualise this artificial astral body to a point where you can see it with your eyes open but in reality that's only something that comes with a lot of practice.)

If you don't manage it the first time then don't worry. I didn't get it until about the sixth attempt. All you have to do is just call up the visualisation again and work on it a bit more.

Your first faltering steps

So your consciousness is now firmly planted inside this artificial astral body and you're stood staring at your physical body. What do you do? The very first thing to say is: please don't be alarmed if your physical body slumps down a bit in the chair (if it's on a bed then you probably won't notice anything). Your body is fine and things are working normally it's just that you're not in the driving seat, so to speak. It will manage just fine on autopilot while you're out.

In case you're wondering what exactly you just managed to do, to put it in it's simplest terms what happened was that not only did you transfer your consciousness along the glowing thread, you also dislocated your natural astral body and caused it to merge with the artificial one you created. The astral body is infinitely malleable and can adapt to whatever shape you want it to. In this instance you'll probably find that rather than reverting to your own body shape, it will have stayed in whatever form you created. Of course if you visualised a duplicate of yourself then you won't notice anything out of the ordinary. But this is the principle that applies when you decide to have a go at shapeshifting during projection (something that will be covered in the advanced guide).

So what now? Well since this will be your first projection my advice would be to take things one step at a time. First you can get used to moving around by just walking around the room you're in, noticing all the little things that you couldn't see from where you were in your chair/bed (especially if you had your eyes closed). Moving while projected can be a bit of a nightmare if you're not used to it, but the reason I asked you to imagine the feelings of gravity during the transfer was because by simulating the sensations associated with it you can bypass the whole floating around issue and just move normally even though you're no longer subjected to the force of gravity itself.

It's all a matter of expectation. What would happen if you didn't know you were out-of body? If you expected to move around like you were still in your physical one? Your will is responsible for a large majority of actions while projected and your thoughts play a big part, so what if you thought you were still in the physical world? In my experience if you expect to have normal movement then that's exactly what will happen and by giving yourself a feeling of gravity then you help that expectation along.

And that's about all there is to it. I probably haven't been as clear as I could have about some of the things but as with everything else in this guide, if you're not sure about something then ask.

Oh, and if you're still wondering why I called this technique "Who the hell are you!?" then I'd better tell you. It wasn't because I'd seen my physical body and didn't know who it was (that would be a bit stupid),

it was because the first time I'd got it to work I had used a different astral body entirely and saw myself in the mirror at the bottom of the stairs. I guess I must have forgotten that it wouldn't be my own reflection so when I saw it, it shocked me a little.

::embarrassed cough::

So... uh... yeah, that's why.

Technique #2 : “Oooh floaty!” (Non-visual imaging based)

The first part of this technique may look familiar to a lot of you and that's because it's the relaxation technique posted in the original thread. Since it's only really necessary for this technique I decided to place it here out of sheer convenience. I don't think it needs editing so I'm just going to leave it the way it was. If you've been practising this in the time since I first posted it then you should be well on your way with the technique that follows it.

Positioning yourself

Just a quick note on the best position to try this technique. You should do it laying down but preferably not on something so comfortable you're going to fall asleep. I've never once got this to work while sitting up but hey, if you're feeling brave then give it a go and see what happens.

Preliminary work : relaxation (essential)

Now, there are a lot of techniques that focus on specific patterns of breathing in order to relax you and these are very useful since you can both relax and concentrate on the rhythm, allowing you to slip into a trance state. We will be using one of these methods in the following technique.

The actual rhythm is dependant on the specific technique, but the one we are going to use is known as 4/3 breathing. What this means is that you inhale for the mental count of four, hold your inhalation for the mental count of three, exhale while counting to four, and hold your exhalation for the count of three.

At first you may find you have a bit of difficulty judging the speed at which you should breathe, and my advice would be to match your heartbeat as a guide... at least until you find a speed at which you are comfortable.

Before you continue on, practice this 4/3 breathing for a few minutes just to make sure you've got the hang of it.

Ready?

Okay. The next part focuses on relaxing your muscles gradually, one area at a time. Now, to make sure you can tell the difference between tension and relaxation (and appreciate the two states), it is necessary to tense up your muscles first. You do this during your inhalation and you hold the tension as you count the mental count of three. So for example: breathe in, tense your feet, hold it while you count to three, relax your feet, breathe out.

If you've done this correctly you will feel a marked difference between the two states, and upon releasing the tension you should feel far more comfortable in that particular area.

This is where your visualisation skills can help, because when you relax your muscles at the same time as breathing out, you can visualise some sort of release... maybe you could visualise the tension built up in your muscles as a fluid, and upon relaxation you imagine all the tension fluid draining out of your muscles and into the ground. I will suggest a method in the technique, but if you find that unsatisfactory then play around until you find something that works for you. After all, this is an individual experience, and what some find works, others may not.

Anyway, the objective is to continue with the 4/3 breathing, relaxing a particular muscle group with each inhalation (although you can stretch this out and make it two inhalations if you prefer), until your muscles are totally relaxed. At that point you should start to feel warm, and your body may even start to tingle slightly.

The final step at this stage is to add a visualisation that will increase the level of relaxation still further and allow you to do nothing but close your eyes and get used to the sensations you are feeling.

Okay, got all that? Right, here is the technique:

1. Find somewhere you aren't likely to be disturbed. If you want to do this exercise at night that's fine, but it will work just as well during the day. Make sure you are comfortable and aren't distracted by anything poking you or something that is likely to deter from your relaxation.

I have found that laying down is fine, although don't support your head with pillows if at all possible, try to keep it flat.

2. Begin the 4/3 breathing cycle. For about ten minutes just concentrate on your breathing. In for four, hold for three, out for four, hold for three. At the end of this period of time you may start to feel relaxed already, but please persevere.

3. Now start at the bottom, when you breathe in, tense up your feet. Ball them up until you start to feel pressure throughout your whole foot. Hold that for the mental count of three and then release as you exhale, allowing your feet to go as limp as you possibly can. At the same time, imagine there are two switches on the top of your feet that are set to the 'on' position. Imagine yourself reaching down and switching them over to the 'off' position.

4. If you want to, continue the 4/3 cycle for a little longer, and then when you are ready, inhale and tense up your calf muscles. A good way of doing this is to try and push your feet upwards. Count three and release as you exhale, imagining another two switches on both calf muscles. Switch both of these off.

5. As above, inhale and tense the tops of your legs and your thigh muscles. Hold for three and release on the exhale, visualising another two switches that you switch off.

6. Inhale and tense your buttocks (no sniggering at the back!). Hold for three and release, imagining a switch just at the base of your spine that must be switched off.

7. Inhale and tense your abdominal muscles. Hold for three and relax them, imagining a switch just above your belly button that you switch off.

8. Inhale and tense your chest muscles. Hold for three and relax them, imagining a switch in the middle of your breastbone that must be turned off.

9. Now start on your arms. For the next inhalation, tense your hands by making fists. Hold for three and relax, turning off switches on the back of each of your hands.

10. Inhale and tense your lower arms. Hold for three and release, visualising a switch on each wrist that must be turned off.

11. Inhale and tense your biceps. Hold for three and release, visualising a switch on each bicep that must be turned off.

12. Now inhale and tense your shoulders. Really hunch them up until you can feel the pressure. Hold for three and release, imagining a switch on each shoulder that you turn off.

13. Inhale and tense your neck. Hold for three and relax, imagining a switch just under your larynx that it turned off also.

14. Now inhale and tense your jaw. Hold for three and relax, turning off the switch that you visualise on your chin.

15. Inhale and screw up your eyes. Hold them like that for the count of three and release. Imagining a switch on each eyelid that you turn off.

16. Inhale and tense your forehead. Hold for three and relax, visualising a switch where your third eye is. Turn that off also.

17. Once you have completed the above steps what you do is tense your whole body... make it completely rigid for the mental count of three and then go limp, visualising a switch right at the top of your head which you now turn off.

18. For the next few moments you can just lay there and enjoy the feelings of relaxation, still continuing with the 4/3 breathing cycle. While you are doing this, watch for any signs of tension creeping in you your muscles. If you feel any, then just imagine that the switch has turned on again and tense up that particular muscle group for the mental count of three, and relax it again... turning the switch off once more.

19. Now for the final visualisation. As you lay there, relaxed and comfortable, I want you to imagine that your entire body is turning to lead, it is becoming so heavy that you can't move any part of it even if you wanted to.

20. You can stay in this state for as long as you want, but my suggestion is that you don't devote too much time to it (more than about 40 minutes a day) but that you do it regularly, ideally every day.

You should find that the more you practice this relaxation technique, the better at it you get until you can do it almost instinctively.

Losing bodily awareness

This part of the technique will allow you to forget totally about your physical body and gear you up for the separation of your astral body, but it first requires that you are in a relaxed state. So before you start this part of the technique make sure that you've gone through the preliminary exercise above and that you're feeling nicely relaxed and 'mellow'.

Once you're in this state I'd like you to concentrate on your hands. Don't move them or anything, just become aware of them, of your fingers and your palms and your wrists.

Now, very slowly, I want you to push your hands forward without moving them at all. You don't have to visualise anything except the feeling of your hands moving forward by a few inches. It's important that you don't actually move your hands because that defies the purpose. Just imagine what it would feel like if your hands were moving forward a couple of inches down of where they are.

Once you've done this then do the same thing in reverse and try to 'feel' your hands coming back to their original position... and then a couple of inches upwards. It might take you a while to get the hang of this 'moving without moving' but what's important is that you're only imagining the movement and not actually moving anything.

All you have to do at this point is just practice moving your hands forwards and backwards without moving them physically.

Once you've done this a few dozen times then move your awareness to your feet and once again do the same thing, First try to feel them moving forwards a couple of inches and then back to their original position before finally backwards a couple of inches towards your head.

The aim of this part is to give you an awareness of different parts of your body and at first you might be thinking "so how exactly does this mean I lose awareness if all I'm doing it making myself more aware?"

The answer to that will become apparent once you undertake the next part of the technique...which is as follows:

The next thing to do is to feel both your hands and your feet withdrawing into your body. You know how you sometimes curl up into an almost foetal position if you're trying to keep warm or something? That's the kind of sensation you're aiming for only your physical body doesn't move at all. Just feel how it would feel if you were actually moving your body into that position... only don't move a muscle.

The first thing you should notice is that both your hands and your feet go physically numb, you can't feel them at all. This will be closely followed by your arms and legs and as you continue to imagine drawing your body into itself this feeling will increase throughout your whole body until the only parts you're left aware of is your head and your chest.

At this point it's time for the next part of the technique.

Up, up, and away!

What you should be feeling now is complete numbness in your arms and legs, in fact almost your entire body. The only thing you should be aware of is your head, and your chest rising and falling slowly as you breathe... both of these areas may be tingling slightly but don't worry.

Now what I want you to do is to allow your mind to go completely blank and focus on nothing but the sensations of your breath as it enters and leaves your lungs... particularly the in-breaths. For five minutes or so do nothing other than to feel the way your lungs expand as you breathe in.

Now, after you've been doing that for about five minutes start to imagine yourself floating upwards with each in-breath. I don't want you to try and see anything, just allow yourself to feel as though you're gently floating upwards each time you breathe in and your lungs expand. If you want a visualisation to go with this then a good one to use is to imagine that you're lighter than air... like a helium filled balloon. Do nothing else at this point other than to feel yourself slowly floating upwards.

But what about the out-breaths? If at all possible try and ignore them, but if you can't then rather than doing things in reverse and feeling yourself floating back down, feel yourself stationary - that is try to feel that you aren't moving at all.

I've been told that this is the point where people are most likely to feel 'the vibrations'. Since I don't feel them myself there's little I can suggest on how to deal with them other than to either try and maintain your concentration on your in-breaths and try not to get distracted by them or to use them to help you project.

If you're not sure what I mean by that last part then I have to confess that that makes two of us, but I've been thinking about this for a while and I believe it might be possible to harness the vibrations by use of visualisation.

"But this technique isn't supposed to use visualisation!" You say obstinately. I know, but I'm not thinking about visual imaging, rather the use of tactile imaging and feeling something rather than seeing it.

Give it a try and see what happens. If you start to feel the vibrations at this point then rather than freaking out and quitting the whole thing, try to give them a context inside your mind. Associate them with something. Perhaps you're laying on a rising platform or a lift (elevator) that's vibrating as the machinery is causing it to move upwards, taking you out of your body as it does so. Combine this feeling with that of rising up during your in-breaths and see it as a part of the process rather than an alien event that's making you feel weird.

Apparently 'the vibrations' will subside after a period of time (and this differs with the individual) so you're not going to have to put up with them forever. If you can just hang in there and ride them out then the next part of the technique is the most exciting.

Touchdown and the Etheric landscape

So how long should you spend creating this feeling of floating upwards? That's largely a matter of personal preference and the very simple answer is "until you feel you're ready". But that doesn't really say a lot, does it? Because the next question is then "How do you know when you're ready?"

Here's what I do: after losing bodily awareness I float upwards for approximately thirty in-breaths. I say approximately because I have a nasty habit of losing count about half way through. If you try and aim for roughly that number then you should be sufficiently 'out' to attempt the next part. Whatever you aim for, if you experience the vibrations then wait until they have completely dissipated before you go on.

The next part involves you creating the feeling of flipping over to a vertical position (since you'll still be in a horizontal position once you're out). This can be a bit of a weird sensation but stick with it. At this point you should still not be seeing anything because you haven't attempted to open your astral eyes (I'll explain how to do that shortly).

Please note - make sure you 'flip' the right way because if not you'll end up doing what I did and seeing the world upside down when you do open your eyes... and that can be a bit bizarre.

So, you're vertical and (hopefully) out of your physical body, but you're blind as a bat. What you do now is to open your astral eyes and take a look around. This is not as easy as you might think because nine times out of ten if you try to use the same reflex you would when opening your physical eyes then you'll find that you will open your physical eyes and ruin the whole thing.

What you have to do is to use an act of will - and this will probably be the hardest thing to get your head around. While you're in a projected state the way your astral body operates is slightly different to how your physical body operates and a lot more emphasis is placed on your desires and your thoughts. What you have to do is to want to see. You will yourself sight. Just tell yourself that your eyes are now open and that you're capable of looking around. It's as simple as that.

This next part is assuming that you've managed to open your astral eyes and are now looking around in a highly confused manner. The most important thing at this point is :

DON'T LOOK DOWN!!

I can't stress that enough, whatever you do don't look down because you'll see your physical body beneath you and 99% of the time you'll be pulled straight back into it.

If you want to see yourself that badly then wait until you've moved a fair distance from your physical body and are able to have a good old stare without getting pulled back in.

Movement in this technique is also a matter of will. You just think yourself to where you want to go and... hey presto... you'll go there. You'll probably spend the entire length of your first projection just getting used to the various things you feel and see while out and this is perfectly normal.

The first thing I would advise before you do anything else is to move away from your physical body quickly. Based on my own experiences I would say that six feet is a decent distance and you aren't likely to be pulled back (although chances are you'll feel a definite pulling sensation while you're out).

As a final note you may (actually you will) find that your surroundings don't look 'right'. I think the differences are partly personal with some seeing things that others don't and vice versa. One of the more common observations is that the colour of things isn't as vivid as it should be. The way I think of it is that it's as though someone's taken a remote control and turned the colour down. It can seem flat or dull. That's also perfectly normal and is a sign that you've arrived at where you want to be... namely the Etheric plane.

And once again that's all there is to it so have a go and if you have any problems, don't hesitate to ask.

Put me back in! PUT ME BACK IN!!!!

If you've got to the point where you need the information in this section then a big congratulations, you've had your first OBE.

Here I'm going to tell you how to get back in your body once you've decided you've had enough. Actually the hardest part is staying out of your body rather than getting back in, but I realise that a big cause for concern with some people is the fear that you're going to get stuck somewhere and be unable to get back. I can say with absolute certainty that this will not happen. You will always get back in.

Now another term you may have come across during your investigations into projection is 'the silver cord'. This is basically a term for the link that is always present (but not always visible) between your physical body and your astral body.

You may have already spotted this during your projection and if so then one of the easiest methods you can use to get back to your body is to follow it.

But what if you can't see it? Well there are various methods you can use to get back. The simplest of these is to just try and move some part of your physical body like your big toe or something. This will (usually) pull you back instantly.

Failing that you can just will yourself back - just convince yourself that you're back in your physical body and nine times out of ten that is exactly what will happen.

If all else fails you can just wait. Believe it or not as your physical body begins to require the routine maintenance tasks such as eating or drinking or needing the bathroom, you will begin to feel a pulling on your astral body much like the one you felt as soon as you got out and were still reasonably close to it. This pulling will increase as the hunger/thirst etc. increases and you'll find it increasingly difficult to stay out.

The PPP (Post Projection Party)

This final section deals with what happens after projection, when you've got back and you're thinking either: "Cool, I did it. Now what?" Or more likely: "Okay, what the hell just happened!?"

Your feelings after projection will be a highly individual matter and some of you may be so excited that you don't think you'll be able to sleep for a week, or you may feel so exhausted that sleep is the only thing you want.

I can't predict what you're going to feel when you get back so to finish this guide I'm only going to give two final suggestions:

1) Eat something. It doesn't have to be a twelve course banquet, but you should have something to eat even if it's only a biscuit. This will help to ground you and stabilise your astral body. (If that's out of sync with your physical body then you can feel really ill, trust me.)

2) Try and keep some kind of a record of what happened even if only to stop you forgetting. This has the added benefit of you being able to chart your progress as a projector and see if there's anything you need to work on during your projections.

*

And that, ladies and gentlemen, is that. Hopefully you should have all got something at least a little bit useful from this... and I'll be expecting the £4.99 in the post (hehe, just kidding.).

Keep an eye out for an advanced guide at some point in the future.

Good luck and safe journeys.