

Published based on [Understanding How To Astral Project](#)

# Understanding How To Astral Project

Everyone is born with the ability to perform astral projection. The only difference between people who do it often and the ones who do not is practice.

The practice of astral projection has a very long history, just like meditation and yoga. There are many different names by which astral projection is known and many ways that you can astral project.

Lucid dreaming is one type of astral projecting. Lucid dreaming is of course when we are conscious of our dreaming this is actually astral projecting. In order to lucid dream, all you need to do is to tell yourself 'I am dreaming' while in the dream.

Lucid dreaming lets you take control of what happens in your dreams; but it can take a while to be able to do this on a regular basis. This means that it is not an ideal way to astral project, at least for those who are new to the practice.

It is believed that astral projection is very real and that most people have already projected even though they don't realize it.

When you awake from a dream and are able to remember every detail vividly, down to the very smallest elements, you have had an experience of astral projecting. You may have had this happen to you many times this shows you that you can astral project!

Being able to astral project all begins with knowing that this is something that you have the ability to do. Astral projecting is an inborn ability in all of us. You need to eliminate doubt from your mind; this can be keeping you from being able to astral project when you want.

Learning to relax and meditation is another helpful tool when learning to astral project. Your mind and body needs to be prepared to achieve astral projection. Meditation is a great preparation for the experience. Find a meditation you like and practice it.

Do your meditation in a quiet, comfortable room where you will not be distracted as you meditate. Clear all thoughts from your mind.

Focus on your breathing, which should be slow and deep. As you exhale, visualize all of your worries leaving your mind along with your breath. You'll soon be in a state of deep relaxation ideal for astral projection.

Breathe slowly, taking deep breaths in through your nose and exhaling through your mouth.

Breathe in through your nose and out through your mouth, breathing deeper and slower as you become more relaxed. Concentrate on relaxing your body even more.

Begin with your toes and move on up your body telling each part to relax. When you breathe out, tell each part of your body to relax. You can also tense the muscles up first and then relax them, whichever works best for you.

As the tension and negative energies leave your body, you'll start to feel heavy and deeply relaxed. Once you have finished relaxing your body, you're ready to move on to the next step.

Your body and your mind will be completely relaxed and it would be very easy to fall asleep, but don't! To stay alert, you can repeat a phrase to yourself. It doesn't matter what this phrase is it could be as simple as 'walk the dog, walk the dog'.

When our minds are unoccupied, they tend to wander this can spoil your concentration, making it impossible to astral project. Stay on track by repeating your phrase.

Reaching an altered state of consciousness requires several steps. Repeating your motto repeatedly can help you reach the next level. The body of light technique is where you focus on a body of light in your mind and see

yourself transforming into this light.

There are three signs to watch for that will indicate that you are beginning to astral project. One is having a sensation of motion, followed by 'seeing' light and color (even though your eyes will be closed).

Finally, you will hear voices that are going to be telling you to either stop what you are doing or encouraging you to continue. When you get to that third part you have successfully astral projected.

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