

Session 2 – The Physical Actions

This session will look at the physical actions that I can recall from the start of my journey into mainly astral projection but there is some over lap with visualisation, the two are pretty close.

Many of the initial physical experiences I had are now essentially lost as I didn't start a Book of Shadows or any kind of documentation until I was around ten years into my path. To try and drag at least a few of these memories back, I've been looking through past paper and email correspondence and I've also examined the works of key authors in this subject to see if any of them can help.

Luckily I've had some success and a few actions I can now recall, most of these memories however were prompted by the works I read so its a good reminder to everyone, document everything, you never know when you may need it!

The works I looked at are:

Franz Bardon, *Initiation Into Hermetics*

Robert Bruce, *A Treatise on Astral Projection*,

Robert A Monroe, *Journeys out of the body*

I will refer to them as a whole as 'the works' to make things less cluttered.

In particular, the work by Franz Bardon may not appear on the face of it as an obvious choice and it was initially by chance while flicking through this one, that this and the following two that they're not just about training in his path of Hermetica, they do in fact contain a large amount of training in visualisation and astral projection. The importance of this work was later confirmed when I looked at Monroe's work I saw a credit he made to Bardons.

As I said, the content of these three books prompted my memories regarding my training and the experiences I had. This actually surprised me and shows the process is universal amongst those that go down this path. Not until I was working on this session did I come into possession of any of their work, and I can be sure of that as I certainly don't throw books away, that would be a crime. And 20 plus years ago the Internet, high street books shops and libraries offered quite a reduced source of

material so I don't really know how I came to the same or very similar conclusions. I don't think it really matters but it was nice to confirm what I had been experiencing and recommended you take a look yourself as its nice to know you are not completely loosing your mind, not yet anyway.

What I will say here now is to some extent be repeated in The Works, however there are a few aspects that I don't agree with as far as my experience goes and I will raise those points at the appropriate time. Might be that I've not developed to their levels or my approach may just be different. In any case another point of view is always welcome and you may even have your own approach too. That is good. Just remember I was plodding along experimenting with only my goddess guiding me and no other external help.

The Spiritual Body

The spiritual body is what we tend to equate with projection in whatever form and depending on your path and teachings you will have possibly encountered the idea of the various parts that make up the body and soul. All the paths that I have looked at appear to have this well defined, although not all of them agree to the number and attributes, but they do all agree there are distinct aspects of the person, i.e. a physical form and one or more spiritual forms, each with certain attributes and powers that exist or can travel to various energy levels or planes of existence. Now my first difference to The Works is that I've found it does not really matter what you know about these. I didn't really know of their existence were when I first started out as the information was not available to me, I just had my guide and instincts.

Of course now I know what they are and what they can do, but I don't specifically say lets get a particular bodily spirit and do something with it. I find it all merges in and the will or intent is enough to activate the appropriate form I need even if I'm not aware that its happened. Don't know if I'm missing something or not to be honest. Sometimes I do think its good to know certain things, and I do recommend investigating this particular subject as the understanding can help focus your training into aspects that you might want to take further, but don't get hung up on it being required knowledge as I've found it does not really play an important enough aspect to be consciously aware of.

Preparing To Separate From The Body

Now for the really hard bit as far as I'm concerned. In the previous session the focus on your mental state, or more specifically not hanging onto your daily mundane thoughts are important as its one of a few things that I have found tie the physical and no physical body together. There must be a determined effort to keep thoughts clear of daily issues, and to have the constant desire to let go and travel. If the mind thinks it can't separate as this is not a possible thing to do then it wont, total belief in this to break our taught views on the mind is an important point to be aware of.

Breathing is important here too, I've found it best to try and not use too much thought on the breathing as it focuses too much on your physical body which you are trying to separate from so if you are aware of it you cant really make that break.

The Works also agree about breathing with a difference between the body breathing and breathing while projecting and they do mention that it can take a while to learn how to make that transition. My experiences differ again here, as I found the learning process very quickly, but it was disturbing and pretty dangerous. I did notice when I was naturally or unconsciously separating (I'll come back to that shortly) that I wasn't breathing, or perhaps more accurately I was not aware if I was. I wondered if that as because as I had no body there's no need to keep it up, so when I came to consciously separating I had to find a way to move from breathing to not breathing, that idea felt the right thing to do but how? Unfortunately when trying not to breath or any focus on breathing it becomes obvious you have a body and when trying to separate letting go of any physical form its not helped by this constant reminder of chest rising and falling etc.

My technique was to reduce my breathing to be as shallow as possible, I knew I could do this as I've always loved swimming under the water and could hold my breath for a couple of minutes or so, so I tried that. Just holding it briefly and by ensuring my body did not try and move, this was to disrupt the regular rhythm until I could get it as low as possible to the point of hardly breathing. At first this took a while to maintain for any length of time as my body would then want more oxygen and breathing would return to normal. It took a bit of time to train myself to extend the time, not sure how long but from inferring from The Works I think mine was quicker.

I will express caution should you try this. Although the body will usually try and kick into action its

own survival instinct please be careful. This is a very dangerous thing to be doing and I knew that and still do, and I've always treated this with caution every time I've done this. If in any doubt do not try this at home. There could be other ways, this just happens to be mine, so take a look at The Works as they will give another views on this topic and how to approach it. Most I think pointed towards the way of Yogic practice, but again as I did not have the material to hand at that time so I had to find my own way.

Once the breathing had reached the point where I was completely unaware of it functioning my transition was made a lot easier.

When focus can be taken away from having a physical body the next stage is made a whole lot easier, that's not to say you have to do as I did, I just found it easier for me to do so. I previously mentioned spontaneous or unconscious projection, The Works also discuss this subject and it was the first experience I had on projection. I remember many nights suddenly waking in a panic to the feeling of having my nose pressed against the ceiling of my bedroom.

Separating From The Body

Unconscious separation I found to be disorientation, perhaps due to the panic of finding myself in that position, but once I had myself under control I would then slip out of the window and fly around the street outside for a bit. I never really went far. I don't recall how I got back to my body ether and the return we will revisit in a moment after a few other tips I have for achieving the separation.

Luckily my guide gave me some helpful advice:

- While laying down try falling backwards. Its one I found the easiest to do. The feeling of falling out through my back, down, down into a void. It was also a nice way to get off to sleep, so a few times that happened and no projection. Its all part of the fun I guess.
- As the separation of the body begins I usually feel a heaviness in my limbs and body, and at this point I try to wrench each limb one by one without using the muscles and to place them a couple of inches above the physical body.
- Another one I can only describe it as imagining sitting up next to your body but leaving your physical body still. I remember this took a long to time of messing around to perfect as its a

quick jolt to do and sometimes the body wants to go with it.

The Franz Bardon books describe a step by step method with first visualising your hand separating. Perhaps this is a good method to try and sounds a bit like some of the things I've done in the past. He then goes to explain that after separation of the body, creating a visualized form of your self to transfer your consciousness to it and then its animation. I have not experienced the process in this way, when ever I slip or tore myself away from my physical form my consciousness has always gone with it, yes I've done remote viewing and can project my consciousness away to view the world from that point but that feels quite different to the way I would normally astrally project.

And of recent times the form I assume is meant to appear physically different while in my projected temple, but here I don't feel as if I join a new body as such, I feel in the body I have separated with, and then stepped into another form as if to take possession of it. Maybe. Human language does fail sometimes at describing these kind of things.

Returning to the sensations I feel when separating, I said I feel a heaviness in my limbs and body, I also loose sensation in my limbs to the contact they have with the bed etc., and any sensation of muscle control. Maybe a paralysis like effect much like when falling a sleep, however I don't believe this is a magical effect, more like the physiological effect of the body thinking its going to sleep. As I understand it reading it somewhere in the past, the body releases chemicals that cause paralysis but usually you don't feel it as the conscious mind would be switching off by now and going to sleep, instead you are still awake and aware. There is a name for this stage and that is hypnagogia I think, its an interesting subject on its own and is worth looking at in more detail if you have an interest in physiology etc. and how this all may work biologically. For me, its a tool as I've said before so its not that important to know how and why. It just is.

I did and still do experience a sense of panic at the separation. This panic will likely cause you to break the separation and return to consciousness. This is normal, the sensation is quite disorientating and very odd, this happened a lot causing a sudden return, I've still not got used to but have learnt to just ride past it. Don't worry, early on a lot of effort spent and then lost when this shakes you can give rise to frustration. Again its normal just relax and give it another go, its all practice.

At total separation I would briefly experience the sensation of my whole new body and know that physically I was a few inches or so away. This would last very briefly and then I would lose all sense of physical bodily shape and become a disembodied point of consciousness. It is a very amazing feeling and still fill me with wonder and excitement, just remember to try and hold the control as it can be just too easy to make a sudden return if you are not careful.

The joining of visualisation and astral projection as I said are the same for me, because the physical process outlined above is the projection, then once done or at the same time a visualized overlay of an environment that I want to work in or with occurs. There are many things that can happen simultaneously and its a matter of personal taste but during the learning process its good to try one the projection and then another time work on the visualisation side separately, once both are mastered then combine them if needed. I found this similar to the way I was learning Tai Chi, I could only focus on the physical movements and not the spiritual side at the same time. Once both are understood then gelling them together should give a whole solution. In relation to how I work practically, the combination of separating from my body and following through with visualisation is not rigid, sometimes I don't use any of these methods and just visualise, sometimes slipping into projection, or doing the separation and drifting off into a visualisation session. No fixed routine between them. The only fixed routine is the main guided working which is the subject of the next session.

As previously mentioned the fear is the greatest barrier in my opinion, its a natural response to the unknown and unexpected experience. It takes a lot to over come and perhaps is some built in automatic mechanism to prevent accidental use. A diary or journal of your experiences here is invaluable and this is something I have since learned. Recording events and then reviewing them can have significantly in directing your progress should you encounter any issues.

Again this is my experience and there is most likely a lot I have missed out as I cant remember it, the above is the most significant and quite possibly because I remember them, maybe they are significant because I either had difficulty with perfecting those practices or perhaps were key to my progress. In time I might recall some more but I am where I am and if you go with your instinct then that is always the best guide as your mind, subconscious or guide is telling you what is best for you.

Returning To The Body

First a small horror story, in the late 1980's I started my first job after school, some how the subject of astral travel came up and the guy I was talking to mentioned someone he knew related a story about a student and his teacher. The said teacher had some kind disfigurement and through the students intense training, the student had a constant feeling something bad was going to happen, and feared the teacher had an ulterior motive to train due to some what the teacher explained to him that he had to be careful as its possible someone could get to his vacant body and prevent them from returning. One day the student was found dead.

The guy I was talking to was convinced that the student was projecting and the teacher had tried to gain control of the students body but failed and the student could not return and the physical body had died. I wasn't really sure to be honest, I had heard other tales about this kind of thing, and this guy was an ex-seaman so I imagined he was used to telling stories or at least had picked something like this up, didn't quite feel right. In any case I took extra caution. This sudden death is mentioned in Franz's work in relation to issues returning and the common mention of a silvery thread being present when projecting being disrupted as the cause. I've never been aware of my thread so I can't say if I agree or not with this view. Your mileage may vary. Perhaps the protection I have around me has never presented this as a problem for me to be concerned with.

I only mention this as it pops up every now and again, perhaps its true, the mind is a powerful thing and when you start to delve deeply into the minds inner workings perhaps some kind of crisis could occur and cause death? I don't know, I'm not medically trained, in fact I don't think the medical profession knows either. So caution all the way people, we are treading amazing but dangerous ground.

For me the return is simply just willing it, never felt any kind of movement back to the body, just an instant presence of my body once again. No need for me to seek my body out. The return is instant, although I do usually feel heavy in my limbs and dizzy for a while after and can be a little disorientating, feels like I've been spun around at a fun fair.

However, if the return is due to someone disturbing my trance etc. then the return is like wise heavy and disorientating, but the effects are greater and more upsetting. Much like if during a ritual

and the grounding of the energy has not been sufficient, I feel a little out of sorts for a couple of days and not quite with it.

The Works do mention various ways including the one I experience however I like to keep things simple so I've not really explored other methods.

Other Physiological Effects

My doctor once had me under a 24hr blood pressure to confirm a white coat syndrome every time I go to him, the machine was stuck to my arm throughout and I decided to see what effects projection had. The results the next day did show a massive drop in blood pressure for the period while I was working. If you have any medical conditions that could be impacted by these symptoms I experienced then proceed with extreme caution and be very very careful, it could just be me so in any doubt about your health seek medical advice. Projection is a wonderful thing but it's not worth your life for. Again this is my experiences and they may be different to yours, they could be worse and potentially live threatening. Franz's work does echo my experiences regarding ensuring the body is healthy, balanced and strong enough to do this kind of thing.

To wrap up I repeat this is hard work and you have to keep at it, it will come eventually. The conditioning we go through as we grow that tells us what we can and cannot do, what is possible and what is not, can take a a lot to undo and this is more evident with this particular practice as the mind needs the freedom to release and accept that what you may have previously sensed or understood about the world and yourself. As you are here you are probably already breaking that barrier of release, but for the vast majority that take their first steps along any path without experiencing anything greatly unsettling which can challenge that conditioning its a lot harder.

Robert A Monroe in his 'journeys out of the body' also mentions many of the similar experiences mentioned above and you will find this with many other books on the practical nature, the minds construction and operation is similar for all of us so the methods will appear similar too, its only the perception and our experiences that will be subject to difference as our personal understanding, education, inhibition and fears will affect our application. Sleep, the mind and these processes we under go are a fascinating journey, enjoy your mind scape, go explore but be safe. Its wild out there and limitless.