

TECHNIQUES FOR OUT-OF-BODY TRAVEL

By Jonas Ridgeway

Introduction:

Astral projection is a state where the astral body has separated from the physical body, with or without the rational mind. As uncommon as it may sound, it isn't. In fact, it is suspect that everybody experiences this separation each time they fall asleep. However, most people don't remember it. This nightly excursion out of the body is forgotten—at least to the conscious mind—simply because the ego has not put forth the effort to recall the experience. It is the same with dreams: if you deem them unimportant, you won't remember much of them—if any.

But out-of-bodies are real. You are much more than flesh and blood. Death is not such a fearful thing when you realize it never really existed. As Seth says: "You are as dead now as you will ever be."

To go out of body is a good thing and as natural as breathing—but the second body, or double, is controlled, usually, by the subconscious. The aim of this article is to help you achieve the out-of-body state on a regular basis and with your full critical faculties, the I-consciousness, intact.

Whether you choose to believe it or not, you have a second body. Depending upon the person, its appearance ranges from a gossamer-like presence to an exact replica of the physical body. Having the ability to project your consciousness can open up many opportunities for you. I'm still learning how to control my OBEs myself, but when you have developed your astral skills it is possible to go anywhere that pleases you. You can travel the world over. Walk the beaches of Hawaii, for example, or explore the ancient pyramids of Egypt. Or even out of this world, if it suits you. To the moon, perhaps, or farther still. You can visit friends and loved ones, living or dead; or meet other astral travelers and communicate with them. You can go anywhere that is of interest to you. And, the best thing of all is—the trips and experiences are free!

The ability is yours if you wish to develop it. Instead of your subconscious having full reign, why not share a portion of it with your ego, the waking self?

Kicking the Fear Habit:

If one wishes to engage in a conscious OBE one must take the position that OBEs are not fantasy or make-believe; of course, personal experience is the surest way to do this. But by reading extensively on the subject, talking with people you trust who have experienced it, and attending seminars and classes where OBEs can be discussed at a personal level, you can gain enough information to ascertain whether or not OBEs are valid. Also, he must change any notions that the out-of-body experience is "wrong", "unhealthy" or "the work of the devil", for it is none of these.

Once you accept the reality of OBEs and that it is a natural extension of the human experience, the subconscious mind can now allow the ego to experience OBEs directly; unless, however, fears are present, which then prevents the conscious mind from participating. Fear, then, is the next barrier—perhaps the main barrier—to overcome.

An out-of-body experience while alive is no different than an out-of-body experience after one has died; the difference simply being that the latter has no physical body to come back to. It is little wonder then that conscious OBEs are not the norm. Most people are horrified with the idea of death—it's almost taboo to even talk about it. For some, death even means THE END—the death of the self.

If you want to leave your body consciously and be in control of the situation once it is achieved, you must first do away with the following fears:

1. Fear of separation from the physical body (remember, you leave your body each time you sleep, and you've made it back thus far).
2. Fear of losing the physical body (whenever you want to go back to the physical after a journey, the "wanting" itself will reel you back).
3. Fear of the unknown (to a certain degree this fear will always be with you, but it is well to remember that nothing can harm you out of body—awe of the physical world do not apply here—and if you encounter something "dangerous" or with malicious intent, the wish to go home—or the emotion you expressed in the situation itself—will get you there).

The best way to combat fear is to confront it. Your first OBE is likely to be a quick one—out and back in again—but the next might be a little longer, and the next longer yet, for each time you make it back safely a chunk of FEAR is taken away. Be patient, practice often, and soon OBEs—like swimming—will be second nature to you.

The Dream-State Method:

One fairly easy method for inducing an OBE is via the dream state. It is in my case, at least, and for various reasons I believe it could be for others. But before we go on to details, we need to go over some preparatory matters.

1. You need to become obsessed with OBEs and the idea that YOU can experience them. This is very important. You can't just want to leave your body, you must desire it. You must read everything you can about it—then read it again. You must think about it every free moment that you have. Pound it into your head! Read what it feels like to go out of body, to rush at super-human speeds, to float serenely above treetops and spin dizzily with the stars—then imagine yourself doing these things! As you drift off to sleep, imagine that you are weightless, that you are floating toward the ceiling. Or imagine your astral self getting up and walking through the house—literally walking through the house, through the walls, feeling the texture of everything you go through (when you actually do this out of body, the sensation is quite strange—just a slight resistance and then you push through). Do this each night; and when you have done all of these things for some time, you will find that flying dreams are more frequent—and you are that much closer in taking control of them.

When you dream that you are flying—in a plane or Superman style—it is, in most cases, an actual out-of-body experience. The double has indeed separated from the physical body, but instead of being controlled by the conscious mind, it is in the process of "acting out" the scene or dream that the subconscious mind has created. When you dream of flying, you are flying. Moreover, flying in a dream isn't the only time you're out of the body while dreaming. In fact, the entire dream itself may take place away from the physical body.

And what of those curious falling dreams? We have all experienced them, the sensation of falling a great or short distance and then waking with a sudden jerk. Simply put, this is what occurs when the double goes back—or is "called" back—too abruptly, as it makes a quick descent (the falling sensation) and then re-coincides with the physical body (the sudden jerk).

2. In order to bring the dream state in view, you must remember your dreams—which brings us to DREAM RECALL. By recording your dreams in a journal—faithfully, and in as much detail as possible—the act itself will help you recall them better and more often. Dreams are rather slippery, so keep your journal next to your bed with pen handy and write them down immediately upon waking. With DREAM RECALL, the workings of your inner self will become clearer to you as your consciousness becomes more flexible.

3. SUGGESTIONS before going to sleep—especially as you drift off to sleep—are extremely effective. Repeat these two sentences several times each night, and especially as you awaken in the morning and began to drift back to sleep again:

I WILL REMEMBER MY DREAMS

I WILL HAVE A CONSCIOUS OUT-OF-BODY EXPERIENCE AND REMEMBER IT IN FULL DETAIL UPON WAKING

4. Yoga exercises are said to be helpful in acquiring energy which can be used for projections.

5. A vegetarian/vegan diet is believed to aid in projection. (See, you can save animals' lives *and* be a more proficient projector!)

6. Lying in a north-south position with head to the north is said to be both helpful in DREAM RECALL and projecting one's consciousness.

7. Living near the ocean is a definite asset! Leaving the body is so much easier for me when I'm living on the coast—I have no doubt about this. I don't know why it works, but it does. So, quit your job, pack your bags, and move to the ocean!

We will now go into the reasons why I believe projection via the dream state is a fairly easy affair. First, the element of fear in relation to the separation of the physical body isn't present as when the trance condition is used. When consciousness is brought to a dream—which is the crux of the experiment—the physical body is sidelined, so to speak, and concerns are focused elsewhere—by the time you "come

awake" separation has already taken place. On the other hand, if you get fearful about something in the trance state (as in feeling the astral body rocking in the physical, or the sensation of floating upward) you usually jerk yourself awake, ruining the experiment for the time being.

Another advantage of the DREAM STATE METHOD is this: when you are obsessed with the subject of OBEs, many of your dreams will be related to OBEs, thus giving you easy—and tailor-made—opportunities in which you can transform these dreams into OBEs. For example, in a dream of mine I was climbing this mountain—its characteristics made me think of Peru—and because (in the dream) I was tired, I thought: Hey, wouldn't it be great if I could go out of body and just fly up? And with that I realized I was dreaming and took advantage of the situation, creating a conscious out-of-body experience.

The Dream-State Technique:

As mentioned, bringing awareness to a dream is the first step in having a legitimate, fully conscious OBE. But how does one go about doing this? One way is to find something in the dream that doesn't fit, or seems too fantastic to be real. For example, I once dreamed I was at my parents' house in their upstairs bedroom. It was daylight in the dream and the room looked normal save for these tall, individual mirrors that stood next to one another and surrounded the room. I knew these mirrors didn't belong here, and I came to the notion that I must be dreaming, so I thought: Okay, to prove I'm dreaming I'm going to jump out the window. And so I did just that ... but instead of falling I was flying, for I had realized my true condition.

Although projection through the dream state is not that difficult in most respects, hallucinations may cause a problem if you don't realize them as just that—hallucinations. Of course, if you want to play around with the hallucinations you can do so (after all, you created them). But if you wish to have a "real" OBE where only "real" objects and people exist apart from your psychological makeup, then you must, upon viewing a suspected hallucination, tell it to "go away" or "disappear", and it will; however, if you don't realize a hallucination for what it is, you run the risk of falling back into a normal dream state.

You would do well, then, in order to turn on the total waking self (that is, once the out-of-body or dream state is acknowledged) to do the following: realize that while your physical body is asleep, YOU are awake; affirm that you are completely conscious and in complete control; state your full name, address, and phone number; do a couple of jumping jacks (I'm not kidding), shouting "**I'M OUT-OF-BODY!**", and then, finally, with arms akimbo, throw your head back and laugh manically. :)

Now fear within a nightmare can hit you with a vengeance. However, fear in a nightmare—especially the "life-threatening" kind—can be used to your advantage with regards to consciousness "awakening".

For example, I once dreamt that I was being menaced by a ghost that darted about me in an unfamiliar room. I was twirling like a madman, trying to keep my sights on it. As I ran toward the french doors, with plans to crash through it, I thought: Hey, maybe I can pass through it like I do in OBEs! And with that I was able to pass through it, and went on to have one of my longer, completely conscious out-of-body experiences.

So, once a familiarity with OBEs is established (by firsthand experience or by reading) the knowledge gained will often present itself in the dream state, creating ideal opportunities in which awareness can be reached.

I wish to remind you now that before an OBE is attempted, a suggestion before sleep is needed, such as (for the DREAM STATE METHOD):

AS I BEGIN TO DREAM, I WILL "AWAKEN" WITHIN THE DREAM AND REALIZE MY TRUE OUT-OF-BODY CONDITION

It is also possible—and highly recommended—to suggest to yourself that you will have an aviation-type dream (for example, a dream where you are a pilot for a commercial airlines) and as you dream of such, the flying sensation you experience may bring about the realization of your true condition: that you are really out of body. However, your interest in OBEs must be great enough in order to trigger the response.

Another technique that may prove more effective, is to make a tape recording that repeats (in your voice) a given suggestion continuously. A tape player with auto-reverse is recommended.

The Hypnopompic State Method—The Easiest Method for Inducing the Out-of-Body State:

The hypnopompic state is a stage of half-sleeping, half-waking that we pass through as we awaken. It is the stage I am in when I am remote viewing: seeing through walls, "moving" down roads or reading literature (this last I have done many times, reading pages from magazines, poetry, romance and suspense novels, to metaphysical books, including one by Seth that doesn't, as far as I can tell, exist). But it is also ideal for projecting the consciousness from the body.

My first conscious OBE was done from the hypnopompic state. I had begun to waken after several hours of sleep (conscious OBEs are more likely to occur as you come out of sleep than the reverse, which would then be called the hypnagogic state) and was seeing through my eyelids (this is not a prerequisite for an OBE but can serve as a sign that conditions are favorable for one); after the vision of my mother in the kitchen (see [My First OBE](#)), I willed myself to roll off the bed to the right and instantly my wish was granted (remember, thought is action in the hypnopompic state, as it is in the out-of-body state).

So, as the above example demonstrates, the out-of-body state can be achieved rather effortlessly in the hypnopompic state. But now the question is: because the hypnopompic state is usually of short duration, how does one prolong it in order to have an out-of-body?

Let's start at the beginning. First, because OBEs are more conducive after several hours of sleep, you should begin here. As you feel yourself coming out of sleep do not move your physical body and keep the eyes closed. In this state of half-sleep do nothing but relax. If you feel yourself coming out of this trance condition, deepen it by imagining yourself walking down a flight of stairs while, simultaneously, to maintain consciousness, you stare at a fixed point in front of your eyes. Don't deepen it too much that you fall asleep—the goal is to maintain a condition of pure relaxation but keeping your consciousness steady. You may or may not have the ability to see through your eyelids, you may hear voices or your physical body snoring, or you may be aware only that you are in a state of drowsiness—at any rate, to ascertain whether or not you are in the correct mode for an OBE, simply try, without moving the physical body, to get up.

Most likely, however, because you undoubtedly have some amount of fear, you will experience several "shifts" before actually experiencing total separation from the physical body. A "shift", as I like to call it, is when you feel your consciousness "shifting" or moving momentarily to another position outside your physical head. As you become more used to the sensation of your consciousness moving, the duration of the "shifts" will be longer. You may, for example, now be able to sit up. On the other hand, if you are the fearless type, perhaps complete separation can be accomplished from the onset, bypassing the "shifting" nuisance altogether.

When attempting to project from the hypnopompic state it is important that you do not try too hard. If you try too hard or become anxious, you will destroy any chance you may have had. Take the position or attitude that you don't give a damn whether or not you project. Be nonchalant about it. Behaving in this manner will keep the nerves and fears at bay. When you have determined that you are in the hypnopompic state and have managed to hold that position steadily, simply give the command to leave your body, in the manner you feel most comfortable.

A good method—the one I use—is to roll off the bed to the right or left. (However, it is a good idea not to have objects in your path as you do this, such as a desk or night table. It is true that under most conditions the astral body can easily pass through such objects, but, despite knowing this, if you still harbor fears of rolling into, or knocking your head against, an object, then complete separation cannot be accomplished.) Or, if you like, imagine yourself floating upwards. Whichever way you feel comfortable with. The best method is the one that can get you out of the body quickly, such as the rolling-off-the-bed method. Once out, keep it in mind that a too close proximity to the physical body might yank you back into it before you are ready. If you want to, you can look back at your physical body, but the initial shock of seeing yourself with a such a deathlike countenance will probably bring about re-entry into your physical body.

As you become more experienced with the separation process, you can become more creative. Have fun. Experiment. I often crawl astrally to the end of the bed and do backflips. Sometimes I do somersaults. If I'm in a really nutty mood, I will simply think "Turn! Turn! Turn!" and my astral body will spin wildly out of control like a log in water. Sometimes I feel so free in my subtle body that I indulge in a bit of astral dancing, jigging across the room or in midair. A few times I've heard other souls nearby, whispering, although I couldn't see them. I'm sure they found my antics quite humorous!

The Inner Rhythm Method (or Doing the Third-Eye Throb):

This method should be used while in the hypnopompic state. It is a variation of the above method and is intended as the madman's approach to astral projection—it's effect is that your astral body will be rocket-

launched from your physical body! It is not for the squeamish. If you want to feel what it is like to be shot from a cannon, then give this method a go. I love this method ... but I'm a little nuts.

Throughout my childhood I had been aware of a strange pulsing or throbbing sensation in the space in front of my closed eyelids, and before sleep, to entertain myself, I'd often "watch" it, and I soon discovered that by concentrating on it the pulsing action could be speeded up. I'd given the phenomena a name—"The Whomp-Whomp Thing"—which, I thought, would describe perfectly the sound it made if it had had a sound. Later, after my mother had told me of her OBEs and OBEs in general, I discovered that the pulsations didn't reside solely with the eyes but my entire body, and that by concentrating on the sensation (or sometimes at a point above my head, as if I were wearing an imaginary hat or cap) it seemed the pulsations would intensify and speed up; and when speeded up to a point, I would begin to rock back and forth, although physically I did not move. Everyone has this inner rhythm, which is simply the vibration of the astral body—it may be so "quiet" or subtle to your senses that it goes unnoticed—but when magnified and quickened, can unlock (catapult!) the astral body from the physical.

To find your own inner rhythm you should be lying on your back, preferably after several hours of sleep, just as you awaken. Continue to relax—maintaining the hypnopompic state, that delicate state between half-awake and half-asleep. Now look at the darkness in front of you. Is there a gentle "pulsing action" or a strobe-light effect? Can you feel the "Whomp-Whomp Thing" behind your eyes and between them? If so, imagine it speeding up or increasing. Now focus your mind on your entire body. Do you feel the pulsations, as if a gentle wave of energy is undulating throughout your body? Make the pulsations stronger by following the rhythm in your mind. Imagine it speeding up, becoming more pronounced and powerful—push it along in your mind. When the pulsations have increased to a certain point, you should feel a rocking sensation from left to right, as the astral body begins to loosen itself from the physical body. Keep this sensation going by imagining it moving faster and faster. If you can continue this crazy rocking/wobbling motion without freaking out eventually your astral body will be **BLASTED** into astral space! *Yee-Haw!* You will shoot high up into space, make an arc, and then come down. If this was your first astral blast, however, then you will probably be back in your body before you knew what hit you.

If you want an exit from the body that isn't quite as alarming as the above, then you should just imagine your astral self rolling off the bed in one gentle fluid motion—do this before the rocking sensation has become too extreme. You will know when you are succeeding when you feel your consciousness withdrawing from the physical body. When complete separation has taken place, forget about your physical body and think only of how calm and relaxed you are (repeating a word, such as "peaceful", may be of help to keep your mind at ease and preoccupied). If sight is blurry, move away from the physical body until your vision clears. If it remains blurry, will yourself to see more clearly.

The X Marks-the-Spot Method:

This method should also be done after several hours of sleep. This is the lazy man's astral projection technique. As you begin to awaken, don't move the body and keep your eyes closed. The idea, believe it or not, is to fall asleep again—but this time with a particular goal firmly planted in your mind as you drift off into slumberland. The goal is to fall asleep while imagining that there is a big black **X** on the floor near your bed and that your consciousness is sitting on that big black **X**. Just imagine yourself, that pin-point of consciousness that is **YOU**, is on the floor next to your bed—keep this idea firmly rooted as you fall asleep. This technique is very simple but it works great for me. The next thing you'll be aware of is that suddenly your consciousness has fallen to the floor, and this very act of falling to the floor, this movement, actually brightens or awakens your consciousness so you are fully aware what has happened, that you are now outside your body—and ready for some exploration.

For the first few experiences it is best to stay in your home, for this place is familiar and will be of comfort to you. As you get more accustomed to the laws of the astral world and the astral vehicle in which you find yourself, you can begin to explore the universe and what lies beyond.

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Those are some of my methods. There are more, and I'll add them here when I find the time. You should try all my methods in order to find what works best for you. After your first conscious out-of-body experience, I suspect your life will never be the same again. Magic exists. Out-of-body travel is real. The Universe is ours to play in. God rocks!