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Astral Projection What You Need To Know

At one time or another most people have heard about doing astral projection. Maybe they have a friend that practices it, or watched some movie about it, or even read a book on the subject.

What most people don't know is that astral projection is something which is a real phenomenon and is an ability which anyone can use. You've probably astral projected at some point in your life without knowing it.

We need to first look at the definition for astral projection. To state this in very simple terms, astral projection's definition is a human being able to move out of their physical body. All humans have this ability, in fact they actually do it when they are sleeping in the night.

While we sleep, our physical body is at rest, the subconscious mind then takes control. While this is going on an individual is astral projecting, although for the most part, they will not remember doing so.

Many children actually astral project without being aware of what they are doing. It happens usually when the body is relaxed or even when they are asleep. Time and distance do not mean anything when talking about astral projection. The astral body can travel without these considerations.

But what is your astral body? This is a duplicate of your physical body made of your subconscious will and desires. It is invisible to the eye and is tied to your body by a silver cord; so your astral body will always return after its travels.

The silver cord first connects as the astral body enters the physical body. This is not exhausted until after death when the astral body leaves the physical body for the last time. This silver cord prevents the astral body from not returning.

Where is it that your astral body goes in its travels? Your astral body goes to the astral plane, a non-physical duplicate of the physical universe. The astral plane is thought to operate at a different frequency than our own, some saying that it is an alternate universe. Most agree that the astral plane is not a single monolithic place, however.

After learning about astral projection and about this other plane of existence, the questions of safety and danger arise. The answer is both yes and no to both the questions of is there danger and is it safe. The astral plane is made up of a number of levels. Some of these levels are safe others are not and the mental clarity and focus of the person astral projecting often determines on which level they travel.

The greatest danger when astral projecting comes with the mind is not carefully prepared or under the influence of thought and perception, altering substances such as drugs or alcohol. There are a number of levels to the astral plane. The lower levels are not considered places to visit and are often considered to be unsafe. It is these levels that are easiest to access when under the influence of drugs or alcohol.

Mental preparation is key when astral projecting this is true whether you are just learning, fine-tuning your experiences or if you are an expert. Once you have, the process of preparation down it is easy to reach the space of astral projection and to control this process.

When you prepare yourself properly, beforehand you can train yourself to astral project very quickly.

You might find it useful to go to some group sessions which are conducted by professionals who can help you prepare for a successful astral projection and give you the help you need to make the most of the experience of astral travel. You may want to try both and see which works the best for you.

There are various types of online resources such as books available. You can create the proper state of mind when you listen to quality astral projection hypnosis recordings.

There is an advantage to these types of recordings. You can have them play on repeat giving people who may find it difficult to prepare the time necessary to reach the appropriate state of mind; this extra time might not be

available if professional sessions are used.

Many advances have occurred in the area of sound technology that is classified as binaural beats. The way this operates is to generate a different sound in each of your ears. This results in quickly relaxing you into a complete meditative state which is needed for doing astral projection successfully.

You can expect the first few attempts to not be as successful as you would like them to be. Astral projection takes some practice to perfect it and get the results you want.

You already have the ability to do it you do not need to do anything special to acquire the skill, you have probably just forgot how to do it and need to hone your skills.

If you're not convinced that you can astral project, think back to one of those dreams you've had where you're flying, then falling. This was an astral projection, not a dream. The flying you experienced was your astral body traveling and the falling sensation was your astral body returning to your physical body.

Astral projection is real! Anyone can do it and benefit from it, if they take the time to fine tune their natural ability.

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