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Just about everyone has heard of out of body before. You might have heard someone talking about it or read of it somewhere, perhaps seen it in a film.

There are however, only a few people in the world who realize that Out of Body is not only real but is something that is a natural ability that everyone possesses. Many people have already experienced Out of Body by the time they reach adulthood at least once and in some cases, they experience it regularly without even knowing or being aware of the experience.

Lets look at Out of Body and find out what it is. A very simple explanation of Out of Body is the ability of an individual to actually leave their physical body. Everybody has this ability and you actually do this when you sleep in the night. In a sleep state your physical mind is resting and your subconscious mind is in control. It is during this that the person can astral project. Most of the time people just can't remember this happening.

While you are projecting, you can go anywhere you want to go. You should try recalling your childhood; you may be able to remember being able to do this after you went to sleep. Over time, you may have forgotten. When it involves out of body there is no such thing as time or distance. You can go anywhere, since while asleep your physical body is at rest and your astral body travels.

You may wonder what the astral body is. It is the ethereal body; it is the duplicate of the body in an invisible form. All of our desires and feeling originate from there. Can the astral body leave and not come back? A silver cord unites the astral and physical bodies.

As the astral body first enters the physical body, the silver cord is connected. There is no depletion of this until after the time of death, when the astral body leaves the physical body for the very last time. This silver cord prevents the astral body from leaving and not coming back.

You may wonder where you may go when you astral project. The astral body goes to the astral plane. It is the invisible double of the Earth. It has a faster vibration than the physical Earth and its vibrations penetrate to the center of the Earth. Some define it as another dimension of reality. However, the majority agree that there are many levels of the astral plane.

After learning about Out of Body 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 danger is when you astral project when your mind is clouded or incapacitated. For example, if your mind is impaired by alcohol or drugs, you might end up in bad places. These places are the lower levels of the astral plane.

You should know where you want to go and only astral project when you are in the proper frame of mind to do so. You want to have control over where your astral body goes and what it does.

With the right preparation, out of body can be learned very quickly. There are professional out of body instructors who can show you how to do this, though most people prefer to learn and practice astral projecting in the comfort of their own home.

There are sources online or books you can buy on this subject too. One example of this is that you can listen to a high quality hypnosis recording designed for Out of Body to help you get in the right mind set that is needed. It not only relaxes you but goes through the different stages required with you. This is often preferred over a session with a professional due to the fact that you can play the recording over and over again until your mind's subconscious receives the signal that it is alright to go ahead and leave your physical body.

A new audio recording technology called binaural beats has been shown to help people astral project as well. The listener hears two slightly different frequencies, one in each ear and the effect of these sounds is deep

relaxation as the listeners brainwaves tune into just the right frequency for Out Of Body.

Be patient as you practice Out Of Body. Even though its a natural ability, it will take some time to get the hang of it. You might fail several times, but if you stick with it you will succeed and begin enjoying your ability to astral project.

Still need to be convinced? When did you last dream you were flying and then felt as though you were falling? As the astral body, moves through the astral plane it, feels like flying. The sensation of falling comes when the astral body comes back into the physical body.

Out of body is a real ability that everyone has, everyone can use and all it needs is a bit of fine-tuning in order to be able to do it at will.

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