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A Discussion Of Different Astral Projection Techniques

There are several differing astral projection techniques that can be utilized by many for use to help them do astral project. With every person being unique, a technique that is good for one user many not be good for another user.

The main reason people run into problems with any of the methods usually is the fact that they have an inability to relax.

One thing you need to bear in mind right from the very beginning, is that total relaxation is essential, irrespective of which technique you choose to use. Unfortunately, because there are still many misconceptions regarding astral projection, many newcomers experience a certain degree of fear and this in itself prevents them from being able to relax.

For the most part, these fears are a result of false rumors, claiming that it's possible for one to be harmed while astral projecting. Luckily, the Canterbury Institute conducted thorough research regarding this, in an attempt to put an end to such misconceptions.

The study in question was taken on 2000 people, all of whom have used astral projection techniques. Not a single person in the study was harmed through their experience, and over a span of three years, not a single one has come to harm through astral travel or anything related to it.

When you have put your fears to rest, it is important to look at some of the most basic astral projection techniques that have been around for a while. One that many people have a fair amount of success with is this next method which has seven main steps to get you started.

* Relaxing mind and body is a must. Many techniques for learning to relax are available for you to use. Deep breathing is a simple one to use and is just deep breathing, slow and calm. Inhale deeply and exhale deeply. Relax all your muscles bodily, one at a time, alternately tensing and relaxing them. You can start down at your toes and work your way up.

* Next induce a hypnotic state. This is where your body and mind are on the border of going to sleep. Don't go to sleep. Use another called the gazing method of focusing your mind on an object somewhere in the room while you are laying on a lounge or in bed. Focus, keep staring at it until you close your eyes and still see the object.

* Once you can see the object with closed eyes and you need to deepen this state you are in. The best way is to look around (eyes closed) see whatever you can see. It's possible you may see different forms of light patterns and may even notice the room has become cloaked in a purple light. Ignore this and don't pay any attention to it. When you have stopped seeing this light you'll know that you've entered a deeper state. Being so completely relaxed, you will no longer even be aware of your physical body.

* In this next step you will need to enter into what is known as, "the state of vibration". Interestingly enough, most people who practice astral projection claim to feel the vibrations at an early stage of the projection. In fact, most of these people believe that these vibrations occur just as your astral body begins to separate from your physical body. Once again, this is perfectly normal so there is no reason to be alarmed when it happens.

* Next you will start to control the vibrations that you feel. Focus on them and see how they feel as they travel through your body, Visualize them as waves that wash through you, and concentrate on how they feel. Practice this until you can always feel the vibrations and so that you can create them when you want to. These waves are what you will use to travel.

* Now think about control. Use the power of your mind, and you will at this point begin a partial separation. This is something that can enhance your control and your ability to affect your astral travel. Start by thinking of yourself as leaving the physical body. Think about an astral vision of your hand stretching away from you, towards the wall or the floor, and then push yourself through it. This can be difficult to master, but take your time. Once you have done this, return your hand or foot back to your physical body, where you will slow down the vibration and return yourself to a full awake and aware stage.

* With this step you will finally leave your body. Follow steps one through six. This time your whole body will be used, not just a foot. Move completely into your astral body. A simple adjustment to step six is required. This time you are focusing on releasing the astral body instead of one appendage. Focus on releasing the astral body. Thinking how light it feels. As weightless as a cloud, you can float like a feather in a light breeze. Now the astral body should move out and away from the physical body, you feel as though you are floating, or even flying.

There are more ways you can attempt this, as in the Gazing Method, the Anchor Technique, and the Rope Technique. Try out some different methods to discover which one will be best for you. An astral projection technique exists for everyone.

One should bear in mind that it may not be possible to astral project instantly, irrespective of which technique you use.

Fortunately for those who are impatient, rapid advancements in sound technology have resulted in various audio tools becoming available. One such tool makes use of sound waves of different frequencies, known as 'binaural beats', in order to synchronize the two hemispheres of the brain. This in turn allows one to enter into a meditative state almost instantaneously, and of course this is the ideal state of mind for astral projection.

One can also enter into a suitable state of mind by listening to hypnosis recordings which have been specifically designed for astral projection. In essence, these recordings simply reinforce the idea that it is acceptable for your astral body to separate from your physical body.

It simply cannot be denied that astral projection is a life changing experience, and this is something which anyone will attest to once they have experienced it. Fortunately, it is something anyone can do, particularly if you use one of the many techniques available.

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