

Astral Projection & Metaphysics Forum

Presents:

“66 Astral Projection Techniques”



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Author's Note

This booklet contains 66 Astral Projection techniques that may help you out of your body and travel to the astral planes.

We cannot guarantee the success of any of the presented techniques and we advice the reader to practice and find the technique(s) that works best for you.

We are not responsible for any damage done as a result of using the described techniques in this booklet. By using this booklet you agree to assume full responsibility and be cautious.

If you have any questions, feedback or ideas feel free to visit our forum:
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Revenant

Exit Technique#1. The Girtitak Mantra

Written by JKL

Do whatever it is you do to get goood and relaxed.
 As far as I know its more effective if you are deeply relaxed.
 Once you get to where you cant feel you body...stare into the
 darkness of your eyelids and proceed with this

Inhale....
 Exhale....and say this in your head....'Giiiiiiiiiiiiiiiiirrrr'
 As in 'fuuuuuuuuurrr' or fur...
 You wanna try and roll the R.

Inhale....
 Exhale....and say 'Tiiiiiiiiiiiiiiii'
 As in 'teeeeeeeea or tea

Inhale....
 Exhale....'Taaaaaaaak'
 As in roooooock or rock...

Giiiiiiirrr...Tiiiiiiii...Taaaak....
 (sounds like)..Guuuuuuurr Teeeeeeeeea Tooooooock.

Repeat this over and over and focus only on the words and saying them in sync with your breath. But watch that you dont make yourself breathe funny cuz yer payin attention to it...again...dont actually pay attention to your breath....just continue the mantra every time you go to exhale. Do this until you pass out, get out, or get tired of tryin.

Sometimes it takes a while to notice anything.

And when you do notice sensations like tickles, or itching, or vibrations....Ignore them....they are normal...Just forget how your body feels and get back to focusing on the mantra. Try to ignore all sounds and sensations you may feel. All sensations you could feel are harmless and natural. It takes a little time for your second body to separate...and there are sometimes strange sensations involved.

When you find yourself wondering off in your mind as it chatters away....just see that you have gotten off track..and get back on track.

This tech usually produces some sort of activity be it AP/dreams/chakra-esque activity or energy rushes, vibrations, astral sight, etc

Exit Technique#2. Third eye escape method

List compiled by JKL

Once you are completely relaxed, concentrate on the area between your eyes on your forehead. This is also called the "third-eye" It has been linked with psychic abilities throughout the ages. In actuality there is a gland in that approximate area of the head called the 'pineal' gland, which has been believed to be the 'link' between the physical and spiritual being.

Still concentrating on this area, roll your still closed eyes upward to this position. Do not strain them, it should not be uncomfortable. Only roll them as far back as is comfortable. While in this position and still completely relaxed, 'will' yourself to leave from this position.

Do not be disappointed if it does not work the first time, or you fall asleep before you project. Keep practicing and you will get results!

Exit Technique#3. 6:00 AM in the morning method

Set your alarm clock for 6:00 AM and go to bed between 10:00 and 11:00 PM. When you wake up at 6, walk around the house, watch T.V., get on the computer, etc. for 20-30 minutes until you feel fully awake. Then go back to bed, as you drift into sleep try to stay as aware as possible. When you reach the state where you are almost dreaming, yet still awake, then you can let yourself fall to sleep. This may take a few days to work, but you should wake up in the desired trance state about 5-50 minutes after you let yourself fall to sleep. When you find yourself in the desired trance state, where you can't move and you hear vibrations, you can just roll over out of your body. Be sure to get away from your body because it can pull you back in.

Exit Technique#4. The 6 Feet Method

Sounds simple to do as you picture yourself about 6 feet from yourself then ..transfer your conscience to that form., looking about you with the eyes of that form. Then visualize the person or place that you wish to travel too . To visit and communicate with whom you wish to talk to.

This sounds easy but takes a lot to visualize yourself in a nether body ..with all the determinations you can muster and transfer your will to it.

Some people have a hard time and with pure determination can master astral plaining while others have to learn to control as they have what is referred to as a loose astral body.

Exit Technique#5. Affirmation

Your subconscious mind is a powerful thing, and you can influence it by repetitive subtle nightly affirmations. These should be very positive in nature so as to decrease fear, and increase your subconscious will to experience fully conscious astral projection. I recommend using your own words as they will have the most meaning to you, however here is one that I wrote that I find particularly effective.

"I am a spiritual being, and Astral Projection is a natural part of who I am. When I fall asleep tonight, I will have an out-of-body experience, with no fears, and when I wish to return to my physical body, I will do so easily. When I awaken I will remember the event in full detail, and with elation."

Every night before you go to sleep, recite the above affirmation (or your own) to yourself three times. For some reason three works better than any other number. More than three times seems to increase loss of interest, and less seems to not have as strong effect on the subconscious, and after all, the number three is believed to hold significant power. Just before sleep also seems to be the time when the mind seems most open to the power of suggestion, and influence to the subconscious.

Exit Technique#6. The Anchor Technique

This is another popular technique, which produces an etheric projection.

The basis of this method is to focus on an anchor point outside of the physical body. There are two basic variations to this technique - the fixed anchor, and the moving anchor.

As with all the techniques described, a deep level of relaxation is required, a number of relaxation techniques can be found here.

Once you have reached a very deep level of relaxation (trance state), you must then use your powers of visualisation.

Exit Technique#7. The Fixed Anchor

Although not mentioned as frequently as the moving anchor technique, I find this the easier if the two methods.

After reaching the trance state, focus on a point outside of the physical body (e.g. at the end of the bed). You can either simply focus on a point in space, or you can (and I find this much easier) imagine an object at that point (it usually helps if it is a familiar object - I always imagine my tobacco tin).

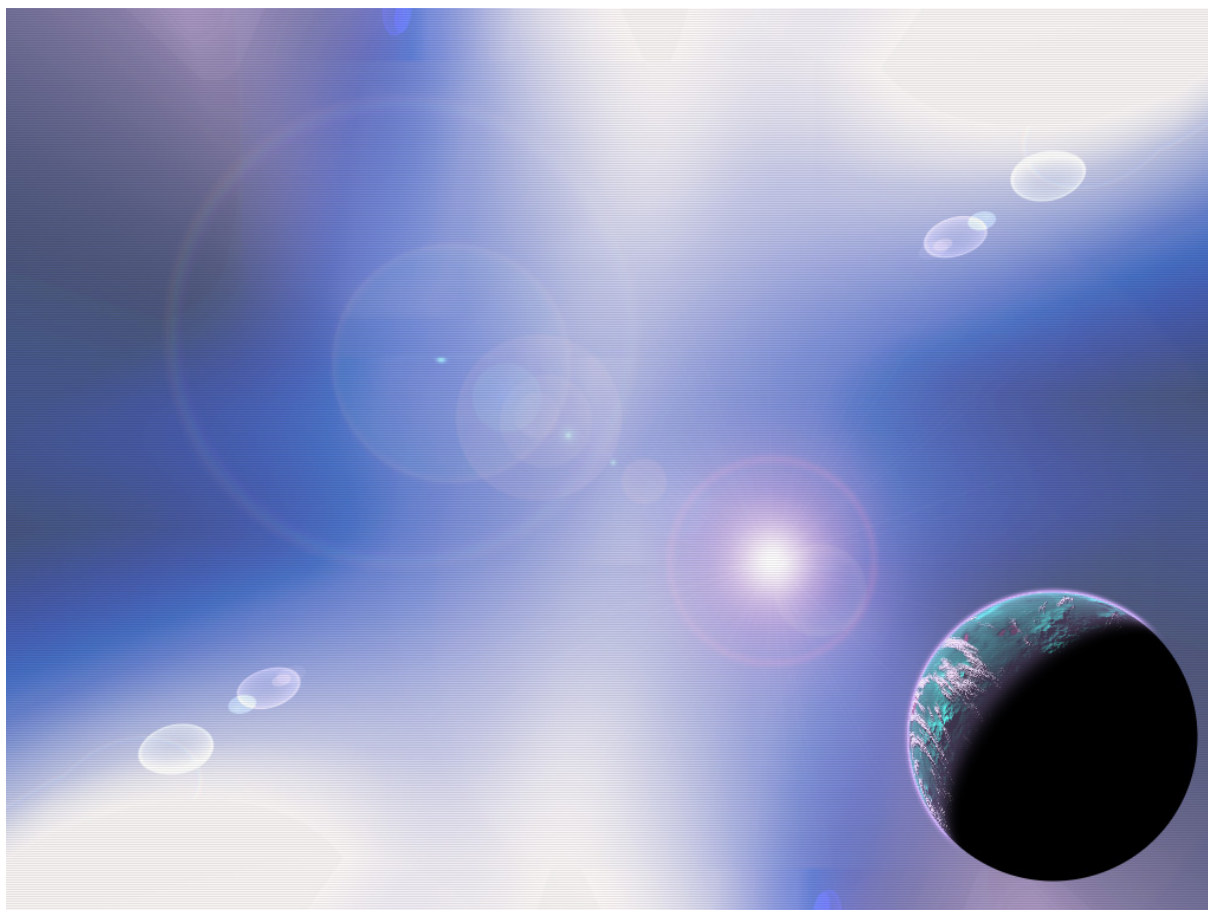
Once you can clearly see the focus point in your mind's eye, 'feel' how solid it is. Try pushing it around with your mind, try pulling it, or moving it. The focus point should be totally solid and entirely 'fixed' where it is. No amount of mental manipulation should be able to move it.

Once the focus point is totally fixed, imagine reaching out with your arms and grabbing hold of the focus point (object). Remember, this WILL NOT MOVE. Now, try pulling the object towards you, gently at first, and then harder and harder. Gradually as you pull you will feel yourself moving towards the focus point (instead of vice versa). Finally you will find yourself at the focus point outside your physical body - Presto, you've done it.

Exit Technique#8. The Moving Anchor

After reaching the trance state, imagine an object about 6 feet in front of your eyes (assuming that you are lying down). Once again, make this a familiar object. Now, feel this object pulling at you (like a magnet). Once you can see the object clearly in your minds eye, and feel the pull of the object on you, begin to move the object slowly towards you. Just a small amount at first (perhaps 6" to a foot), as the object moves towards you feel the pull getting stronger. Now move it back again (the pull gets weaker as you do). Now repeat the process 5 or 6 times moving the object closer each time and feeling the pull becoming stronger and stronger as the object comes closer.

Once you are comfortable with the movement of the object, begin the process again, only this time the movement of the object should be a fluid motion, and as the object moves to and fro it should be like a wave. You should also feel this wave on yourself as the pull gets stronger and weaker and stronger again. Finally, as the object virtually reaches you, the strength of the pulling force, combined with the wavelike motion will simply pull you right out of your physical body - Wahay, you've done it again.



"Space" made by Revenant aka Slaygen

Exit Technique#9. Astral Arms Breaking Through

Lay down in a comfortable position with your arms extended above your head and bent at the elbow at about a 100 degree angle, but still relaxed, and laying on the bed. Take a moment to completely relax yourself until you feel tired. Close your eyes and picture your astral arms slowly moving up and out of your physical arms. Make sure you are not thinking of anything. Just picture your arms slowly

moving out of your body. As you are doing this, push up with your astral arms as hard as you can. Don't let this move your physical arm or flex your physical muscle. Don't think of anything other than the image of your arms slowly moving higher and higher out of your physical body. After a while you should be feeling your body swaying a bit; don't let this distract you. Eventually the vibrations will kick in lightly and when they do, don't let it distract you or they'll stop. Just don't think consciously. They will escalate into very strong vibrations. Then you can just sit up with your astral body and roll over off the bed to get your legs out.

Exit Technique#10. Floating Balloon

First you begin as you always do and as soon as you have those vibrations then you want to get the floating feeling right? Well all you have to do is this:



"Astral Sex" made by Revenant aka Slaygen

Image that there is a large balloon floating in the sky above you. It has a long and glowing gold string and the balloon is large and glowing white.

Now image the balloon floating down towards you.

At this time you should have the golden string attach itself to your crown chakra, as if your body was a weight holding the balloon down.

Now begin at the feet and imagine a white light slowly working it's way up your body as this white light is coming up the length of the body it should form into a ball shape and grown in size.

When the light is to the top of your head, imagine it leaving through the crown chakra into the golden string and from the string into the "empty" balloon.

Now doing so you have filled the balloon with energy, thus giving it "lift" power.

Image the balloon starting to float into the air and try to see things as if you where sitting on op of the balloon.

This should have triggered a projection.

Exit Technique#11. Dynamic Concentration Method

The participant would concentrate on OOB's, and let it consume all of their thoughts, until that was the only thing on their mind. One way to do this is to think about it in the form of a question, or pose a problem that your conscious mind has to answer. Do not answer the question at first, just let it stay in the back of your mind. However you should think about the problem over and over throughout the day. If done correctly, you'll find yourself thinking about how it might be possible for you to project at the most unusual times. Since the subconscious mind likes to solve problems, this problem will be echoing through your mind quite often. The first day you might not notice anything. But, usually after the second or third day you will see results from this method. Another part of the method is to

concentrate on every square inch of your body, releasing it astrally, as you drift off to sleep. With practice, you can get out merely by willing yourself to get out. The question part of this method helps add fuel to the fire, when trying to project, and makes it more likely for you to project from a lucid dream in the instance that you might fall asleep.

Exit Technique#12. Counting Your Way into Sleep

Setting Up the Expectation of a Spiritual Travel Experience

This exercise involves counting as one goes to sleep. The first step is to choose a number based on how sleepy you feel and decide that you will be asleep by the time you get to that number. If you are sleepy, choose the number twenty but if you feel more awake, you can choose a higher number like fifty.

The next step is to tell yourself that you will wake up as soon as you enter the sleep state as the number is reached. You can suggest an environment that you will wake in and visualize it , or simply choose to be standing in the room next to your bed out side of your body.

Then begin counting your way into sleep.

Exit Technique#13. Creative visualization techniques

Creative visualization means picturing something in your mind, and is used as form of concentration. There are many techniques used to induce Astral Projection that involve creative visualization. Before you can start visualizing, however, you must be completely relaxed. I recommend using the both progressive relaxation technique and one of the visualization techniques. Several examples of visualization/ imagination are included below:

- 1.) Imagine there is a rope extending from the ceiling to your body, at about the solar plexus (mid chest). From the relaxed state, mentally imagine climbing this rope. Feel as if you are climbing upward, pulling your consciousness along with you. Don't 'picture' the rope, but instead 'feel' it as if you were in the dark. Feel your hands moving one over aother and pulling upwards.
- 2.) Imagine flying high in the air, like a bird. Many people have said that during a lucid flying dream they have induced Astral Projection. Mentally feel the sensations of gliding along riding the thermals. Then, try to 'break away' from your flight path, and out of your body.
- 3.) Visualize an object about 3 meters in front of your body. Distinguish its shape, color, and size. Next, once you have the object fully visualized, mentally walk towards it.
- 4.) Imagine you are rocking back and forth (do not really rock), feel the imaginary rocking and gradually increase it until you reach a critical point and roll out of your body.

Exit Technique#14. Creative Visualization

Visualization of Environments on the Way into Sleep

When I was young, I used to love trains. Sometimes I used to visualize the various the train cars designing the contents of the sleeper, diner, entertainment, and lounge cars. I would create my ideal train on the way into sleep. I would move from car to car describing and visualizing elements of the environment such as seating, windows, and the colors and textures of surfaces.

Sometimes, I would find that my dream would take up where my visualizations ended and I would continue designing and riding that ideal train during the dream. Because I entered that dream state while involved in a creative activity, I would sometimes find myself in an expanded state of awareness and able to control the progress of the dream to varying degrees..

These visualizations and the resulting dream experiences were antecedents to spiritual travel. Getting involved in a visualization that crowds out all other sensations on the way into sleep is one way to initiate spiritual travel. Creative interest in a subject matter is in many cases a less stressful and more enjoyable method of entering into spiritual travel states than alternate approaches such as concentration exercises. Painters and musicians can compose canvases and musical scores using much the same technique.

Exit Technique#15. Jac's Dual Focus: Auditory and Respiratory AP Technique

Summary: This is the first of a few techniques that I will create using a Dual Focus method that came to me while practicing. To give this technique a serious try, would require you to try it for at least seven or more days straight. It's best if you commit it to memory before attempting to use it. The three section labels should help in the memory of it. Good luck!

Technique:

Position and Comfort

Begin by getting in your usual meditation position. This is a position that only you can decide for yourself. It's comfortable enough that you can sleep in it, yet you seem to be more attentive in it over other sleeping positions.

Begin to do what is necessary to find comfort. Scratch those itches that won't subside, open those fingers a little more to relieve tension and do whatever else it takes to get your body ready to be forgotten about.

Thought Clearing and Initiation of Desire

Now clear your thoughts. Think of nothing for a couple of minutes other than how nice it is to be so comfortable and relaxed. Clear your emotions as well. Before you go further, you need to bring peace to your emotions and find enjoyment in this time that you have to meditate.

If you have a favorite affirmation, now would be a good time to say it in your mind. It will get you ready for the feeling of desire. If you don't have one, you can repeat this a few times: "I am more than this physical body. I Astrally Project. I will remain conscious during this journey and I will retain its memories".

Now you must initiate your desire to AP. At any time during the day if you think about Astral Projection, you probably think to yourself, "I'd love to do that." At this time, however, and for the rest of your meditation, you must have a deep feeling of desire for it. It's stronger than a single thought or affirmation. This is a feeling, not words, and can be aided by your imagination. This feeling

is along the lines of a deep love that you may have for someone.

Initiation of the Dual Focus

Begin to slow your breathing to a rhythm that is a little slower and a little longer than your normal breathing. Nothing forced here. This should have a natural feel to it. If done properly, your breathing should become almost silent and less noticeable. Maintain this rhythm through the rest of the meditation.

Listen for a ringing sound in your ears. It may start out as a very faint tone. Place all of your attention on it and begin to raise its volume. Continue to raise the volume of the tone for as long as you can, higher, and higher, and do not fear that you're going to reach a point that is dangerous. When you feel that you've increased the pitch and volume of the tone to its highest level go to the next step.

Do a quick check of your body mentally to notice if you have stiffened any of your muscles. If you have flexed muscles, relax them now and they should remain relaxed through the rest of the meditation.

Finally, through the rest of the meditation completely focus all of your awareness simultaneously on your smooth rhythmic breathing and the tone that you've been hearing and raising. Keep striving to increase the pitch and volume of this tone as you also keep your concentration split and focused on your breathing. Do not give up or get discouraged if at any time you lose your focus of either one. Just regain focus of it as soon as you can. Continue this step, until you can just step out of your physical body.

Exit Technique#16. The Gazing Technique

By Leia

This is to be done when going to bed. You need something to focus on; if it is in view the moon, the stars, a crystal, a favorite doll will work well... Use whatever you like.

Just not a Candle or anything that burns!

This method involves the body falling asleep, and you should never leave anything that burns unattended. I usually use my crystal ball for this.

Place the object within your view and lie down in your bed. Just stare at the object as you doze off. The first few times may be frustrating. You may just fall asleep and that's it. But after a few tries, this worked for me.

Keep staring at the object. As your eyelids become heavy, keep staring. Eventually your eyes will close, but you will still be able to see the object. You will still be staring at the object. Sit up or stand up, and don't be surprised to see your physical body sleeping peacefully in your bed!

This works fairly well for me. When you are out of your body, do whatever you wish. I am still getting used to the out of body feeling (I achieved my first one only a month ago), so I have not travelled any farther than the roof of our apartment building yet.

This time is yours. Just tell people that you are attempting this and don't wish to be disturbed.

Exit Technique#17. Kwaichang's Long and Stable Projection Technique

Lay down on a bed and face your head east. My preference is to do this naked, since there is less distraction from clothing.

Slowly breath in, hold the breath and breathe out. Continue this until you reach a steady rhythm. This may take anywhere from a minute to 30 minutes. Don't rush this part. It's important to relaxing. As you breathe in, visualize the air moving through your body purifying it as it passes through it.

Now go through every muscle you can move in your body, tense it then relax it. Do this several times and run through every muscle in your body. Don't forget the facial and genital muscles, these are usually forgotten and usually need the most relaxation. Don't be afraid to spend a lot of time on this.

Now, this is where I usually protect myself. It is not required but I do it for a sense of safety. Visualize your spirit guide coming to you. Then instruct it to guard your body while you are gone. Repeat this until you have a steady visualization of this.

Here is where we form the astral vehicle. Imagine mist coming out of your solar plexus or belly button, and forming into a cloud above you. Shape this cloud into whatever shape you want. A human shape is good for beginners.

Now, take everything that makes you-you. Move it all down to your solar plexus. When it feels like your whole body is empty and everything is at your solar plexus, visualize "you", which is the concentrated self at the solar plexus, moving along the stream of mist and see it happen. Then, orient your compressed self in your new body (the mist shape) and expand to fill it.

Exit Technique#18. The Let-Go Method

There are no stages, no requirements, nothing to worry about and nothing to plan. Just relax and allow it to happen. You can't get "out" until you "let go."

Exit Technique#19. Lioness Technique

Bend your arm at the elbow and hold your hand in the air before you start your practice. If you start to fall asleep, your hand will start to fall and wake you up. I have maintained that hypnogogic state for MANY hours on many occasions in this manner. It's supposed to increase communication and cooperation between your conscious and subconscious mind. I don't know if it has done that for me, but it has definitely done some amazing things for my psychic awareness! It works extremely well... then, if/when you do manage to get out, you won't even notice that your hand falls over because you'll be on to other things...

Exit Technique#20. Dynamic Visualization involving Movement

Taking Advantage of the Space between Waking and Sleeping

The experience below resulted from attempting to stay conscious on the way into sleep. If the practitioner is able to stay conscious and become aware during this transition, the kind of dynamic visualization used below can be a means of leaving the body from this intermediate state. Note that running was the method used but any activity that the practitioner is familiar with and finds easy to visualize would be appropriate.

I had been thinking about spiritual travel and reinforcing the expectation that it would happen. I was in the early stages of sleep somewhere between waking and sleeping. I became conscious that I was lying on my back but feeling very little sensory input from my body. I became aware that I might be able to leave the body from this state.

I then imagined myself running and immediately found myself outside the body running towards a bright white marble wall made of large tile-like square sections with a black sky in the background. After a few moments of running, another transition occurred. I found myself soaring high in the air towards a beautiful large city on the banks of a dark lake. The city was constructed of this same white marble in square sections. The place was built up with larger rectangular buildings towards the center and smaller ones along the edges. It had an ethereal quality due to the lighting which appeared to come from the buildings themselves or from some invisible light source. The background was very dark as was the lake before it. The feeling of flying was exhilarating and the city was majestic.

The decision to try running was a method of doing a "dynamic" visualization involving movement which had the desired effect of blotting out other physical sensations and precipitating spiritual travel.

Exit Technique#21. Using Movement To Get Out Of Body

I am always constantly reading books about projection, and other methods, that I may use to further develop my ability to leave my body at will. One method that I have come very close to getting out of body with, on numerous occasions is the movement method. The trick is to imagine that something is moving you either in a swaying motion, or some type of motion that you can easily get used to the feel of. Once you can easily imagine the feel of that motion, let yourself drift off to sleep, and think of nothing but how that motion feels. A good example would be the swaying sensations that Bob Peterson induces in his book. Swaying is very effective, especially if you are someone who lives by the ocean and you are out in the waves a lot. Being in the waves for a short time can cause a sort of after-effect after you have gotten out of the ocean. Later when you go to bed you can focus on the effect, and induce the sensation all over again, and make it as strong as you like. This method is very powerful, and can nearly throw you out of body if it is directed correctly. Another good movement is jumping, or going up and down. I find that a trampoline is a good example of movement that if concentrated on long enough while going to sleep, it will cause you to get out of body. I usually start out by imagining that I'm jumping on a trampoline and with every bounce I imagine myself going a little bit higher. After a while your consciousness gets farther and farther away from your body and you begin to feel more separated. If you focus on jumping or swaying movements long enough, I'm sure they could lead to a projection. I've gained the paralysis and vibrations on numerous occasions by doing the imagined movements.

Exit Technique#22. Passive Will Method

S. Muldoon and H. Carrington.

Muldoon's technique was firmly based upon the idea that, each night during sleep we undergo a subconsciously controlled 'projection'. From this premise, he decided that the most effective method of inducing the experience was to 'stress' what he called the passive will, the subconscious. By habitually thinking about the experience, and imagining it actually happening, he believed the subconscious would eventually get the idea.

He also recommended the use of imagery as you are falling asleep, such as an elevator or rocket, however staying conscious at that stage of sleep is clearly not the easiest thing to achieve.

Exit Technique#23. The Path Method

By Ophiel

Again, the subconscious is used, this time, in relation to habitual movements. Ophiel suggested that a path should be set out within your home, and that you should periodically progress along it, noting various stages and asking yourself if you are conscious. The path should be followed physically, and mentally in free moments during the day.

The idea was that once the subconscious has firmly got the idea, it will follow the path in your dreams and present you with chances to become conscious or, Lucid, within the dream. It is then a simple matter to change the dream into an OBE. (This last fact is my own experience but I am almost certain that others will find the same thing to be true for them too).

Exit Technique#24. Robert Peterson's Pinpoint Consciousness Visualization Technique

I've used this exercise to escape my body a few times. It can also induce other weird but harmless effects. Close your eyes and spend a few minutes relaxing as completely as you can and clearing your mind of all worries and idle thoughts. Then, spend a few minutes trying to decide where your consciousness is seated. Is your consciousness in the center of your head or perhaps somewhere between the eyes? Wherever it is, visualize a tiny pinpoint of light at that point. You don't have to be exact about the location. If you're not comfortable with where you have visualized the pinpoint of light, move it until you are comfortable with it. Spend a few minutes visualizing that pinpoint of light as clearly as you can. Try to shrink your awareness until you are only aware of your head. Then shrink your awareness even further, so that you can't feel anything except that pinpoint of light. Next, visualize the point of light slowly moving down toward the base of the brain, where the cerebellum is. Move it about four inches down, then slowly move it back to its original position. Repeat this visualization several times. This visualization can induce the vibrations and get you out of your body.



"Sadness" created by Revenant aka Slaygen

Exit Technique#25. Progressive muscular relaxation

The progressive relaxation technique to induce Astral Projection involves relaxing every muscle group in your body. This is the foundation, and beginning step of all Astral Projection techniques.

You start by laying comfortably on your back, arms at your sides, or sit in the meditative posture, wearing loose clothing, removing all jewelry, making sure to eliminate anything that could attract your attention. The room should be a comfortable temperature, and it should be completely dark, or as dark as possible. There should be no sounds that will distract you, so unplug the telephone etc.

Once you are comfortable, relax. Clear your mind of any distracting issues. If you are laying down, start at your feet, flex and hold them for 5-10 seconds, then release. Do this for every muscle group, from your feet to your head. Once you reach your head, you should be completely relaxed. If you are

sitting in the meditative posture, instead of flexing each muscle group, merely focus on them, and envision each group from your feet to your head relaxing, and actually 'feel' them relaxing.

Your aim is to become so relaxed that you mentally become 'detached' from your physical body. You no longer are aware of its presence. You may feel tingling in your hands, or other parts of your body, as you start to lose awareness of it.

You should practice this exercise before any other method.

Exit Technique#26. Deep Relaxation OBE Technique

Make yourself comfortable on the position that makes you the most relaxed and will allow you to breathe easily. Do not move too much from this initial position. I like to lie on my back in my bed with as few coverings as possible. It is important that you keep the temperature around your body at body temperature. If the room is cold, then it is OK to have some covers so that your body does not have to work to keep its temperature at its normal level. Also, be sure that no one will bother you during this process. You must make a mental note to yourself that this will not happen; this is very important or else you will not be able to relax.

If possible, take a warm shower before you begin to get you more relaxed. Be sure that you will not have to go to the bathroom during the time that you will be trying this technique so use the bathroom beforehand. Unplugging the phone would be a good idea also. Exercise during this day would also help your chances to astrally project. If you go into this exercise with a full stomach your chances of having an OBE will be greatly diminished so be sure to have eaten about 3 hours before.

Deal with all of the worries that occupy you at that moment. If you can not solve them, then put them aside in an imaginary box. If they worry you too much and you can not stop thinking about them, then you might as well stop here because you will not relax.

Begin by concentrating on your head. Examine all of its muscles. Contract and relax each muscle in the head for two seconds individually until you have relaxed your entire face and head area. Do not do this exercise quickly. Make sure that after tensing and relaxing each muscle that it remains relaxed.

Continue by contracting and relaxing the neck, and then chest, arms, hands, fingers, stomach, legs, etc... Working from the top of your body downwards. Try to relax small areas instead of tensing the whole body in one motion. The smaller that you make the areas of muscle that are tensed and relaxed, the better this technique will work for you.

When you have contracted and relaxed all of your muscles, relax for about a minute.

Inhale until you feel that your lungs are 85% full. Wait two seconds before exhaling. Exhale until you feel that you can not exhale any more and wait two seconds before inhaling again and repeating the process. Repeat this process for ten minutes.

You should be relaxed by now to the point where you no longer feel your body. If you still feel it, then continue to relax using the techniques presented above or any other technique that you are familiar with. If you only feel a small part of your body, then try relaxing just that part. Your body should feel numb and relaxed. Do not move your body when it is in this numb state. When your body feels numb or non-existent continue to the next step.

Now it is the time to relax the mind by letting the body go to sleep. Act as if you are going to sleep by

letting your body sleep. Your breathing should be very relaxed now as if you were sleeping. If your mind begins to fall asleep, wake it up by thinking of an affirmation to go out of body like "I am more than my physical body. As such, I can travel beyond my body" etc... Another technique to keep your mind awake is to try to see a pinpoint of light in front of you. If you can not see it use another technique. If you do see the pinpoint of light, concentrate on it and follow it if it moves from your field of vision. This will greatly relax you and put you in the right frame of mind. When you feel that your body is asleep, continue to the next step.

This is where the technique begins. I like to use the technique of imagining myself walking around my room while out of body. This will usually trigger the vibrations for me, which will automatically take me to the OB state. Another technique that I like to use is to concentrate on something with my full concentration like a story or a geometric figure for ten minutes and then letting my mind willfully let me OBE by telling myself that I want to have an OB experience. Another technique that has been very useful for me is to just stay there and keep on relaxing deeper and deeper until the vibrations come. This has also worked pretty well with me because I do not have to hammer my mind with wishes to go out of body. The problem with this technique is that focus is a must because falling asleep is easy and one has to keep the focus to keep on relaxing until one has an OB experience. I recommend this technique the most though.

Exit Technique#27. Focusing Attention on the Screen of The Mind

Meditation on the Blank Visual Field on the Way into Sleep

The author recommends persons doing this exercise wake themselves up by alarm clock or other means in the middle of the night or early in the morning. At this point, the person should splash some water on the face to bring some mental clarity. The following exercise can be practiced anywhere from 15 minutes to an hour while laying on one's back. The author had considerable success in leaving the body on the way into sleep when using this method. Note that the same exercise can be done at the beginning of a night's sleep but is more likely to result in just passing into sleep due to tiredness.

With eyes closed, take a couple of minutes to relax the whole body, then rotate the eyeballs upward, far enough to cause a slight strain on the muscles around the eyes. This points the inner vision towards the forehead; then focus it upon the black inner screen. Do not try to drift into sleep at this point, just try to keep the attention focused in this manner. Whenever the mind wanders, simply retrieve it and start over again. Listen to the faint high whistle in the top of the head, and place a secondary attention on listening to it.

Think of the high whistle as a sound current flowing upward through the physical body and out the top of the head at a certain spot about two inches just in back of the top center. Let the sound lift the inner vision upward in a relatively natural way. Gently stop focusing on the inner vision on the blackness of the inner screen; doing this any longer can prevent sleep. Instead just keep a peripheral awareness at about the location of the spiritual eye in the inside of the forehead, in order to keep the black screen close to the inner point of vision. Eventually, you will slip unsuspectingly into sleep.

Exit Technique#28. Cage's Self-Revelation Technique

The following technique is simple, and suited for everyone. It involves asking yourself one tiny question. That's it. It's nothing more than that - but you'll discover that it opens up your inner self completely. This technique is timeless - I don't know where it came from, and neither does the person who taught it to me - perhaps it's just always been so, but not only does it open up your inner self, but it also helps you get in a frame of mind for the real astral projection; and you'll soon find that you already know what you need to do in order to achieve projection just like that.

The question is this. 'Who am I?'

Step 1: Ask it to yourself now. You can speak if you like, or just ask it in your mind (more effective for me, but you may be different.) The most likely answer you'll get is your name. But here's the trick: Acknowledge the answer, but ASK IT AGAIN.

'Yes, I may be Joe Jones, but really, Who Am I?'

You'll discover that it takes a little while longer to answer this one. But take as much time as you like. When you find a satisfactory answer, then reply to the question in your head.

'I'm a male human being.'

Once you have answered the question, ask it again.

'You may be human, but who are you?'

It's like stripping back the skins of an onion to reveal the core: The core is the real you, and you will find that you are taking steps to fully understand it. The benefit of this is immense. You will conquer your fears once you understand why you have them. You will be able to project once you know what you need for it.

Here's an example, I'm using myself for this one, but use yourself always.

'Who am I?'

I'm Chris Drabsch. But some call me Cage.

'Yes, but, Who am I?'

I'm a human. I'm male. I am an Australian.

'Yes, I am, but Who am I?'

I'm a living thing. I breathe. I think. I live every day.

'Ok, but Who am I?'

I'm organic. I have a conscience. I have feeling, thought.

'But Who Am I?'

I am a soul. I am an existence.

'Sure, but Who Am I?'

I am a physical being living for a duration of time.

'Ok then, but Who Am I?'

I am a being dwelling in the physical, and the astral. etc. etc. etc.

Now, the last answer is quite different from the first! But you are constantly questioning yourself. This is the most important thing. The wisest thing I've ever learned (and I want to pass it on to you all) is to question yourself and everything around you. Otherwise, you will never discover anything. You will find that you will learn more about yourself that you first knew. And it's a pathway to a sure projection, it worked for me the very first time.

I recommend playing the 'Who Am I?' game every night before sleep, or before you rest whatever time of the day. That way, you will fall asleep with these inner thoughts in your mind, and these impressions will help you project because you know exactly who you are - and since you are the master projector in your experience, you know the rules, and you know what to expect from yourself next. Isn't it beautifully simple?

Remember: Never close yourself to yourself. Be free, explore yourself, and discover new things about you that you didn't know. And above all, remember this: Only you know the answers.

Exit Technique#29. Silva Mind Control Method

Quiet your mind. Clear your thoughts.

In your mind say:

"I'm going to count down from 3 to 1, visualizing each number on a white orb suspended in the air above my head. When I reach the third and final "1" my body will be deeply relaxed. I will have no awareness of physical sensations. I will not perceive any physical discomfort. My consciousness will be focused on my astral body.

Now visualize a white orb suspended in the air above your head. Mentally focus on the orb I visualize a number "3" on the face of the orb. The numbers can be any color. They may vary with each experience. Visualize the 3 --three times: three number "3's" on the orb. Your body is completely relaxed. You are losing awareness of your physical body.

Then repeat the visualization with three number "2's." You are into greater relaxation. Now visualize the "1's." You are losing awareness of physical sensations. Your consciousness will be in your astral body.

Repeat this using the number "1's" three times. Your consciousness is now in my astral body.

This could involve training of several sessions. You may also find audio tapes that take you down into these altered states as well. You getting better and faster as you go along each time.

There is no set agenda for how often you practice astral projection or any other out-of-body technique. It soon becomes fun. It is like a deep meditation.

Now the key is to remain conscious while my body is asleep. Different thoughts may pull you from your focus as the mind loves to chatter. Just push these thoughts away.

Exit Technique#30. Sound Technique

1. Roll your eyes up, and concentrate on the middle of your forehead. (If you want to, you can imagine you are leave through this area.)
2. Breath deep, be calm, and keep relaxing your body.
3. Listen to the faint whistle sounds in your ears. Sounds like there coming from within.
4. Now, just keep on doing the first three steps.

When, you beginning to feel the pressure building up in your forehead. Let, it keep building up. Soon, you will automatically become vaporous form floating away.

When, it worked for me, I first heard a loud snap. Like, when you snap your fingers. Then, I was out.

Exit Technique#31. Vibration frequency control

You must start by becoming completely relaxed. Once you are in this relaxed state, you will start to feel vibrations. These vibrations are completely normal. They are the energy flowing throughout your body. Take awhile to just 'feel' them and know what they are like. At times they can be quite strong, or others, very mild.

Concentrate on the vibrations, and try to move them down to your feet, and back up to your head. You want to gain control of them. Try to slow them down mentally, and speed them up. Once you gain control of them, you are ready for the next step.

Speed the vibrations up to match your spiritual self. This will come only by trial and error. You must move the vibrations to your head... then try to force them out of the top of your head. Then, you should be in the out-of-body state.

Exit Technique#32. Improving Visualization Skills

Visualizing a Work (or Play) Activity from Start to Finish

Visualization plays a large part in the variety of methods used to induce spiritual travel. Improving one's ability to visualize will tend to improve the likelihood of spiritual travel.

However it can be a difficult practice especially for westerners who are used to constant physical activity. Attempts to perform the inner practice of visualization are often interrupted by a variety of distractions.

The following practice can be effectively used to take advantage of the goal oriented nature of westerners. Those who are "task oriented" and are most able to concentrate when there is a specific job to perform.

This visualization involves choosing a job and visualizing all the subtasks required to complete it, one by one. It is best to choose some activity that one is familiar with which can be completed in a period of fifteen to thirty minutes. It should be a neutral or enjoyable job, easy to visualize, and have enough variation to stave off boredom.

One somewhat neutral example is painting the side of a house.

The worker first visualizes getting the paint, ladder, brushes, roller and drop-cloth from a tool shed. The drop-cloth and ladder are positioned. The paint is opened and placed in the rolling pan. The worker climbs the ladder and begins painting, moving the ladder, and repositioning it as necessary as the work progresses. The process continues until one side of the house is painted. Then the tools are cleaned and put away, and the visualization is complete.

Any activity is possible such as playing a song on an instrument, painting a picture, or mowing the lawn. Visualizing less goal oriented "play" activities is also possible such as skiing, or hitting a tennis ball against a wall but in these examples, the lack of a clear goal can sometimes lead to boredom and a loss of concentration.

The key here is to improve one's ability at visualization and do it in a relaxed and concentrated fashion. The act of visualizing a created world so clearly and completely that it replaces all other physical sensations is one method of inducing a spiritual travel experience.

Exit Technique#33. Wake induced lucid dreaming

1. Use an alarm clock to awaken you in the early morning.

2. Then stay awake for about 5 to 10 minutes, concentrating and keeping the idea in mind of an out-of-body experience.
3. Then concentrate at the beginning of dreaming and by the first signals of the state increase your concentration. Use an affirmation that you will remain conscious in your dream.
4. Look for signals in your dreams that tell you that it is not reality. For example things that don't make sense.
5. Try to change your dream surroundings... dreams of flying have been said to be especially successful in inducing Astral Projections.
6. Actually "feel" your surroundings. Don't just observe them. You should feel like you really are flying free as a bird.
7. When you are successful in controlling and really feeling your dreams, you may 'will' yourself to move out-of-body..

Exit Technique#34. Imagining Who You Are

Always begin meditation by relaxing in an environment where you know you will not be disturbed. Also, be sure to shut off the phone.

Put your "protection rituals" into place. You do this by asking the Universe or your guardians for protection during your meditation and intended OBE. Imagine a bubble of protective light around you and your area. You may burn sage, light a candle or enact any other form of ritual that has meaning to you. The point is to tell the Universe and yourself that you are doing this meditation with the specific purpose of revealing your astral self.

Now, see yourself as if in a mirror or a clear pond and really look yourself over. Get a sense of your own proportions. Imagine your face, your body, look at your feet, your hands, your individual features and characteristics. What makes you, "you"?

Look into your eyes and tell yourself that you know who you are and that you intend to remember everything revealed to you in your dreams. Tell yourself that you want to remember and that you will remember. Then, take another good hard look at yourself in that reflection. Can you see yourself?

Repeat your intentions aloud if you can: "I know who I am, I will remember my dreams." Repeat the entire process.

This meditation can take some time. But, if it is very easy for you to see yourself in the reflection, then imagine you can see yourself elsewhere. Perhaps another location in your house or in your neighborhood. Perhaps a foreign or exotic place. You may take some time to imagine yourself elsewhere.

Eventually, you will drift into sleep or a state between being awake and being asleep, and in that state, images will begin to unfold effortlessly. Acknowledge them and allow them to proceed. These are the beginning stages of dreaming. These images are the mind's way of opening up the doors of perception to what is really occurring on the deep levels of our consciousness and unconsciousness. Follow them but do not get involved with them.

Feel your body growing heavy and spreading out like mist. There is nothing holding you back now.

Let the sensations come over your body and let go. Have no fear; you have set up your protection previously. It is very important to listen. Do not become consumed by the physical sensations; remember your goal. You are as free as a body of water now. A still pond. Any thought or fear will send ripples through your very being. Be still... experience whatever happens.

All we can hope for is to set up the circumstances for an OBE to occur. Keep a pen and notebook or a tape recorder beside your bed to record any images or dreams you can remember at any time during the night or in the morning upon awakening.

Exit Technique#35. Within Lucid Dreams

By Oliver Fox

Fox, started projections from within lucid dreams, (dreams in which the dreamer knows that he is dreaming but is just going along with it). Once Fox realised he was dreaming, he would instantly 'ask' his subconscious for an OBE, which would respond, when in this relaxed state. Like many of the 'projectors' he believed that projections happen every single night to all of us as we sleep.

His second method, was a little more dramatic. He would summon all his conscious self to a point between his eyes, imagine a doorway there, and hurl himself at it with all his might!

The latter method gave Fox his most vivid experiences but would not seem to be the easiest of techniques to master without the understanding of and feeling for the experience gained by attempts with the other methods.

Exit Technique#36. Zykax Projection

by Stealth Paladin

The technique is far simpler for me to do than any others I've tried. First, you have to get your energy body slightly 'charged-up'. Just use a little bit of energy to get going. Now, make some energy gather in one place in your body and out of your body. Either one is fine so do it wherever you can concentrate best. Now, try to move your consciousness through the energy. This is usually the only thing that gives people trouble at first.

Try to make your consciousness fall back into the energy. Do not go through it but actually go into the energy. You must visualize that the energy serves as a doorway to the astral. Visualize everything and that will make the whole process much easier. Now, just enjoy the ride. After a little practice, you should be able to project nearly at will.

Exit Technique#37. The Rope Technique

This technique has been formulated by Robert Bruce and is one of the most effective techniques around. A key ingredient to this projection technique is an invisible, imaginary ROPE hanging from your ceiling. This ROPE will be used to exert dynamic pressure at a single point on your astral body to force its separation from the physical.

Reach out with your imaginary HANDS and pull yourself, hand over hand, up the strong, invisible, imaginary ROPE hanging above you. You will feel a slight dizzy sensation inside you as you do this. This feeling of vertigo will intensify the more you pull on the rope.

Keep climbing, hand over hand, ever upwards, and you will feel the vibrations start. Your whole body

will seem to be vibrating and you will feel paralyzed. Concentrate single minded, on climbing your rope. Don't stop.

Next you will feel yourself coming free of your body. You will exit your body in the direction of your imaginary ROPE and will be hovering above your body. You're free at last!

Exit Technique#38. Watch yourself going to sleep

Lie down comfortably on your back, facing the ceiling. Relax your body and clear your mind of unwanted thoughts. Relax even more.

Tell yourself that you are going to watch yourself in the act of going to sleep. You must be very clear about your intent. You're going to let your body sleep while your mind will remain alert throughout the entire process. Tell yourself you will retain consciousness even while your body is going to be in complete "trance".

As you relax completely, you must learn to recognize the rather strange, distinctive sensations you feel as your body moves into the sleep state. You **MUST** stay aware as this unfolds. At a certain point, you will feel that your body is feeling heavy and numb.

You are on the right track! Pay close attention to all your bodily sensations. You may feel yourself swaying or floating. You might even find certain parts of your body tingling. There might be vibrations running from your head to toe. You might even hear a strong buzzing sensation in your ears. Whatever the sensations, do not panic as these are very good signals that you are on the verge of experiencing an OOB.

You have to then visualize that you are rising up from your bed and floating towards the ceiling. How would it feel if you could actually float? Try to make the experience as real as possible. Hold this image for as long as you can. If everything goes on well, you might suddenly find yourself outside the body, floating near the ceiling!

Exit Technique#39. The Monroe Technique

Robert Monroe, one of the foremost authorities on Astral Projection devised this method.

You have to first relax your body. This is a very important step.

Then try to go to sleep, but don't fall asleep. Maintain your awareness between sleep and wakefulness. This is known as the hypnagogic state. Then deepen this hypnagogic state and start to clear your mind of unwanted thoughts. Simply look through your closed eyelids at the blackness in front of you.

Then you must enter an even deeper state of relaxation. The next step is to induce vibrations throughout your body and intensify them. These vibrations have to be controlled and intensified further. This is the moment when the Astral body will separate from the Physical body. You then simply have to "roll-over" and you will find yourself out of your body.

Exit Technique#40. OBE From lucid dreams

Lucid dreams are dreams in which the dreamer is aware that he is dreaming. In a Lucid Dream a person is already "out" of his body.

In order to achieve Astral Projection from Lucid Dreams, you have to first become obsessed with OBEs and you must really DESIRE it. You must read everything you can about it. You must think about it every free moment that you have.

Once your mind is besotted with the thought of OBEs we will need triggers and affirmations so that you have a Lucid Dream. During the day keep thinking: 'Tonight I'm going to have a Lucid Dream'. Remind yourself of this all day long. And - and this is the important part - keep asking yourself during the day "Am I dreaming now?"

With a few days of practice, you'll have programmed your sub-conscious to induce a Lucid Dream.

Once you are in a Lucid Dream, and know that you are dreaming, you would also know that you are not in your body. You can then will yourself to see your bedroom. In most cases, when you do this, your dreamland will suddenly disappear and you will find yourself in your bedroom, floating above your body.

Exit Technique#41. Displaced-awareness technique

Close your eyes and get into your usual trance-state. Try to sense the entire room, at once. Feel yourself just above your shoulders and seeing all around. Be very passive about what is going on.

Then imagine that your Astral Body is slowly rotating by 180 degrees. Once you finish your mental rotation, your astral head should be where your physical feet are, and your astral feet would be where your physical head is! With this firmly in your mind, try visualizing the room from this new direction.

The idea is to forget about where you really are, and displace your sense of direction. When you do this correctly, you will find yourself getting dizzy. This is normal.

When you are comfortable with this, the next step is to imagine floating towards the roof. Try to make it as real as possible. You may suddenly find yourself "popped" out of your physical body!

Exit Technique#42. The Jump Technique

The Jump Technique, when done well, can wake up anyone in their dreams and make them Lucid. However, it does need to be done well.

This is how the technique works: We repeatedly need to ask ourselves during the day whether we are in a dream or not. It is important that we do this not just for the sake of asking ourselves the question, but because we really want to know where we are. We should really doubt that we are in the Physical. So in order to prove where we are, we jump as if we were going to fly. If we are in the Physical, we will land back on the ground. But during a dream, when we jump, we will defy gravity and float.

When this is done for a few days, you will soon find yourself in a dream in which you are jumping to check whether you are in a dream or not. As soon as you jump, you will find yourself floating, thus triggering a Lucid Dream and an OBE.

Exit Technique#43. Muldoons Thirst Technique

This is not one of the most pleasant or effective methods designed by Sylvan Muldoon.

In order to use this technique, you must refrain from drinking for some hours before going to bed. Throughout the day increase your thirst by every means you can. Keep a glass of water in front of you and stare into it, imagining drinking, but not allowing yourself to do so!

Then before you sleep, eat a pinch or two of salt. Place the glass of water at some convenient place away from your bed and rehearse in your mind all the actions necessary to getting it: getting up, crossing the room, reaching out for the glass, and so on. You must then go to bed, still thinking about your thirst and the means of quenching it. At night, you might awaken in your dream and you will find yourself walking towards the glass of water. With any luck the suggestions you have made to yourself will bring about the desired OBE

Exit Technique#44. The Stretch Out Technique

Lie down, shut your eyes and relax your body. Imagine your feet stretching out and becoming longer by just an inch or so. Once you have this picture in your mind, let your feet go back to normal. Do the same with his head, stretching it out an inch beyond its normal position. Then, get it back to normal. Then alternate all between head and feet, gradually increasing the distance until you can stretch out both your feet and head to about two feet or more. At this stage imagine stretching out both at once. This exercise will make you feel dizzy and often start the vibrations.

After some practice, you will experience floating sensations and you can then tell yourself to rise up towards the ceiling. You are out!

Exit Technique#45. The Hammock Technique

Visualize yourself lying in a bright white hammock, stationed between two palm trees on a secluded beach. Imagine the feeling of swaying in the wind, and recreate that feeling now as you visualize yourself swaying from side to side in the hammock. Repeat this visualization for as long as it takes to bring forth the vibrations, and when you feel the vibrations, just "roll-out" of your body.

Whichever technique you choose, you are unlikely to get a result on the very first night, or even on the first few nights - so take your time with them and try not to get frustrated when nothing happens at first. But I promise you will soon start to see some results.

Exit Technique#46. Rebirthing Method

Posted by Sourmilkman

.....More and more I'm encountering material on the importance of breath. Westerners are criticized in general for their lack of breathing savvy, and that we fail to see the importance of breath. It's related to energy (chi), and even astral projection. A friend of mine just went to a meditation seminar and they practiced a technique called Rebirthing. This is where you lie down and for the next 45 minutes, breath deeply and rapidly (about one breath per second). All participants entered an altered state of consciousness and *Kristina said that if she had not had the presence of strangers, projection would have been possible.* In another article I read, Bellow Breathing (used by Yogis) is used to enter the vibrational state. Dr. Baker recommends in his article "The Techniques of Astral

Projection" that you should "draw air in sharply through the nostrils with such intensity, that they become flared. This is done several times at the rate of about once per second. Do not worry about exhalation. The natural elasticity of the thoracic cage and the lungs will expel the air before the next gasp." I tried this a bit last night but was too tired to do anything beyond 5 minutes. Of course, don't do this while standing as you may pass out!.....

Exit Technique#47. Exteriorization technique

Posted by Sourmilkman

I've read about this technique in several books and found it really interesting. The ongoing problem/complaint about OBEs are that they take so long, are hard to accomplish, and are random at best.

This technique involves creating an astral double, or vehicle, and then transferring your consciousness to this vehicle. I like the sound of this because when proficient, you can astral project on a much more controlled basis. The following steps were taken from the book Astral Projection by Denning & Phillips. If you like the sound of this technique, I recommend buying the book because it provides much more detailed instructions than what is provided here. D. Scott Rogo also covered a similar technique in his book Leaving the Body, A Complete Guide To Astral Projection.

Here is a summary of the steps (try practicing for 30 minutes daily).

Week One: Relaxation.

1. Practice slow and deep breathing. For every second of breath taken in, double the seconds going out. For example, breathe in for two seconds, and breathe out for four. Try and build this up so that you are taking four seconds in, eight out (now don't pass out!)
2. Muscle relaxation. While standing or lying down, practice tightening and relaxing all the major muscles in the body. Start with the toes and clench and relax as you work your way up your body.
3. Clear your mind. After steps one and two, work on decreasing your thoughts. Goal is a controlled mind with little static.

Week Two: Activating your chakras (see glossary for chakra definition).

After you have completed week one, start week two by completing all steps covered in week one (breathing, relaxing muscles and clearing the mind). Then work on going through all of your 7 basic chakras and visualize them swirling and moving, starting with the base chakra on upward toward your crown chakra. Though these may currently be dormant, you will feel these within a day or two start to activate. Just be sure that if you open these chakras, that you also close them. What I mean by that is, if you visualize them opening up like a flower (for example), then close the flower. Some people see a small ball of energy and that ball of energy opens up as they send or receive energy. Again, close the ball, or whatever is relevant for you.

Week Three: The Vehicle.

After completing week one and two, take time out to go through these steps before starting your vehicle creation work. When you are done relaxing, energizing your chakras, start to visualize astral substance leaving your chest area and forming a shell, or vehicle that is about the same size and shape as you. This is NOT you, just a vehicle for your consciousness to get into later. At first this will only be your imagination, but after a while, you really will be able to exteriorize astral substance from within yourself. Important: I've read that if you do this, be sure to gather back in the astral

substance so you do not astrally bleed. So practice exteriorizing and interiorizing this astral vehicle until you start to actually feel it working.

Week Four: Entry.

First, find your center of consciousness (more than likely around your third eye, or top of your head). This is the place where you feel that YOU exist. Create and keep visualized your key figure (vehicle) and its connecting cord and while doing so, intensify your awareness of selfhood (center of consciousness). Continue until you have a distinct glowing presence at that particular point. Be aware of the corresponding point on your vehicle of consciousness. Now make a clear resolution to mentally transfer yourself (mentally, not aloud). Imagine yourself, concentrated at your single point of consciousness, gliding swiftly upward towards the figure and entering it at the point of center of consciousness. Now make a deliberate effort to turn around in the figure. The change of perspective is the critical point to secure a true transfer of consciousness. It is recommended that the first time you accomplish this, don't attempt much else.

Exit Technique#48. Over sleeping

Posted by Sourmilkman

Astral projection is challenging (to put it mildly) but I think that if we review some universal truths about it we can draw some interesting conclusions (which also led to the formation of my favorite technique.)

The first universal law for astral projection is relaxation. Not just relaxation, as in what is accomplished through an hour of meditation, but complete and total relaxation! According to monitored readings of the body during both sleep and astral projection, the body is more relaxed during an OBE than sleep!

People who report spontaneous projections are so tired, so relaxed, that they "pop out" or simply just notice that they are no longer in their body. Let's review those situations where either a spontaneous projection happens, or is attained more easily:

1. People coming home from a hard day's work and crash on the couch for a nap. This is usually physical exhaustion, not mental.
2. Sick people who have stayed in bed for days and are "delirious". Sylvan Muldoon was bed ridden for years, William Buhlman talked about the drastic increase in OBE activity when he was very ill and bed ridden.
3. People who have had nitrous oxide (laughing gas) at the dentist report spontaneous out of body experiences. In fact I know of a dental assistant who specifically uses nitrous oxide on herself to induce OBE's (I do not recommend this!) Why does this work? Because nitrous oxide produces a partial loss of the awareness of your surroundings and causes deep relaxation. The only spontaneous projection that my husband ever had was while he was on nitrous oxide at the dentist (and thought he had died because he was bobbing on the ceiling and could see his body perfectly.)
4. Robert Monroe had to have several sleep cycles before projecting probably for the same reasons as the rest of us. It takes hours to unwind from a stressful job, traffic, and life.

From these clues we can draw our summary. To OBE we need to relax to such a degree that the body is immobile. Forget your evening attempts because even if you are tired and feel relaxed, you'll just fall asleep. Or the stress of the day will not allow you to relax to the degree you need.

This leads to my favorite technique, which probably won't fit a lot of lifestyles, but here it is! There is

a condition that the body enters when a person gets too much sleep. People complain right and left when they get too much sleep that they "just couldn't get up because they slept too much." Or that they made a mistake because they slept in too long and now they are more tired than when they started. Ok, it's this very feeling you want! The next weekend that you can sleep in, turn off your phone, get rid of all distractions like beepers, cell phones and pets and just plan on sleeping in! Here's how it works. All of our bodies have a natural alarm clock. When it goes off on the weekend, get up to take care of any issues (like if you are slightly hungry, have to go to the bathroom or need to take aspirin because your neck is tweaked). Then, go back to bed asap! Also, only get up to take care of needs if you have to! The less alert you are, the better. It will probably take you an hour to fall back asleep because your body is not expecting this cycle. Don't worry at this point about clearing your mind, or anything like that, just let your thoughts run wild and enter into sleep. Pretty soon when you try and wake up the second time (or the third) you will find yourself totally SLUGGISH! You'll be slipping into a delirium and your muscles have gone to mush. NOW is the time to deepen that state. You would think that that would mean thinking about "how to get deeper" but this is not true. To go deeper means to think of nothing (totally quiet the mind) and slow your breathing even more. Sink into your sleep, let yourself remain mushy and then, ever so gently, focus on your third eye. Just last weekend I was doing this and I went catatonic and started having lucid dreams (of which you can also project from). When I won the daily it was because I didn't have to get up (it was snowing and I couldn't get out of my driveway) so I took that opportunity to over-sleep and I had 5 projections that day! Of course, if you have children, pets, noisy neighbors, busy plans for that day, it's not going to be conducive for you, but still, it's a good technique and some people have control over their weekend schedules.

Weekends are a favorite time for other projectors as well. Robert Peterson states in his book "Out of Body Experiences", page 218, that, "I've had OBEs on every day of the week, but I've had many more OBEs on Saturdays and Sundays. That is because I have the time to practice then. On the weekend, I can stay in bed late and induce OBEs once my body is fully rested and relaxed."

Here are some responses that I received from several readers who used this technique and had success.

1.Petra:

The real reason I am writing to you is to tell you my first experience with astral projection that happened this past weekend and which I greatly contribute to your valuable advice and information. As I said I have been reading your site a lot (saturating my subconscious with it) and I had the feeling that I am more open to the experience than I was before. What happened Saturday morning was almost exactly how you described it would happen. I had the chance to sleep in and as I was in this half asleep state I started to concentrate on my third eye and was thinking that maybe astral projection will happen to me now. The next thing I felt was this incredible vibration in my whole body (that you have described) which was unmistakable as I have never felt anything like this before. I became aware that I was in a different dimension and following your advice I started uplifting my astral arms / legs. As I tried to sit up I felt that my head was the most difficult part to deteach indeed. I was just enjoying this new state for some time when unfortunately my boyfriend sleeping next to me started moving around (he is actually one of those people who needs a lot of attention anyway) This kind of distracted me and I decided to go back to my body. So the whole experience didn't last too long, but I was very much excited about it anyway, because it showed me that I was capable of doing it. I am looking forward to the next chance I will have to try it again and hope it will last longer. I still feel that I will have to overcome my fear of this unknown experience, but I think I am on the right track to develop. Petra

2. Princessa:

I tried doing what you said, about how the best time to project out of your body is when your waking up in the morning. Let me tell you what happened: I was waking up and I remembered to try in the mornings since I was half asleep, and I was. Then I kept my eyes closed and since there was already silence, it was easy to concentrate. I let my body relax and I felt really loose and my body got a little numb, my legs first then it went upward. All of a sudden I felt my arm start to float and I didn't open my eyes to see because I thought it didn't work. I got so scared that I jumped out of bed and I was wide awake, and I guess I snapped out of it. Was it working, and did I screw it up, or did I do something wrong? I just am a little worried about returning to my body, how do I do that? Can you just say "bring me back to my body? Thank you for taking the time to read this and write back.

Sincerely,

Princessa

Exit Technique#49. The Triangle Method

Posted by Revenant

Copy of original post that went astray

Hi there,

I have developed a new method of retrieving the 3D Blackness stage easily. I called it Triangle method. It may be similar to the other methods but it works faster than any other for me. No visualization is required! I want to share it with you.

First of all when you are falling in to sleep have you ever realized your astral body hearing? Just like your astral view, you have astral hearing. You can hear the outside sounds at the same time but if you concentrate on hearing with the astral ears, you will realize that the physical sounds slowly fade away.

You can be familiar with your astral ears when you just wake up by checking if it is still there. And you will hear no sound but a little noise. I will try to describe it: Turn on your CD player or Cassette player and pause the system. Open up the volume. You will hear a sound from the speakers. When you concentrate on your astral ears when you are about to sleep or just waking up you will hear a sound like this.

Ok, If you can hear this sound then you can use this method for seperating your body.

You have two ears and one Third Eye. That makes a triangle! All you have to do is to concentrate on your ears and the third eye at the same time. And suddenly you will feel disoriented. If you are not fully relaxed at the time this disorientation feeling goes off quickly. Wait until your body gets to sleeping position while concentrating on the triangle. And you will start to feel a swaying sensation all over the triangle.

The best thing is : You can try this method with your physical eyes open!

Try it and feel the disorientation quickly.

Relax your body enough to feel the vibrations!!!

Exit Technique#50. Rope Technique

Imagine a large, strong rope hanging down in front of you, just above your chest, in a natural position for you and for the position you are in. If you are lying down, imagine the rope end hanging over the centre of your chest within easy reach of your hands. If you are sitting, imagine the rope hanging just in front of your face, with the rope end being firmly attached to the ceiling. The rope is within easy reach of your hands. Vary the position and angle of this imaginary rope to suit you as to what feels most natural.

Centre your awareness hands in the middle of your chest. Reach out with both of them and grasp the rope. Climb hand over hand strongly up the rope. Pull the rope to your chest with each climbing hand action. Feel yourself, in your projectable double, moving up the rope as you climb it. Concentrate on the climbing action, but don't let your physical body respond or tense. Breathe naturally and do not hold your breath or allow it to become ragged. Hold your mind clear and focused solely on climbing the rope.

Rope Technique Variations

Exit Technique#51. One-Handed Rope

If one awareness hand does not appear to obey or feels weak or uncontrollable, the rope technique can be done with one hand only, using the hand that is most responsive. If you can manage it, have the weaker hand just hold on to the rope (as if the rope were slipping through the grip of the weaker hand), while the stronger hand does the real climbing. Feel the strong hand reaching out and pulling the rope towards your chest, then reaching out and pulling again, in a continual one-handed climbing action.

Exit Technique#52. Chasm-Crossing Rope

Instead of a rope hanging down from above, imagine a strong, taut rope running across the ceiling of your room, in line with your body and just above it, within easy reach of your hands. This rope is firmly attached to strong brackets mounted on two opposing walls of your room. Feel your hands reaching out and feel yourself climbing along this rope, dragging yourself across the room toward the wall behind your head and out of your body.

Exit Technique#53. Hanging Rope

Another way to get around weak or uncontrollable awareness hand actions is to reach out and feel they are hanging on to a strong rope coming from above. Don't try to climb this rope; just feel yourself hanging on to it. When you get used to this, imagine you are being slowly winched upward by a helicopter, dragging you up and out of your body. Feel yourself being lifted and sliding out of your body, moving higher and higher.

Exit Technique#54. Water Ski Rope

Instead of a rope hanging from the ceiling, imagine you are holding the handle of a ski rope attached to a powerful speedboat in front of you. Feel yourself hanging on tightly to the handle of the ski rope, as if you were floating on your back, ready for a deep-water start. Adjust the angle of the ski rope to whatever feels most natural. Imagine you can hear the engine revving up, the excitement building, then suddenly the boat takes off and drags you out of your body in a flurry of astral spray.

Exit Technique#55. Rope Cargo Net

Imagine that you have a large rope cargo net hanging down in front of you, similar to the heavy rope netting used on military assault courses that is hung from poles to make a short, high rope fence that trainees have to climb. Climb the rope netting in the same manner as described for the normal rope technique. With this method, it does not matter where your hands go, as they will always find a piece of rope to grab. This technique solves many awareness hands control problems, where they appear to have a mind of their own and flop and slide all over the place.

Exit Technique#56. Ladder Method

Imagine a strong ladder hanging from the ceiling. The lowest rung of the ladder should be within easy reach of your hands, or whatever feels most natural. Climb this ladder hand over hand, feeling yourself moving up the ladder towards the ceiling.

Exit Technique#57. Steam Method

Imagine yourself becoming lighter and lighter, as if your body were turning into steam. Steam expands and rises. Feel yourself becoming bigger and lighter and, slowly but gently, rising up and out of your physical body.

Exit Technique#58. Butter Method

Imagine yourself lay on a block of butter. The butter is beginning to melt ever so slowly with your body heat, and you are slowly but surely sinking into it. Relax into this feeling of sinking, don't fight it, and don't force it. This method takes you through the bed (if you are on a bed, of course) downwards.

Exit Technique#59. Rolling Out Method

Feel yourself rolling to the side, as if you were rolling over and out of bed. Repeat this action as many times as necessary. If using a chair, feel the rolling action as if you were curling up and rolling out of your chair.

Exit Technique#60. Driving Method

If you have ever been on a long drive, or spent a long time on a computer driving game, you may have noticed that later a shadowy but animated image of your long drive will be impressed into your mind's eye. This imagery will be much clearer if you are overtired as well. When you close your eyes and relax, the view you had, of that long road, and the scenery on either side unwinding toward you, continues to play in your mind's eye for some time. All you have to do is relax and let this scenario play itself in your mind's eye while you deeply relax and allow your sense of awareness to move along the road towards the horizon.

Exit Technique#61. Swinging Method

Imagine you are on a swing, and start swinging just a little at a time. As you relax more into the feeling of swinging, swing a little higher. You will find that this loosens your astral body. Alternatively, you could take an extra swing and jump off the imaginary swing when it is at its most forward.

Exit Technique#62. Catapult Method

This is more of a “mental” method and doesn’t use the body, although invariably the body will normally follow.

Mentally put your consciousness on a catapult. Pull the catapult back until it feels taut. Pick a point in the room where you want your consciousness to land, aim the catapult and let go.

Exit Technique#63. The brain method

es, now you are really making good progress! Problem is you moved and spoilt it.

I recently found the head vibrations begin as a very light mental swishing feeling. Like someone was stroking my brain with a feather, every second or so. Then I start to get a zump... zump... zump about twice a second, which feels like a portion of my brain is contracting and releasing. These contractions become faster to the point where it feels like you are vibrating.

Allow yourself to bathe in the vibrations and they get more and more refined, i.e they get to a higher pitch. At some point you will simply move away from the Physical and make your entrance on the Astral. Oh, and at some point too you should automatically get your Astral sight.

One good way I found of getting your focal point of awareness upwards, is to imagine that, at either side of your head at the temple region, is a ping-pong bat. And you keep knocking the ball from one side to the other about once or twice a second. Then create two small awareness hands and have them massage your forehead and temples.

Another thing I started doing is have an imaginary short length of string with a weight on the end. Take one of your awareness hands and imagine it is situated vertically in the top middle of your head. Then have it hold the non-weighted end of the string and start spinning it around so the weight flings out and spins horizontally.

Another one is to take the same hand and string and hold the hand horizontally, so the fingers are facing the inside of your forehead, and start the weight spinning like a propellor.

If you continue with one thing too long your attention shifts. So keep rotating each set of imagery every minute or so. There will come a point where you suddenly realised you forgot all about your physical body and you find yourself either remotely viewing some Astral scenary, or you begin feeling the contractions in your head.

Exit Technique#64. FOCUS 10 Mind Awake/Body Asleep

Version 2.0

[http://www.explorations-in-consciousnes ... cus10.html](http://www.explorations-in-consciousnes...cus10.html)

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The concept of phasing

For those unfamiliar with the focus levels a little background is in order. The story goes back to Robert A. Monroe, who began to experience involuntary Out of Body Experiences (OBE) in 1957. These early experiences have been documented in his first book "Journeys out of the body" (Monroe, 1971). It was also during this time that Monroe discovered that sound patterns could induce certain states of consciousness, which eventually led to the creation of the Monroe Institute and patented sound technology called Hemi-Sync.

While the early experiences of Monroe were often characterized by a sensation of leaving the body his development took a different turn in later years. Monroe discovered the "quick-switch", which allowed him to move from one "location" to another in an instant by stretching or reaching out with his consciousness. Eventually, this led Monroe to consider the "second body" to be no more than "local traffic"--mere habit due to the physical experience (Atwater, 2001). Thus, the implicit philosophical background behind 'phasing' is that there is no such thing as "leaving the body", since consciousness is never really 'in the body' to begin with. Rather, all experiences which constitute things such as "trance", "hypnosis", "altered states", "meditation", "OBEs", and "astral projections" are simply variations on the same theme where consciousness is focused in different ways and in different degrees away from the physical.

The term phasing is a metaphor derived from physics, which conceptualizes consciousness as a waveform that can either be aligned or non-aligned with physical reality. For example, when we are 100% phased into the physical we are considered perfectly aligned with normal physical input and waking reality. In Monroe speak, this is called C-1 consciousness or primary phasing. As consciousness moves further away from the physical (and the senses) consciousness is said to phase into other "focus levels". The first of these is focus 10 - the state of mind awake/body asleep.

Achieving the focus 10 state is facilitated by tapes or CD's, which utilize binaural beats to influence brain wave patterns in the person listening to them. These tapes are sold as part of a set of tapes/CDs called The Gateway Experience by the Monroe Institute. In particular, the set of tapes (Wave I) of the Gateway Experience is geared towards establishing the focus 10 state, while subsequent series (Wave II to VI) gradually increase the phase shift away from the physical. These focus levels have been described as follows (Monroe, 1994, p. 248):

Focus 10: Mind Awake/Body Asleep

Focus 12: A state of expanded awareness

Focus 15: State of no time

Focus 21: The edge of time/space where it is possible to contact other energy systems.

It is important to realize these focus levels are merely arbitrary numbers and signposts to identify the state of consciousness one is in. In case you're wondering, there is no focus 14 or focus 16. However, beyond focus 21, several other focus levels have been identified further removed from the physical, and which involve among other systems the perception of belief system territories ("astral planes"). Thus, The Gateway Experience is meant as a platform from which to explore further on your own. For more information, I suggest you visit the website at the Monroe Institute at <http://www.monroeinstitute.org>.

Purpose of the current paper

So what is the purpose of this paper? While exploring the focus 10 state I found there was surprisingly little information as to what this state entails. Do a search on the Internet and you won't get much further than "body asleep/mind awake" to describe this state. This is in itself not a bad thing, and the Monroe Institute is not in favor of sharply delineating the focus levels by stating in detail what is, and especially what is not possible in a particular focus state. Rather, the message of

the Monroe Institute is that they would encourage you to trust your process as you progress through the focus levels.

However, I do think that some knowledge and ideas as to what focus 10 entails can be of help for some people if that information is presented such a way that it will facilitate the person to trust their experience rather than doubt it. Also, to have some idea of what to expect can help ease some fears, and in some cases, put an individual in the proper frame of mind as to how to approach the focus states. Lastly, there are those for whom the hemi-sync tapes have had no effect. This is not uncommon, and I hope that any lack of success with the tapes will at least in part be rectified somewhat with this paper. To illustrate these points, and part of the reason of why I was inspired to write this paper, the following quote from a person on the now defunct TMI-voyagers mailing list (From Leva, 1998, p. 165):

"I'm starting to feel like these tapes work for 99.99% of the population and I'm that 0.1% who stand outside watching the rollercoaster go by and seeing how much fun the people on it are having...so why am I posting? I guess it is to ask if there are any other people on the list who have had similar experiences/frustrations, and how do they solve them, or at least worked around them? Also what does Focus 10 FEEL like? It's described as 'Mind Awake/Body Asleep', but what does this MEAN? Does the body feel numb, do you feel ANYTHING at all, is it something like when you sleep on your arm and can't move it afterwards due to lack of circulation, does it feel the way it feels when you are asleep, or what? Newbies, old-timers, your comments would be appreciated."[/i]-Fred Albrecht

The following sections will focus on the early manifestations of the going 'out of phase' condition (or focus 10) based on my own and others' experiences with this state. However, despite my best intentions, there can be little doubt that this report is biased. I don't see a way around it. Everyone's experience is unique, and although I have focused on common manifestations of focus 10, I will likely have overemphasized some phenomena while downplaying others due to my own interests and tendencies.

Given the above, I do think another little disclaimer is in order before continuing to read. That is, too much focus on knowledge - especially "second-hand" knowledge- can severely hamper one's efforts while practicing trance states or achieving specific focus states. It tends to activate the "left brain", and often questions will arise such as "Am I there yet?; What am I feeling now? What will happen next?" In general, this type of 'left brain' activity interferes with achieving a phase shift away from the physical.

So after reading this article go on your own merry way!

Getting there

Any attitude of "getting there" is a serious impediment to establishing an out of phase relationship (Gateway manual, 1980). This holds true both for reaching focus 10, as well as kick starting non-physical perceptions in this state.

This point is well illustrated by the following post on TMI-voyagers (From Leva, 1998; p. 168-169):

"...it took this experience to make me see something. That something was that when I was doing tapes and had things happen before it was when I was not "trying". I knew that then because when I had that shift occur I was definitely not trying to do anything. I was just doing a tape to be doing a tape. I had no expectations whatsoever at the time and "bang", I got something most pleasantly surprising. After that experience, I thought back and realized that all those other things also happened when I was not trying. I just took some time to connect not trying with results. Since that time I have never tried or had expectations, but that can trap you too. I found myself trying not to

have expectations, and since I was trying, I was held at bay again. So it's sort of hit and miss." - Michael Smith

I think it's important to realize that the idea of "getting there" stems from our physical experience in space and time. However, for consciousness, there is no such thing as there and here. You may say: "That's all very nice and philosophical, but practically speaking, I am trying to get from one state to another, and therefore, I have to get there."

But how do you expect to "get there"? You certainly can't walk there. So if you follow that line of reasoning what exactly will you do to get there? This is exactly the problem with superimposing the limitations of space and time on consciousness - the idea that you have to do something.

Fact of the matter is, the less you do, the easier you will go "places". Of course, at some point or another you would want to set an intent. You don't necessarily want to be steerlessly floating on a universal sea of consciousness. But in general, after you have set your goal or intent, the less you do after it, the easier it will be "to get there".

So don't get too caught up in any "method" or "technique". Rather, if anything describes a successful progression through various altered states of consciousness, is that consciousness becomes increasing flexible and receptive to alternate forms of reality organization. I suppose this state of awareness, and indeed it is a state, is best described as mellow and gentle. This is not a mindless or selfless state, but a state of mind in which feel comfortable and relaxed without putting pressure on yourself to perform or fixate yourself.

So perhaps it's best to forget about techniques and first train yourself to be in a relaxed state of awareness, which is even more important than physical relaxation. This relaxed state of awareness is an awareness that is simply open to experience and doesn't continually asks itself whether it's "there" yet. You simply can't bully yourself into another state. Rather, cultivate a certain sense of mellowness towards the whole phasing approach.

Often, if you find yourself having difficulty this is because of not distinguishing between telling yourself to relax (which can go on ad infinitum) and being it. That is not some esoteric idea, but quite a practical and literal one. So just relax and you will find all things flow from there.

Preliminary considerations concerning focus 10

The whole benefit of phasing as opposed to the classic OBE lies in the concept of reduced sensory awareness, and being able to remain in such a state comfortably and without fear. So in order to benefit from such an approach, one has to start out with a baseline of sorts, and become fully comfortable with it.

So what is this baseline about? The baseline is being able to be in a state of reduced sensory perception, without any excessive goals and ambitions. It is about being able to stay in this level of awareness of focus 10 for a prolonged period, learning to recognize it, and becoming very comfortable with it until one is bored with it. It is important not to set too many goals, since if the goal is too ambitious, rather than simply holding the state for a long time, one will never get used to this state. The bar has been set too high. So put all ambitions aside and start to work on the simple goal of being comfortable in a state of sensory reduction.

It is not that hard to reach a light focus 10, or experience the preliminary markers of this state. What is much harder is to approach it without setting too many scary goals. Because, really, I can see no greater barrier to phasing or OBEing than fear. That's why it is so important to first dissolve that fear, and be for prolonged periods in this state of awareness of reduced sensory perception.

A quote from Monroe (1982, p. 29-30) regarding this approach is very informative:
Think of where you are now as a clearing in a dark forest- we call it C1 consciousness. We then take you into the forest to a point where you can still "see" the familiar clearing. That point is a guidepost (focus 10). After a sufficient number of runs between the guidepost and the clearing, the fear disappears. At the focus 10 guidepost, you always know you can go back to the clearing if you get uncomfortable for any reason. From the focus 10 guidepost, another point is established deeper into the forest and probably "out of sight" of the clearing. This we call focus 12. After several runs between guidepost 10 and 12, this too becomes familiar and secondary fears fade away. You know that if you can't perceive the clearing (C-1) from focus 12 you can see focus 10 - and from 10, you know the way back to C-1. The process is expanded to succeeding guideposts, each deeper and different, beyond ever expanding limits. (Far Journeys, 1985)

So what is focus 10? As said before, it has been called *body asleep/mind awake*. However, this term is a serious misnomer. Monroe gives his most elaborate description (which isn't much) in *Ultimate Journeys* (p. 278):

Focus 10. A simplistic definition is mind awake and alert, body asleep. The mind is slightly out of phase with normal physical wakefulness. It is a stage where all five physical senses seem detuned or reduced in strength, and it is the beginning of objective perception of perception in (M) field energy.

Obviously, this idea of reduced sensory perception is far more accurate way to define focus 10 than the idea of the body being totally asleep. After all, how would you be able to hear Monroe's verbal messages when your body is truly asleep while using his tapes? So in fact, the early stages of focus 10 deals with a reduction in sensory input, which are not distributed equally over different sensory modalities. Now, this is not that hard to reach. It where the senses of touch (the cutaneous senses) seem muted, the perception of your body seems to be in haze, and you still feel your body to some extent, but not as much as usual. If focusing on it, you are still very much in focus 10. It's not like the experience has stopped. You do not have to go inward and "see images" to be in focus 10. The key is to notice this decrease in sensory reduction, and get fully comfortable with it.

Now and then, in terms of Monroe's metaphor, take your time to look to the clearing (your body), which may seem sort of far away, but it's still there. You can of course shift attention in focus 10, and start going more inward (at which time you are attentionally unaware of your body), but the key is the muted sensory perception if you do pay attention.

This muted sensory perception of the cutaneous senses has to be distinguished from numbness of the body due to bad circulation. While the sensations are similar, it is easy to tell the difference. While in focus 10, simply touch or move the fingers of your hand, and you will feel your sense of touch quickly returning. In contrast, if the numbness was due to bad circulation, it will take around 30-60 seconds of stimulating the nerves for your sense of touch to become fully operational.

Now, some people do not agree with this definition. They hold that to be really in focus 10 implies not feeling the body all together, while feeling suspended in a void with just blackness in front of one's eyes. I would agree with that position were it not that a muted sense of touch, as opposed to total absence of these senses, often appears to coincide with other characteristics focus 10.

I suppose a way to sidestep the issue is to simply accept that phasing occurs on a continuum, and that even within a particular focus level, all things are a matter of degree. So rather, than adopting a categorical definition of that you either are or are not in focus 10, let's just say that focus 10 can be experienced in varying degrees of depth.

With that issue out of the way let's look at some of the preliminary markers of focus 10 that often coincide with the earlier mentioned muted sense of touch.

On the threshold

The following markers are those, which you can expect to come across quite early on in your practice.

Perhaps, the least convoluted approach to knowing that you are in focus 10 is that your awareness feels different. There is a distinct difference with normal awareness that appears to revolve around an increased sense of coherence and balance. This state was well-described in the following account.

I find that in focus 10, I am not only relaxed physically, but am also emotionally calm. Kind of like when you've just woken from a really peaceful dream and your still in that serene relaxed state of mind. So any disturbances I easily brush off or make use of (one time I had a fly buzzing around me like a jumbo jet and I made use of the sound and shifted my perception to flying around my room). I waver in and out of awareness quite a bit in focus 10, I figure this is caused by that annoying lifelong habit I have of going to sleep! I have also had the experience of feeling like I'm still awake and thinking that I haven't been successful, only to find that in fact I've been in F10 all along.

-Spiral

Another account that appears to touch the deep sense of mental and physical relaxation is the following:

Focus 10 is one of the most profound states of physical tranquility that I have ever entered. It becomes remarkably easy to achieve. The sheer concept of training your body to be deeply asleep while your mind is simultaneously awake and alert is a brilliant stroke which seems to have major healing implications as well as providing a launch pad or Gateway for more advanced spiritual work. The feeling is quite remarkable and quite attainable; a split level of consciousness, not unlike the left and right hands of an adept pianist or like a dreamer who can walk into the mundane, terrestrial world.

- Gateway excursion participant (From Leva, 1998, p. 139)

Another fairly consistent early marker of focus 10, although not always present, is a very crisp and bright awareness. This is not merely the sense of being awake as per the simplistic definition of focus 10 (body asleep/mind awake), but rather, one is more awake than in waking life. I think it is interesting how to note how this particular crispness often comes about. Quite often, there is sudden sense of "clicking in" or "plugging in" into this state, which provides quite a contrast with any dreamlike, dull, or even normal state of awareness preceding the shift into focus 10. The shift may be experienced either consciously or one suddenly "wakes up" from a dream-like or dull state. Sometimes the shift may be accompanied by images or sensations representing this sudden shift in awareness if you were in a dream-like state before entering focus 10. I am reminded of an incidence where I had spend the whole day watering the garden, which required me to often pull the hose to move from one area in the garden to another. As I was doing a focus 10 exercise that evening, and started to shift into focus 10 from a dull, dreamlike state of mind, this was accompanied by a sudden image where I find myself jerking hard on the water hose to move to a different area. At the same time, I felt my awareness aligning itself with the focus 10 state. Consciousness was crisp and clear from that point on.

I'd like to emphasize here, however, that this special characteristic of focus 10 where the mind is extremely crisp and clear, is not always present. Sometimes, the mind feels merely awake. However, there is still a sense of increased coherency and stability in one's awareness as compared to normal waking life. During those times, that crispness was lacking from the focus 10 equation I have found it

far easier to open myself up to visual scenes, which seem to be more meaningful than the usual non-sensical thoughts and images as we drift into sleep. I suspect the lack of crispness may be related to physical or mental tiredness interfering with focus 10 state. So expect this particular characteristic to vary quite a bit, and do not try to hold onto it either. After all, you have to tip your toes into deeper regions now and then and that may mean losing some lucidity and alertness. However, do not tip-toe too deep into this area, since you will fall asleep, and all the transition to focus 10 and further are preferably to be experienced fully lucid and aware.

I suspect that most will be able to reach these early markers of focus 10 (including the mild sensory reduction in the cutaneous senses) in a fairly consistent manner with relative ease in the course of, let's say, anything ranging from one to twenty hours of practice. Hence, when you read reports on the focus 10 state, these preliminary markers are most frequently mentioned. However, you are only at the beginning of a full-fledged focus 10 state at this stage, and the subsequent stages tend to require a lot more practice.

In fact, I can't overemphasize the following enough:

Each time you think you can't possibly go deeper into the focus 10 state, and yet you continue your practice, you will be proven wrong over and over again.

The real deal: A deep focus 10

A deeper focus 10 represents a further phase shift away from the physical, which basically involves a more pronounced reduction in the cutaneous senses. You will know you are well on your way towards a deeper focus 10 when the position of your limbs is not entirely clear to you. For example, you may have the feeling that your arm is bent rather than straight along your body (if that is its actual position). I wouldn't immediately assume here that you are partially "out of body". Rather, I would consider it a side effect of the reduction in the cutaneous senses creating various illusions as to the exact position of your limbs. Suffice to say, that once these sensations occur you are close to a full-fledged focus 10. However, once again, it's a matter of keeping your awareness flexible and receptive for matters to progress further:

Fixating your awareness on a particular object (like your body) is not going to do much. Awareness needs the freedom to move to be able to go anywhere. Going inward is an excellent way to establishing that freedom. So don't keep your awareness continuously fixated in any one particular spot (whether the blackness in front of your eyes or your body), but start to move into the "expanse of your mind" in a free-floating type of way. If at any point 'bodily' vibrations or other energetic sensations occur which require your attention, you can always return to that "bodily point of view".

As the cutaneous senses retreat more and more, you may quite suddenly start to feel you that you only exist in your "head". If there were any problems with obsessive swallowing or being unable to no longer attend to your breathing then this should no longer pose a problem in this deeper focus 10. At this point, your body is truly asleep in terms of its sense of touch. The lessened sense of being in the body tends to bring along a feeling of "being in the head" and as such, sometimes the "head space" may feel somewhat enlarged. You can still focus on your spatial position and whatever remains of the sensation of your body, but do not stay fixated on it.

This awareness of almost solely existing "in the head" with little awareness of the body can quite suddenly come over you. If you are aware of moving into focus 10 fully and completely, these transitions into different stages of consciousness are often characterized by a narrowing or funneling of attention followed by a sense of consciousness stabilizing afterwards towards the blackness in front of your eyes. This is fairly mild in the case of moving into focus 10, but it is possible for example to move straight from the waking state to focus 12 while skipping everything in between in which

case the sensations are more pronounced.

Once you reach a full-fledged focus 10, there should be the sense that your entire consciousness feels more far more channeled and focused than it before. You will likely appreciate the term 'out of phase' once you encounter this state.

Remember that the expansion of consciousness can also be experienced in many more indirect symbolic forms (rising and falling, expansion of body boundaries, etc.) So another characteristic of a deep focus 10 that may at times manifest revolves around the lessened influence of the cutaneous senses in one's perception of body boundaries. Then, naturally, a sense of non-alignment with the physical body may also occur as well as moving sensations such as rising, falling, shrinking and expanding. In addition, there may be lessened sense of being in the body as if one is slightly above it (or below).

Despite these deeper manifestations of focus 10, images do not always automatically occur in this state, or other types of sensations. The blackness in front of your eyes is not really different from that when you would close your eyes right now. This would indicate that although all the cutaneous senses have almost completely cut off, the visual senses are still fully activated. Hence, you will still have some overall sense of your spatial position, rather than floating all over the place.

It needs to be said that a deep focus 10 is truly quite a detached experience from the physical, and too often people assume having been there while they were not. In fact, most successful projectors often pass through it without holding still or recognizing this intermediary area. The feeling is almost like being in virgin, unspoiled territory even though thought processes may continue as usual.

It is not uncommon that you will find yourself unable to phase out further in focus 10, despite recognizing being in quite deep, and at the threshold of something else. If you got to this state being tired, yet being able to hold your balance in it alert and lucid, you may find some of your normal mental faculties missing. These will be more present with continued practice, and eventually you will start to sense being on the threshold of focus 12 - a more expanded state of awareness.

Now, these signposts of a deep focus 10 provide a good platform exploring in different directions, but in the focus 10 state as discussed so far the visual senses are still very much active (even though your eyes are closed), and this brings us to visual perception in focus 10.

Visual perceptions in focus 10

So far, I have focused on quite 'normal' sensations in focus 10. That is because, especially in the early stages, it is perfectly possible to be in focus 10 without experiencing any extraordinary visual sensations. Although it may not always be easy to have visual perceptions, it is certainly possible to have them, and much easier in focus 10 than from a C-1 state of mind. I would however suggest to start dealing more with visual imagery once you can hold a deep focus 10, since the risk of falling asleep is quite high otherwise (and the images are more like dream-vignettes rather than anything else). Also, you're likely to miss the focus 10 state (more or less located between the waking state and non-lucid mini-dreams) all-together by passing through it so quickly you won't even notice.

Within a deep focus 10 state a slight phase shift may be felt that is ever so subtle as you start to align yourself with visual perceptions. Have you ever been tossing and rolling in bed trying to get to sleep when suddenly all the mental chatter and edginess seems to come to a sudden hold and where it suddenly seems very easy to perceive visual images without losing alertness? That sense of ease of perceiving visual imagery is the subtle phase shift within a deep focus 10 that I'm talking about. You will likely encounter these images quite naturally when you relax your awareness a bit in a deep focus 10. Rather than staring into the blackness in front of your eyes fully aware, just relax your

awareness in a fuzzy type of way almost like watching from out the corners of eyes figuratively speaking.

Once you are able to hold a deep focus 10 an active role towards the perception of these images by increasing your interaction with them is advisable. However, remember that this active role is a very fuzzy, soft and gentle movement of consciousness. Anything else will not necessarily throw you out of the focus 10 state, but all you will see is blackness in front of your eyes in a fixated type of way.

What would be your favorite perception? Some personal favorites of mine are looking at trees, large-scale nature scenes, lakes, seascapes, and beautiful mansions and houses. While in focus 10 (whether it is a light or deep focus 10) start playing around with seeing your favorite images in your mind's eye. Don't create the scene in terms of creative visualization. You don't "build" the image. Rather, you try to "see" a favorite image for only a very brief period of time as if it comes out of nowhere. Do not try to hold it. If it's vague (like for example seeing a half-formed image of a lake surrounded by mountains) then you do not try to make it more vivid. Get on with the next one. Sooner or later, if you stick to this process you will really perceive a version of your favorite image. One that really did come out of nowhere! Expect to be surprised with the detail and beauty of these images. They may be snapshots at first, but once you have seen, for example a tree, that originates not from your mind, but from elsewhere, this exercise will become tremendously fun and exciting.

In your practice there may be a yo-yo effect. You may shift into semi-lucidity where a vague image appears, and as soon as you start to notice, you'll shift back to where you started feeling fully lucid once again. However, at one point you will start to experience several things. First, it will become easier and easier for you to relax your awareness to the extent that you experience visual images. Secondly, you will find that you'll become increasingly lucid during the experience of these images. Not as lucid as you might like, but you will know you're getting somewhere when you start to experience some level of synchronicity between your intent, thoughts and emotions on the one hand, and the visual scenes on the other hand. That is the scenes will start to naturally follow your thought patterns, emotions, and concerns. Often, particular questions that are on your mind will find themselves answered in the visual scenes in front of you.

Increasingly, you'll be able to see the visual images for longer periods, while at the same maintaining a stronger sense of self while seeing them. You may also find yourself shifting in and out the visual imagery more easily and more quickly. Of course, these visual images occur only while relaxing your awareness and without doing anything in particular to "get" them. So if your attentional focus in focus 10 is on the blackness in front of your eyes or on the remaining sensory sensations in your body, you are unlikely to experience anything. Instead, you need to forget about everything physical for a while.

What are you really doing here in this process? What you are doing is taking an active approach and real interest towards inner activity that is seemingly unrelated to yourself. In other words, you are creating a functional unit between your waking mind and non-physical energies. The images may not be very informative or useful at first. However, the functional unit between your waking self and inner activity is quite useful. This functional unit is your primary starting point.

Another way to conceptualize this issue is that you are trying to establish a synergy of sorts between action and perception. That is, a state of consciousness where you will find your intent to be immediately followed by their corresponding sensations and reactions. This type of phenomenon has been described as the following:

Any conflict between doing something and being there, or between active and passive states, is

resolved in focus 10. Doing and being merge, triggering what we call "synchronicity," or a synergism between thought and action, between imagination and reality, between self and universe. In focus 10, the serious and playful aspects of self-discovery also merge, effort and fun are no longer in conflict. You enter a flow. Burdens become light. So seriously, have fun!" (Gateway manual, 1980).

For a while I was under the impression that synergy between thought and action was a highly exaggerated characteristic of focus 10. It seemed I was wrong however, since this synergy does become more and more apparent when you start to relax your awareness in focus 10 rather than keeping it in a fixated position. Granted, this type of synergy is generally (especially in the beginning of practice) not as dramatic in focus 10 as in other focus levels; in particular that of focus 21 where synergy between thought and action is major characteristic of that state. However, it is wise to make an early start with building and practicing this synergy in focus 10, which will serve you well in subsequent focus levels. That is, become used to the idea that stray thoughts may sometimes result in immediate perceptions in focus 10, and slowly learn to differentiate between thought and intent, so that you will not be swept all over the place once you reach higher focus levels. Focus 10 is a good, and comfortable place to start.

Where do these images come from? It depends. If you haven't set any particular intent, then the images of focus 10 are usually a reflection of ongoing concerns and thoughts. This is in itself a highly interesting phenomenon and much can be learned from it if you realize the connection between your thoughts and perceptions. If you are unaware of this connection, you will not only misinterpret a lot of your perceptions, but also feel without control.

Be creative. Focus 10 is excellent place to overcome fears as long as you realize you are in control!

If you ask specific questions expect the images to be far more meaningful and potentially very informative. The focus level are merely your reference point from which you do further exploring. For example, after the images have occurred, what is the state you find yourself in? Usually, you will find yourself back in focus 10. So overall, you have perceived images by at least going from and back to focus 10, wherever these actual images may be "located".

One last aspect of engaging yourself in visual imagery deserves to be mentioned. Do not be surprised if you find yourself in focus 12 rather than the usual sensations of focus 10 after having gone deep into a visual experience. In fact, when starting to align yourself with non-physical visual imagery, it is not uncommon to experience some mild stroboscopic light effects or other sensations. These effects are not surprising, since in my opinion focus 12 is associated with the shutdown of the visual sensory modality (in addition the shutdown of those sensory modalities characteristic of focus 10. As such, these effects are yet another representation of a change in consciousness, which may occur when you go into prolonged periods of viewing visual imagery in focus 10. Alternatively, you may find yourself back in back in focus 10 staring into the 2D blackness in front of you, yet discovering the focus 10 state has deepened considerably.

So the practice of visual perception in focus 10 serves several purposes. Beyond the fact that there is a lot of guidance and answers to your questions in this state, it may lead you to move further away from the visual senses and tap into focus 12. However, keep in mind that this is usually a rather accidental way of entering focus 12. Eventually, you would want to enter focus 12 without tricks, and smoothly glide from a deep focus 10 (without the help of visual imagery) into 12 by mere intent.

Obviously, there are a lot of other perceptions besides the visual in focus 10 that are equally important.

Other perceptions in focus 10

Besides visual images, the gateway manual (1980) makes several broad distinctions between the different types of non-physical energies that may be encountered in focus 10. The most common of these are kinesthetic sensations. As I have mentioned before, I consider most of these sensations to be the result of the reduction in input from the cutaneous senses. I am ambivalent about the existence of an energy body being responsible for such sensations, and I do not think energy work is useful. The link between a loss of the sense of touch and "energy body sensations" is simply too obvious to ignore. For example, does it not make a lot of sense that in a deep focus 10 you will sometimes experience falling and rising sensations if the cutaneous senses are no longer there to firmly put you in one spot in space? Anyways, feel free to disagree. At least we can all agree on the sensations if not the interpretation.

The following is the description of kinesthetic sensations by the Monroe Institute:

"One method of perception is to feel differences kinesthetically (sensations that are, or seem to be, physical). Pay attention to your body and feel subtle sensations. These sensations might feel like motion: rising and falling, rocking, sliding and tipping. You might feel "electric" sensations: tingling or vibrations. Perhaps you might feel twitches, pulsing, pressure, or changes in temperature." (Gateway Manual, 1980)

I think that most people who have practiced OBEs are familiar with these sensations, or at least have heard about numerous times. However, it is worth here to mention that the more "complete" kinesthetic sensations tend to occur in a deeper focus 10, while in a lighter focus 10, these sensations tend to be more localized and of shorter duration. However, they are not always present in focus 10.

Kinesthetic sensations that are of particular interest are those that involve a complete dissolution of normal body boundaries. That is, the formation of a completely new body boundary that forms an egg-shaped form around the body. From my understanding, this is not the so-called "second body" but rather a field that seems to surround the physical body. It is a most peculiar feeling where one seems to be floating inside a big balloon and ones "edges" seems to be located around a feet away from the actual body. This "body" enlargement effect has been reported several times by people in the sleeping booth at the Monroe Institute (Atwater, 2001). In my opinion, this phenomenon is merely an indirect symbolized experience of the expansion of consciousness. Alternatively, like many other kinesthetic sensations the whole experience may in part be the result of a reduction in the cutaneous senses where body boundaries may shift into a different form. So I wouldn't worry too much if you never come across it, since it seems perfectly possible to reach higher focus levels without experiencing this phenomenon.

Another type of non-physical sensation are called "intuitive perceptions". The following:

"Gateway participants often report intuitive perceptions: a sudden awareness, a gestalt, a whole knowing, or "thought-ball" as one person delightfully described it" (Gateway manual, 1980).

Now, these intuitive perceptions are really interesting and they continue to be heavily ignored in most OBE literature, while they seem to operate there to a large extent. I personally have started to call them Inner Sense Percepts (ISPs) for lack of a better term. They are more common in focus 12 than in focus 10, but they definitely occur in either state. Often, in focus 10, they coincide with others types of perception such as visual imagery. An example of an ISP would be a situation where I suddenly became part of a dream-like visual scene with a lot of people around me, and I received the ISP: " You are never alone". It's a nice message to get (unless you're the paranoid type). For those interested in more information in this subject I advise to take note of the word "percept" in Monroe's books, and you will see how often these intuitive perceptions occur in the OBE state.

Lastly, there are the auditory perceptions. These sensations are more characteristic of focus 12 in my experience. Usually, I do not find the auditory senses to be reduced to the extent that auditory that "nonphysical" auditory perception is characteristic of focus 10. However, despite the general absence of a consistent reduction in the auditory senses in focus 10, do expect auditory sensations to occasionally occur in this state (usually as part of visual scenes), and become more prominent in focus 12. So to complete this section, here is the description in the gateway manual of auditory perceptions:

"An auditory perception may manifest as verbal messages, voices, or impressions of voices. It may also occur as sounds such as static, buzzing, pops and clicks, tones, or even music. These perception have a delicacy, a quality difficult to convey in physical, waking consciousness." (Gateway manual, 1980).

A peek around the corner: Beyond 10

Before concluding this paper I think a little information on focus 12 and the other focus levels is in order, because it is likely you will automatically stumble upon it while practicing focus 10. I think it should be clear that the major position of the current paper is that focus 10 involves a reduction in sensory input from cutaneous senses while most other senses are still largely operational. Hence, it should come as no surprise that once the visual senses start to shut down another phase shift can be expected even further removed from the physical. I would like to note however, that conceptualizing the emergence of focus 12 solely as the shutdown of the visual senses is likely a simplification. Perhaps more accurately, it should be conceptualized as a perceptual shift in context, where one's spatial position is no longer as strongly determined by a spatial-visual system that normally locates us firmly in the physical world.

Let me just leave you with the following focus 12 descriptions by others (Leva, 1998, pg. 331-332):

"My head got bigger, seemed like there was a split in half, a floating sensation; spacey; gray fog, infinity; high electricity; less stringent; Focus 10 more stringent; smooth; gentle; lot larger, no limit; head somewhat exploding, seeing symbols; vastness, felt connected deep in my bones; gray, felt larger in denseness; whirling vortexes movement; intimate like a red flannel shirt."

"Void; mountain like sensation, elevated, able to go off into the periphery of more than one direction at a time, flatten, floating; formless (body), energetic...; fullness (mind), emptiness (body), have times when doing both together, enlightenment, there are space, groups of predominant light; dense (solid mind), full, experiencing great amounts of knowingness or information (not specific information), experiencing a great presence (me); freedom of mind/space; light body; flat, no concrete sense, no body, I was jut there and everywhere; absence of gravity, being able to move in space easily (doing acrobatics), able to perceive things from above."

Conclusion

This paper has made a broad distinction between a light and deep focus 10 state as well as a discussion of common perceptions in these states. It appeared to me the best approach to accommodate the wide variety of experiences people have in this state. Also, focus 10 has been identified as a state that is mostly characterized by a reduction in the cutaneous senses, which in turn can explain various sensations associated with the focus 10 state. I hope this paper has succeeded in its primary purpose in illuminating the main characteristics of focus 10, and facilitate a person's ability to achieve this state. So this paper has come to end for now. However, don't expect this paper to stay unchanged. Hopefully with comments from others we can increase our knowledge

base of focus 10 with a large varieties of experiences, and hopefully some general patterns, that can provide the road signs for others to follow.

Exit Technique#65. Very effective, very simple AP technique

Written by JKL

This is how I got out the first time I tried.

It was the most intense experience of my life.
I got out twice using it..in the same night.

Ive used all sorts of techniques since...and have never really gave this one the credit it should have.

Do the relaxing thing.
Get to where you cant feel your body.
Keep doin the tech even when you feel tired and you feel like rollin over....
roll over and keep doin it.
Just do it until you lose consciousness....
It worked for me and changed my life 500%

this is for conscious AP...

repeat this in your head, and focus on it as much as possible...dont get discouraged...
Say it slow if you have to...

"I am going to have an out of body experience.
I am going to let myself go to sleep, but I am going
to bring this waking consciousness with me wherever
I go. I am going to leave my body with full awareness."

This is exactly what I said and did with life altering results.

This tech is in the book Out of Body Adventures by Rick Stack.
A student of Seths.

its a potent technique...
Just do it until you pass out....try it for a few weeks if it doesnt go down right away...

but I guaaarantee you it Works.

Exit Technique#66. Point Shift Technique aka Spacation Technique

Posted by JKL

From Astral Dynamics

Point shift is the most direct and powerful projection technique of all, although it can be somewhat difficult to learn. It requires a great deal of concentrated mental effort, in that projectors must hold their whole-of-body awareness image exterior from their physical body for some time in order to trigger the projection reflex. It is extremely effective when mastered. It is well worth the effort of learning it; some people will find they'll take to it like a duck to water.

Relax your body thoroughly and get in a trance-like state.

Feel and become aware of your whole body. Feel your body's spatial coordinates in relation to the room around you. Run your mind over where the doors, walls, windows, and furniture are in your room. Build a spatial map of this with your imagination, in your mind's eye, in your perception of yourself and the room around you.

Using your imagination, feel yourself rising or stepping out of your body, then floating or standing just out of arm's reach from your physical body.

If you are lying in bed, feel yourself as floating at arm's reach above your physical body, staying in line with it and facing the ceiling. If you are using a chair, feel yourself as standing three feet away from your physical body. Imagine, feel, and perceive as strongly as you can what it would feel like to actually be out there in front of your physical body.

Hold your body awareness firmly centered in your imagined exterior body in its new location. Do not try to see or feel your double as being above or in front of you; feel yourself as being above or in front of your physical body, from your projected double's perspective. This is tricky but will get easier with practice. Concentrate on sensing the changed spatial coordinates of the room around you from this new perspective. Feel and be aware of your physical body waiting behind or beneath you. Imagine and feel your projected double as already having separated from your physical body. Concentrate on holding your point of body awareness inside your imagined projected double in its new location.

Feel the pressure of your physical body trying to pull you back into it. Feel yourself fighting this pressure. Concentrate and use your strength of will to force your projected double to strain and fight against the pressure. Fill your mind with the single-minded, determined intention to project free of your physical body. Use maximum willpower, but do not allow your physical body to tense or respond in any way.

If you are projecting from a bed, mentally grit your teeth (without tensing) and feel yourself slowly but forcefully rising away from your physical body. Force yourself to rise an inch at a time. Roll your projected double's shoulders one after the other and try to shoulder yourself higher and farther away from your physical body a bit at a time. Try to feel yourself rolling toward the center of the room if that helps.

If projecting from a chair, mentally grit your teeth, (without tensing) and take one small but forceful step at a time away from your physical body. Step away an inch at a time, struggling against the force binding you to it. Feel this force steadily weakening in response to your efforts. Feel your imagined projected double's shoulders hunching and heaving and your head straining forward as you slowly but steadily tear through the force binding you to your physical body.

Hold the above reactions strongly enough and they will trigger the projection reflex very quickly. Do not allow your physical body to tense up while doing any of the above -- this is the real trick to point shift. These are all imaginative body-awareness actions.

Hope this helps yo



"Life" created by Revenant aka Slaygen



"Butterflies" created by Revenant aka Slaygen

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