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Introduction

Frank Kepple's posts on the Astral Pulse forums are a valuable resource for those serious about exploring their inner worlds and gaining control over their dreams.

The posts span several years and, when read in sequence, provide a transcript of Frank's progress towards a mastery of lucid dreaming.

Although not everyone may agree with his particular worldview and theories on the afterlife, his posts contain many insights into the process of conscious transition into the world of Lucid Dreams.

This document represents a selection of his posts dealing with the practical side of Lucid Dreaming. It focuses entirely on how to achieve the state he calls "astral projection," and omits any discussions of his experiences there or of his theories on the nature of reality.

The posts are organized by topic and relevance, rather than by date.

I hope this document is of use to anyone exploring this challenging and rewarding endeavor.

Starting Out: Monroe Institute's Wave Series

Is it worth it?

Naturally, I cannot say whether Wave1 would definitely work for one particular person. What I do know is that, for a beginner, the myriad of different "techniques" out there must be *so* darned confusing. For most of these people it must surely be a case of wondering, "Where the heck do I begin?"

As far as Astral Dynamics is concerned, while I agree that it is a darned good book that contains a *lot* of useful information, it's obvious that Robert is into doing all kinds of "energy work". As such, to a complete beginner, simply wanting to learn how to do controlled conscious-exit projections, I'd say that Astral Dynamics goes a bit overboard technique-wise.

Again, that is why I like Wave1 so much; as it give a total novice a very simple and structured plan to work to, and it is recorded in a very effective format: it's one thing reading about something in a book, but it comes across on a CD so much more effectively.

But is it worth one hundred USD?

In this capitalist system of ours, pricing is largely determined by what the target market can stand. Personally, I believe AD would still be worth the money at 5x the price I paid. But book publishing is a *highly* competitive sector to the extent where the market simply wouldn't stand it.

But the Monroe Institute seem to have created a nice earner for themselves in the form of the Gateway Series CD's. After all, they are that price because they can sell at that price. Which is amazing considering: \$99 for a 5 cent CD. That's a brilliant mark-up.

A Useful Guide into the Unknown

Adrian: I'm not a big fan of the Monroe Institute, and I have said on another post that their way of doing things is all a bit touchy-feely for my tastes. But each to their own

What I do know is, for an obe beginner, one of the biggest stumbling blocks is knowing exactly what to do, at each step of the way. Point being, these people need to get into some kind of ritual that they can practice each day. Now it's one thing reading a book, but it's quite another having quality recorded guidance.

That's what Wave 1, CD1 gives you. It's a specific count from C1 (normal physical consciousness) through to Focus 10 (mind awake, body asleep).

It's done very professionally, and I'm a great fan of it because it has been the core help in my original efforts to slow down what was my usual projection process. (Which was basically the feeling of being shot from a cannon three times a week, on average, to someplace on the Astral somewhere.)

The CD does not "induce" an obe. That's the brilliant part about it. All it does is, "set the stage" and leaves it up to you to play your part. I'm not sure where the "Hemi-Sync technology" aspect comes into it either. There are subtle sounds on the tape but are mainly in the background. What you hear mainly is Bob Monroe's voice guiding you through the various steps.

I only recommend Wave 1 CD1. It's all you really need. Because the rest, the average person could discover for themselves through interaction with others on this BBS.

At Focus 10, you are right on the brink between human physical consciousness and the start of the Astral. This state has made it possible for me to contact guides with a **much** higher degree of reliability and, for the past couple of months, I have been practicing "channeling" information while at the Focus 10 state, again with excellent results.

Get to Focus 10 with Wave I

The Wave1 CD1, teaches you how to bring your awareness to the Focus10 state. After a while, you learn to be able to do this by yourself, i.e. without the CD. What I do is, each morning, listen to Wave1 CD1 (track 2*) a couple of times just to get me in the mood. Then I go through the process without the CD. At Focus 10 you are right on the border of the Astral. All it takes from there is a little mental push and you are in.

* Track 1 gives you some prelims that you only need to go through once or twice.

quote:

I don't want to take much of your time, but I am particularly interested in this quote:

*At Focus 10, you are right on the brink between human physical consciousness and the start of the Astral. This state has made it possible for me to contact guides with a *much* higher degree of reliability and, for the past couple of months, I have been practicing "channeling" information while at the Focus 10 state, again with excellent results.*

Are you saying that you are attaining better results than OBE, and also, what sort of information are you channeling and from whom?

A resounding yes.

At the moment I am practicing putting out mental questions, over the Astral, from the Focus 10 state. Then I leave myself open to receive the answer. It's still hit and miss because I only recently began trying this. Again, it was my being able to reliably get myself to Focus 10 that opened up the possibility to try new things in a controlled way.

Your Goal should be Focus 12

I only ever used Wave 1 as I found that did all I needed at the time. My main difficulty in achieving a controlled, conscious-exit projection was achieving the Focus 12 state. Once I'd reached this state then everything would roll more or less by itself from there.

I would say that Focus 10 and Focus 12 of the Monroe model are the essential pre-requisite states. In my

opinion the rest of the series are a bit of a commercial exercise. If you can achieve a definite Focus 12 then you should be able to reach Focus 21 with little difficulty. From there the non-physical world's your oyster, so to speak. Any kind of CD going off in your ears wouldn't make any difference as you wouldn't be physical to hear it. Unless you switched to an overlay experience but what's the point? Then you'd be listening to a CD so called taking you to a place you'd be at already.

So if I were you I'd concentrate more on the beginning CDs and try to reach a definite Focus 12 and you should find the experience takes on a life of its own.

Mental Rundown and Process tips

I've had a number of PM's asking similar questions about my comments regarding the mental-rundown given on the monster-thread as being a kind of primer which kick-starts the natural Phasing process.

The questions relate to how you integrate the two and kick-start the process; how can you tell when the process has been kick-started, and what to do then, etc. So I thought I'd post a reply here as it pertains to the thread title.

What is the purpose of creating a mental rundown?

The rundown acts as a kind of mental primer which gets you in the mood and increases your anticipation and expectation levels (very important). The rundown is not what causes you to Phase to the Astral. Phasing is a natural process which comes about under certain mental conditions which I expand on later in this essay. It also gives a person practice in focusing their attention away from the physical body into the expanse of their mind. In other words, what you are basically doing is *imagining* you are Phasing to the Astral.

What shall I try, and for how long, and how often?

The mental-rundown exercise should be performed preferably at least once each day at around the same time. It does not really matter what kind of mental rundown you use. Simply do whatever feels right for you. Someone posted fairly recently they tried to work out their own but gave up and used the example I gave with a few changes here and there. Others have created their own from scratch. Like I say, it truly does not matter.

You don't actually need the Wave-1 CD either. You can formulate a mental rundown to some relaxing music, or create something using Brainwave Generator, or use whatever suits you. All I would advise is for you to create something of around 30 to 45 minutes duration which you are basically happy with *then stick with it*. In other words, don't make it too short, or too long, and no chopping and changing.

Okay, I've formulated a mental rundown so what next?

Once you have learnt your mental rundown you are ready to use it as a mental primer. First you go through it. Then simply remove the earphones (if you are using a CD or tape) and try Phasing for real.

In cases where you perhaps haven't got all that much time to spare, what I would suggest is you create a short version of your rundown. Say, around half the duration. Then, every other time, listen to the short

version after which you try for real. Once you get more competent then perhaps switch to the short version each morning. Or maybe try a regime of rundown one day and try it for real with no rundown the next. Again, it truly is a case of whatever suits each individual.

What do you mean by “Phasing for real?”

When you come to Phase for-real, you switch from perceiving metal imagery you are imagining as part of your rundown, i.e. where you are imagining you are Phasing to the Astral, to perceiving images that are being created as part of the normal Phasing process. In other words, you are not imagining anything, you are doing it!

After going through my rundown I try it for real and nothing happens, why?

Chances are, your physical-body is distracting you by capturing your attention.

One of the benefits of formulating a mental-rundown to some kind of audio recording, is it takes your mind off both the physical body and the Physical environment. Plus, you know exactly what imagery to perceive as it is you who is imagining it. Without these two mental props it can feel like you are right back at square one.

Main things you should avoid when trying for-real

Thinking about day-to-day Physical-realm matters.

Any kind of thinking about anything to do with the Physical-realm tends to put a *big* spoke in the works. In other words, you can't really hope to kick-start the Phasing process if one part of you is thinking of your dental appointment next day; or whether you'll get that pay-raise you requested; or your birthday next week, etc., etc.

To deal with this what you should do, right at the start of your practice, is imagine a large box and place all your Physical-realm concerns in that box. Then lock it securely and walk away. When you finish your mental-rundown, unlock the box and take them out again. This method is suggested by Monroe on the Wave-1 CD. It may sound a bit weird but it works!

Any kind of internally verbalized thought (even if it is to do with Phasing!).

What I mean here, is you need to switch your inner-thinking so it is working *exclusively* in a visual way. Speed-reading aside, when we read to ourselves we have this inner voice which reads the words. This voice is probably what you are listening to within your own mind, right now as you read this.

Also, when we think to ourselves in an everyday sense we tend to use this same inner voice. Like, you may think, “Hmm, I've got 30 minutes before I meet my next client, so I'll go and fill the car with petrol and pick-up something to eat on the way back.” Thinking that way uses that same inner-voice... which must be silent.

Then you quietly and passively observe what happens next.

When I say “quietly” I mean observe without having that inner-voice comment on anything you may

perceive.

When I say “passively” I mean avoid reacting in any way to anything you may perceive.

Both the above I realize are a tad tricky to do. The good news is it all comes good with practice. At first, what will probably happen is you might perceive some kind of vague, fleeting image. At which point your inner-voice will chirp-up saying, “What was that?” or it might make some other comment. Perhaps it may comment in recognition that you are making progress.

Problem is, as it does so, it tends to send you a step back each time. Unfortunately, you can get caught in a self-defeating loop: where you take one step forward, your inner voice recognizes you just took a step forward and comments to that effect, and the act of it doing so takes you one step back to where you were before.

Or you might perceive something and react to it. You might get startled, or fearful, or such like. What used to happen to me all the time (which was most frustrating) is I’d perceive some image in mind and, the moment I did so, my physical eyes would try and snatch a glance at whatever it was. This, of course, zapped me right back to C1 each time.

Okay, so you are in a state where you are quietly and passively observing. Don’t worry if nothing comes about. Simply curtail the session after your normal time and try again next session. Hopefully, what will soon happen is you will begin to perceive what may seem like fairly weird, totally abstract mental imagery.

Say you perceive some fleeting kind of something or other. Chances are you’ll wonder if what you think you may have perceived is what you should be starting to perceive. Then you’ll realize your inner voice has just made a comment. But the realization of that was yet another comment. By which time you’ll probably be right back where you started.

The key is to simply roll along with this mental imagery, without your inner voice commenting on it, or having your physical body reacting to it. This is the beginning of Phasing. You don’t need any particular “technique” in order to project. You just need to set it going. Once the process gets underway everything happens more or less automatically.

If you can just quietly and passively observe the process you will end up within the Astral as awake and alert as you normally are while within the Physical.

Some Rundown Examples

You have hit on the very reason why I call it looking from a distance and that’s what I am calling a third-person view. But I realize that my definition is not strictly correct. Technically, it can come across as not quite true third person, but more like actual first-person view but looking from a distance. With some people it can be a true third person, however.

Okay, regarding the sense question: let’s choose a simple rundown. You are sitting at a table peeling potatoes.

Right, so you’ll be lying in bed, aware of your physical body, yet in your mind you will be imagining there

is another “you” who is sitting at a table peeling potatoes. Now, chances are this image will not be too clear at first. If you are like most people you will sense the image that you are creating, rather than actually see it. All you will likely be seeing is the blackness behind your closed eyes. So the image of this other “you” will be indistinct and hazy and none of it will make much sense.

Now, what we do is start to engage the senses of the “you” who you are creating in your imagination. Remember, your imagination is where you want to go to. Your imagination is situated within Focus 2 of consciousness. Once you are there, you can use F2oC as a launch-pad to get you to Focus 3 or Focus 4. Alternatively, you can stay within Focus 2 and have a nosy around, or you can come away towards the physical and have an RTZ experience. It’s entirely up to you. But first you have to get yourself within Focus 2, and to do that we need to initiate “the switch”.

So what you do is look at the table that you imagine this imaginary “you” is sitting at, see the wood it is made from, and feel the texture of it. In other words, engage the senses of the imaginary “you” sitting at that that table. It may not be a wooden table, it may be plastic. The detail is yours to decide and to imagine. You are not engaging the senses of your physical body lying on the bed. But the physical senses of the “you” who you are creating sitting at that table, in your mind. Doing that causes you to be more creative and shifts your focus of attention towards this imaginary person.

So you’ve felt the table and to the side of you is a bucket of potatoes and to the other side of you is another bucket with water in it. On the table is a peeling knife. What colour is the handle? See the colour, pick up the knife and feel it in the person’s hand. Again, you are not feeling it with your own physical hand. The hand doing the feeling is the hand of the imaginary person you are creating in your mind.

Take one of the potatoes from the bucket and start to peel it. How does it smell, what sound does the knife make as it shaves-off the potato skin? When you have finished peeling then plop the potato in the bucket with the water. Did you hear the splash?

Are you getting what I mean now?

The idea is to create something not too elaborate, but not something so simple that you get bored and fall asleep or give up. Make it something that you enjoy doing, something simple that you can engage your senses, but make it a little repetitive so you can progressively build on the imagery, but not so repetitive that it become tedious and boring. In a rundown example published the other day, a member built a log cabin for himself. This kind of thing is ideal, because you have a series of repetitive actions but you are building something at the same time, which makes it far more interesting than merely doing some repetitive action on its own.

The more you practice this, the closer you will get to initiating “the switch”. This happens when your focus of attention is captured by the imaginary imagery. You actually become the person you are imagining. Or you may end up in the same room as them and start talking to one another. This is kinda freaky when it first happens, lol, but you quickly get used to it.

Initially it’s a little shocking, or at least it can be. Suddenly it’ll be you sitting there peeling the potatoes within the same non-physical reality you were previously imagining from a distance. At which point you’ll think, “Aagh, hang about, I’m not imagining this!” This realization will tend to shock you out of the state. But after a few attempts you get used to it and you’ll be able to remain where you are.

Once you are comfortable remaining in the state, then you can change your perception slightly and you'll see the current scenery give way to something else. Then you can practice doing this for a while. Don't try actually moving around. Just stand still and practice changing your perception and having your environment change to suit.

The BIG mistake people make is they immediately go flying off here and there. Unfortunately, doing that just creates havoc that can quickly get out of control, and all manner of misunderstandings can arise in your mind about the nature of the environment.

People tend to want to travel to places in the normal physical sense, so they set off walking, lol. But the secret to successful navigation of Focus 2 of consciousness, is realizing you don't have to "travel" anywhere. You experience things by simply standing or sitting still and changing your perception. In other words, have your environment come to you rather than you trying to go to it.

Straightforward Rundown Suggestions

An excellent experience that highlights a number of important issues.

Firstly, you say that you didn't think it could be so easy. Perhaps easy is not quite the word I should be using in my narrative, maybe "straightforward" would be more apt for the point I wish to make. Obviously it is going to be easier for some people more than others. But that doesn't change the straightforwardness of the whole thing.

For a while now I have steadfastly maintained that this whole issue has been unnecessarily complicated by layer upon layer of mystical crud that has infected this topic to the extent where there is no longer any cure. To me it's like a rampaging cancer where the only option left is to simply cut the whole thing out in order to try and get rid of it. When you do that, and you learn the basic structure of the wider reality, about how each person truly relates to that wider reality... everything becomes MUCH more straightforward!

The other important point your post exemplifies is the fact that the best mental rundown to make the switch from Focus 1 to Focus 2 of consciousness is simply the rundown that is the best for you. One of the most popular questions I get is, "Frank, what's the best rundown to use?" Problem is, all the empirical evidence I have to date would strongly indicate that there is no universal "best".

There are, however, certain factors that stand out as being more beneficial than others.

I can say that what you need is something fairly simple and repetitive but interesting at the same time. If it's too repetitive then you'll get bored and either give up, or fall asleep. But make it too complicated and you'll lose the thread of it all. You need to engage your senses to as high a degree as possible, but make it personal and direct. Someone said the other week about engaging their hearing by imagining a bird singing in the distance. Well, that's a start but it's not really all that engaging. Why not play a drum? That way you get a sense of feeling, sound and sight... and it's direct. All you need now is to chew some gum while you are doing it to get even your sense of taste involved and hey presto, you'll be making the switch before you know it.

Bouncing on a trampoline is ideal. Perhaps not everyone's thing but it's very engaging all the same. In other words it's a fun thing to do, it's a full on, in your face kind of activity and it directly engages the senses.

The other point I wished to stress I've just touched on in the paragraph above, which is the FUN aspect. I don't know what it is about all these mystical and other religious notions. To me it's almost like anyone wanting to take a more traditional course has to first have a total humor bypass in order to qualify.

Your rundown should be directly engaging and it also should be FUN. Not frivolous, and I want to stress this: we are not engaging in some frivolous act. But it should be fun, all the same. But again I am doubly stressing because I don't want anyone getting the idea that we don't take any of this seriously. I, for one, take this topic very seriously. It has been a part of my life for over 20 years, so I take it seriously alright, but I also have fun while I'm doing it.

The other point you exemplify is the way people are typically jolted out of the state the moment they step into it. Often it is the case that you get jolted out of it so fast that you only really realize that you had made the transition to Focus 2 after you get jolted back to Focus 1. You are left lying there thinking back to a moment ago, realizing you had stepped into your rundown and got zapped out of it. Normally the excitement of realizing you made the switch prevents you from making any further attempts that session.

After a while of practice (actual time varies from person to person) you become comfortable with the process to the extent where you no longer get zapped out of it. Once you are comfortable in making the switch to Focus 2, then the next step is to learn how to transition to Focus 3 as that's where all the "fun stuff" is. The transition to Focus 3 is not all that difficult. But like the transition to Focus 2, it just takes a little practice.

Overall, it is not the actual doing that is difficult and your post is a perfect example of that even considering you are not exactly a complete beginner. I think the most difficult aspect of this whole thing has been coming to the realization of what the wider reality actually entails, rather than trying to sift through all the varying beliefs about what the wider reality entails. Once you realize the structure and that there is a Focus 2, a Focus 3 and a Focus 4, and what you have to do in order to Phase to these areas (though everyone please let's put aside F4 for a while as it's mighty complex, we'll stick to F2 and F3 for now) then the actual doing isn't all that difficult.

Again, strip away all the mystical beliefs that have clouded the simplicity of it all and people will be Phasing for fun in no time. Well, that's what I sincerely hope.

Engage Your Senses during your Rundown

Yes, I always recommend that when you create the mental rundown, you will make "the switch" from 3rd person to 1st person much quicker and/or more reliably, if you simultaneously engage a number of physical senses in the rundown. Smell, I have found is a powerful one with me. I love to imagine smelling freshly baked bread. I imagine an old country kitchen with an aga-style stove and there's a freshly baked loaf on the top cooling off. Even just typing this I can smell it within me and I want to go to it, lol.

So you will also make better progress if you imagine something you enjoy doing. Well, apart from the

obvious, of course... ha ha ha... sex, I have found, has a very powerful pull but it has the detrimental effect of also engaging the physical. The two can easily end up in conflict, i.e. the physical is pulling you one way, and your non-physical rundown is pulling you the other, so to speak, and you end up locked in the middle of them.

Music is another powerful one I find, particularly flute. I imagine I can hear a distant flute and it's getting closer and closer. Before I know it, I've turned a corner in my mind and I come across the someone who is playing. This kind of technique is great for transitioning directly to Focus 3, where you engage a rundown with a "party unknown". It's kinda freaky coming across them. The first time I tried the flute idea, I suddenly found myself in the company of a person playing. As I approached, they stopped playing to introduce themselves and we started chatting. Then I suddenly realized, hang on a minute, I'm not imagining this! At which point I realized I had transitioned to Focus 3, not Focus 2 as I had originally planned.

It's a very powerful technique, engaging a party-unknown, and you can quite easily phase-shift directly to F3 from using it. But I don't recommend it for beginners. Unfortunately, it's all too easy to create an Aspect of yourself within F2oC and you engage yourself in a kind of facsimile experience. In other words, you engage in a scenario you create within F2 rather than engaging in an interaction with someone "separate" to yourself within F3. Once you have a little experience of F3 then it's easy to tell the difference, but quite tricky if you haven't.

Many traditionalists who try to engage in the objective action of viewing one's "higher self" for example, create all manner of Aspects of themselves within F2oC as a result. They think they've gone off on some deep-meaning "journey" and found "god" and all that kind of thing, and they are just engaging in wish-fulfillment actions within F2oC. So, generally, you need to be careful you aren't fooled when meeting "people". We all have many, many other Aspects of ourselves within F2oC. We each hold an enormous number of belief constructs, we create all manner of "shrines" to our likes and dislikes, etc., etc. So it's very easy to be sucked in and, before you know it, you'll be chewing crystals for breakfast and going to work in a manure-powered car... ha ha ha...

I'm just kidding on the latter. But many people you can tell from some of the stuff they write, that what they are doing is engaging aspects of their own self within F2oC without realizing it.

Not that there is anything wrong in engaging aspects of your own self, it's great fun, and there's nothing wrong with a nice bit of wish fulfillment. The key is whether you actually realize and know whether that's what you are doing or not. You can engage in some mock battle between all manner of demons and devils, for example, if that is your thing. Severe problems can arise, however, when people come to believe (as millions have done in the past) that those demons and devils have a kind of reality of their own.

So at first it is probably best to keep your rundown very simple and perhaps not try to reach too far too quickly, so to speak. Focus 2 of consciousness can be used as a handy launch pad to the other areas quite easily, so there is no disadvantage in phase-shifting from F1 to F2 first, then aiming for F3.

Rundown – Engage all of your physical senses

I have come to realize that I automatically engage my physical senses within the rundown to a higher extent that possibly most people might. So I'm thinking now that perhaps I should have dwelt on this

aspect more in my original post.

The problems you highlight in your sections 1, 2 & 4, I believe have the same cause and therefore the same solution. What I have to say also touches on what Sarah advises in her reply.

In my original postings, I do say for you not to get too carried away with the visualization aspect. All you need to do is create the bare structure. Remember, you are in an environment where thoughts become things, so if you start visualizing to a great extent then this can cause all kinds of unexpected problems. For example, parts of the scenery you create may suddenly begin taking on a life of their own, and that kind of thing. So keeping it all fairly abstract avoids many of the potential problems.

Now, when you create a scenario, you need to engage all your physical senses. And this is the aspect I perhaps should have placed more emphasis on in my original post. Because I realize now that I automatically engage my physical senses to a high degree, and I rather assumed, without really thinking about it, that other people were basically the same. And it appears that they are not.

When you create the structure of your rundown, you only need to create just enough detail to engage your senses. No more and no less. In other words, you need to see your immediate surroundings, smell the flowers, feel the cool breeze on your skin, hear the birds singing, and so forth. But you don't want to create something too detailed that you get lost in the creation of it!

For example, when I say "hear the birds singing" I don't mean for you to create a line of trees full of nesting starlings, and all the mummy birds are keeping the eggs warm while all the daddy birds are catching the worms, and so forth. All I mean is, just imagine somewhere in the distance you can hear birds singing and the sound of that is drifting over to you from somewhere. In other words, you hear the sound without creating all the rest of the scenario. So, like I say, just enough to engage the action of your senses within you.

The key aspect is to engage your physical senses, because this aspect is what makes it work. Engaging your physical senses within you, is what tends to have the effect of focusing your attention inwards. So you need enough detail to engage all your senses, no more and no less.

You'll find, I am sure, that the more you engage your physical senses within the rundown, the more easily you will find it maintaining a first-person perspective. This is what you should be aiming to maintain. I have experimented with all manner of mental rundowns since my beginning with the Wave-1 CD. What I found was the success of any rundown was dependent on the degree to which I could engage the experiencing of my physical senses within the rundown.

As I say, I do believe that the problems you highlight in your sections 1, 2 & 4 are caused by your failing to engage your senses to the requisite degree. It does take practice, I admit. Perhaps what you might want to try doing is going through a rundown where you mainly concentrate on just one sense only. Once you get the hang of that, then switch to another sense, and then another, and so forth, until you are familiar with bringing each sense into the forefront of your awareness.

You will probably find you are stronger on some senses than others. With me, I am very visual, but my other senses are quite strong as well. Once you have practiced using individual senses, start going through your rundown using pairs of senses and gradually work through to the point where you can handle all five at once. At which point you cannot help but be in a solid first-person perspective.

As regards your problem highlighted in your section 3:

I believe you are taking this too literally in a physical sense. You should be thinking more in terms of entering a mental space within you, not thinking of moving upwards in terms of physical space. Like, imagining anything above your physical head or anything like that. The place where you go is upwards into the expanse of your mind, not up in the sense of physically upwards.

The good news is, regarding your focus 10 experiences, you are absolutely right on track. Focus 10 is exactly like where your attention is focused elsewhere to the extent where you are not thinking of your physical body at all. Of course, the moment you think about it, you instantly become aware of it again. At which point you realize that a moment ago you weren't feeling it, and then the realization dawns that you just broke the state you worked so hard to get into in the first place.

Problem is, a person cannot actively not-think of the physical. Because the more you try to not-think about it, the more you think about it, and the more you think about it, the more your attention is captured by it. Like, if someone is lying down and they think, "I wonder if my physical is relaxed yet?" Instantly they are snapped out of whatever mental state they had previously achieved, and the physical body comes to the forefront of their awareness again.

The only way around this is to focus away from the physical, and concentrate on something else to the point where it captures your focus of attention. That's the reason for engaging your physical senses within you, during the rundown, because doing that greatly helps to hold your attention to the degree necessary to capture your attention and hold your focus. The physical grounds us to a high degree. In other words, it commands our attention and holds our focus like a powerful magnet.

If you have two magnets, one powerful and the other weak, and you place a piece of iron at the centre of them. The iron will go in the direction of the stronger pull. Imagine your focus of attention as that piece of iron. At the moment, your physical is that strong magnet. What you need to do is weaken the pull of the physical by allowing it to relax, i.e. shutting down your outer senses. This weakens the attraction of being in the physical. After all, what is there to focus on but the backs of your eyelids.

What you do next is create a more interesting set of circumstances within you, i.e. your mental rundown, which will attract your focus of attention. What you do, in effect, is present your focus of attention with a choice between either 1) staring at the backs of your eyelids or, 2) gravitating towards this engaging scenario "upstairs".

Mental Rundown – Remove Physical Focus

The mental rundown is used as a kind of practice session, after which the person tries for real. It serves the purpose of getting a person into the habit of focusing their attention within themselves.

Problem is, when someone is a complete beginner, it is difficult for them to spark the process off. People try and "look within" and see nothing. In the event they just get disheartened thinking they can't do it. Which is why I suggest for people to first create an imaginary scenario. Then, after a while, situations will come about where you snap out of it thinking, "Hang on a minute, that wasn't on my script!"

Slowly but surely, a person will get used to these unexpected situations so they will be able to just

passively observe them. At this point, a person crosses the bridge between just imagining and shifting their focus of attention for real.

Myself, I never think in terms of relaxing the physical body, or stilling the mind, or entering a kind of trance-state. I think all that is more to do with meditation rather than Astral projection. I think of it more in terms of mental focus.

When you focus your attention within yourself you automatically lose contact with your physical body. When you focus on a specific mental rundown, then you automatically drop all the day-to-day mental tittle-tattle that people can become preoccupied with. And as I've mentioned before a number of times, I cannot understand what people mean by "trance state".

I'm not knocking these concepts. The notion of entering a "trance state" or doing specific physical relaxation exercises, and so forth, may well work for some people. But with me, like I say, it all boils down to where you focus your attention.

Gateway Wave I – Full Rundown

There's two people currently on this BBS who have listened to the Wave 1 CD without much progress; and I suspect there may be more who have long since lobbed them to the back of a drawer somewhere, after listening to the CDs without having any real results.

Now I find that strange because, for me, the Wave 1 CD has been a very effective tool in my efforts to gain control over the exit process; and to try and work out where Monroe is coming from when he speaks about "phasing in" to the Astral; instead of doing like I used to, for example, which was the feeling of being shot from a cannon and landing within the Astral somewhere; with no real control whatsoever.

Now I know myself pretty well by now, and I know for a fact that I do not have any natural talent for this obe stuff. I make the point because someone could say the reason why I am successful, is because I have a natural talent for projection, and so forth. Not a bit. All my gains are hard fought let me assure you. Though, in hindsight, I feel it is because I have no real talent for things of this nature, I've been forced to use my imagination to quite a high degree.

It was when I read the following, that I suddenly thought where people may be going wrong:

PS : Franks quote :

"Okay, tell me what are you imagining when you go from the energy conversion box to Focus 3?"

In my case, I was trying to concentrate on an image that I could see behind my eyelids, I think that Mr. Jeff Mash mentioned this in one of his posts.

Concentrating on an image behind your closed eyelids, and imagining you are going from your Energy

Conversion Box to Focus 3: are entirely *different* things.

You see, the Wave 1 CD does not in any way “induce” the obe state. In other words you cannot simply lie back, think of any old thing, and 10 minutes down the line you float out of the room. All the CD does is to provide an outline structure, and *you* have to provide the infill. But that’s what makes it so effective. The way you provide that infill, is to use your imagination.

What I thought I’d do (excuse the length) is to give you a rundown of my experience that demonstrates what I mean. Personally, I’m surprised at the lack of support information supplied by TMI. I would have thought some kind of similar rundown example would have been supplied with the CDs. This would at least give people an example to work from, which they could just chop and change to suit.

Okay, here goes.....

Wave 1, CD1, Track 2:

OCEAN SURF

Place physical body in a relaxed position, take a few deep breaths and check head and neck is comfy and properly supported. Then I imagine my sense of conscious awareness is drifting upwards to the top of my consciousness cone.

NOTE: I posted before about how I imagine my consciousness to be a cone with everyday thoughts, actions, etc., at the bottom of the cone: with the start of the Astral at the top.

GO NOW TO YOUR ENERGY CONVERSION BOX

I time it so that when I imagine I reach the top of the cone, Monroe says the above.

At the top of my consciousness cone is an attic room. At the opposite side to which I enter there is a doorway marked “Border to the Astral” in large letters. At the centre of the room is a large wooden box. Standing next to the box is Clive, the butler, who helps me lift the lid of the box and remove my Physical sheathe. We open the lid and inside is a lower area containing any Physical-matter concerns, etc. The upper area has a shelf where my Physical sheathe can lie safely until I next collect it.

So I wriggle out of my Physical sheathe to reveal my body of light. Clive takes the sheathe while asking me if I have anything else to deposit in the box (which I hand over as necessary). He lays the sheathe out and we close the heavy lid.

I walk through the doorway marked “Border to the Astral” and step outside into the fresh clean air; the sand underfoot is soft and warm; the atmosphere is comforting; everything feels secure and familiar. I look behind and Clive is standing in the doorway wishing me a safe journey. I thank him for his assistance and he closes the door. On the outside of the door is marked “To C1” in large letters.

Ahead is a pathway composed of inlaid, white stone slabs that contrast with the golden brown of the sand. The path leads to my resonant-tuning pyramid. It’s a pyramid structure, but with a flat top about ten feet square and around 10 feet in height. Each of the four sides has steps from top to bottom. The

structure is made of the same stone as the pathway and, to the right of the pyramid, is a large golden-coloured harp.

BEGIN NOW YOUR PROCESS OF RESONANT TUNING

I time it so that as Monroe instructs the above, I begin climbing the steps to the top of my resonant-tuning pyramid. I sit in the Lotus position, on a large cushion, on the flat top. A helper appears to play the harp and pick the strings that resonate with the sounds on the CD. The whole area vibrates and sings in harmony. Ripples of joy run through me as each string is plucked and my body of light tingles and glows a pure white.

NOW RELAX AND BREATHE NORMALLY

At the point where Monroe says the above, I walk down the front steps of the pyramid, take a few more steps forward, and stand on a large inlaid, white stone slab marked "Declaration Stone". As I do so, a white mist appears in front of me. When it clears, I see a large round structure has arisen from the sand. I walk down the path to a door marked "Declaration Room".

I enter the room and I'm right away flanked by two Saintly-looking people each dressed in a pure white silk robe. In front of me is a large crystal Orb that is glowing with an orange/yellow light. Both sides of the Orb, facing me, are 2 more Saint like people that stand as official witnesses to my declaration.

I take a bow and give my declaration. As I do so the Orb begins to pulsate. The colour changes and becomes progressively less orange turning to a brighter and brighter yellow. Then it becomes a pure white as I come to the end of my declaration. At this moment, a door opens to my right. I'm ushered to this doorway and look out. On the ground to my left is a pointed sign, saying "To Focus 3" in large letters. Looking in the direction of the sign I can see the Focus 3 archway in the distance. At the same time, Monroe says, "Now you will move to Focus 3."

Now Monroe starts the count to Focus 3:

While Monroe is talking, I'm acknowledging what he is saying while walking down the stone path towards the F3 archway. I stand on a stone slab and I look down and see, deeply and clearly engraved in the stone is, "F1". (Note: this action is timed with the CD, like always.) I acknowledge the engraving on the slab by looking at it for a few moments, and then continue walking. Next I come across another similar slab, only this time the engraving on the stone says, "F2".

Then I walk forwards towards the F3 archway.

I time it so that as I stand under the large archway, Monroe says, "3" followed by, "relax and enjoy..." etc. At which point I turn around and look back down the path and see the Declaration Room where I just came from. Then I turn to settle into a large reclining chair that is under the archway. I sit down and look into the distance. I can see my F10 hut sitting on top of a plateau area. A steadily inclining white stone pathway leads to my F10 hut.

I relax into the chair and recline it. As I do so, a female helper appears.

Now Monroe starts the relaxation process starting, "Let your jaw relax....." As Monroe directs, the female helper massages my head and facial area while I just lie back and enjoy!

As Monroe begins saying about letting the relaxation process flow into the brain, I get up and thank my helper and she wishes me a successful journey. Now I stand outside the archway looking across to my F10 hut. I look down and wiggle my toes as Monroe begins saying, "into your toes....." etc. As Monroe talks about the relaxation flow from the brain, I imagine myself slowly filling up with a kind of liquid that makes me feel vibrant and totally in tune with my surroundings.

I'M GOING TO COUNT NOW

Now I begin walking along the white stone path towards my F10 hut. Monroe says, "4" and I time it so that, at that point, I'm standing on a slab engraved with "F4" in large letters at the top. I look down and acknowledge that I am at F4 by looking at the engraved figures for a few moments. Then, still standing still on the slab, I do the observation and relaxation exercises as Monroe prompts.

Then I walk forwards some more, and I time it so that when Monroe says, "5" I'm standing on a slab marked "F5". There I do the exercises Monroe suggests, then do the same with, "6"; "7" and "8". First acknowledge the engraving on the slab; do the exercises as per Monroe's prompting; and when Monroe is silent between counts, continue walking down the path. (Obviously it takes a short while to learn the CD and get the timing absolutely right.)

After "9" I continue up the path and arrive at the foot of some stone steps, which lead upwards to the plateau on which my F10 hut is situated. I walk up the steps and see, about 30 yards ahead, is the entrance to my F10 hut. Between this is another embedded stone slab engraved with a large "F10" at the top. I walk forwards, stand on the slab and look down acknowledging the engraved "F10". At this moment, Monroe says, "10". Then I go through the prompted exercise, just like before with the previous slabs.

Then Monroe repeats the number "10" several times, during which I'm walking towards the entrance of my F10 hut. I open the door, enter the hut, and close the door behind me. I stand for a moment and Monroe says, "Relax and be calm and comfortable in Focus 10".

On the opposite wall to the door I came in, is a large opening through which is Focus 12 (and on to the Astral proper). The scene through the opening is like a clear night sky, with the deep blackness punctuated by millions of stars and planets. Sometimes I just stand and admire the view, listening to Monroe's voice on the CD. Or I may leave the hut and fly around. But not too far as it's easy to get carried away and lose the fact that this is an exercise. (The return from which is very important for the exercise as a whole.)

The return:

On one wall of my F10 hut is a door marked "Direct Return to C1" On Monroe's prompt, "You will return now to full Physical waking reality, as I count from 10 down to 1" I open the door, walk through into the

large tunnel and close the door behind me.

I'M GOING TO COUNT NOW

Then Monroe says, "10" and I look at the door I just walked through, seeing it has "Entry to F10" written on it, in large letters. Then I start jogging down the tunnel and come to a door marked with a large figure "9". I quickly go through it (no need to close as it's spring loaded). Jogging along the descending tunnel I come to a similar door marked "8" then "7" then "6" and onto doorways 5, 4 and 2. (Have to be quick here as Monroe doesn't give you much time, but this does greatly add to the effect).

Going through doorway "2" I see the opening of the tunnel. I emerge next to the C1 door I stepped out of originally. The C1 door is open and Clive is beckoning me to hurry. He has my Physical sheathe ready which I step into quickly. He welcomes me back and asks if I'd like to take anything else from the box. I say, "Leave it, no time" and I descend quickly to ordinary waking consciousness at the bottom of my consciousness cone. This happens just after Monroe says, "1". (I always think, "Phew, just made it!")

Monroe then prompts, "wake up, open your eyes....." etc. So I do as prompted, in that I actually open my eyes, breathe deeply, and stretch my legs and arms, exactly as Monroe instructs.

Wave I - Q&A

quote:

1) In the Astral access "sequence", how real/vivid/plastically do you need to imagine or "see" the sequences you describe that lead to entering the Astral portal proper, and waving goodbye to the butler, (Clive?) for a time? E.g., can you imagine it like watching an inner TV screen, or do you find it more "hazy" than that and harder to maintain? I think you see the point of the question.

At first it is hard to maintain. The tendency is to drift off on some other, more earth-bound thought(s). But this goes away with practice. Having the sequences mapped out on the CD is very helpful tool to practice with. Though if someone wanted to create their own sequence, I guess it would work well too. In which case I would advise them to plan it out carefully. Write down the script, and go through it several times in the Physical first.

The technique does not require you to first create the meditative "empty mind" state (though if a person could already do that it would be a bonus). The idea is, you flood your mind with other, more beneficial thoughts, i.e. those more likely to achieve contact with the Astral, as opposed to wondering what you're going to have for breakfast. Ultimately, having some kind of script *is* what keeps your mind focused on the task in hand.

As for how I "see" these images: they are nowhere near as clear and vivid as the images I eventually see when stepping into the Astral realms - these images are as clear as day. It's more like I am sensing an awareness of an image in my mind, rather than seeing the image directly.

Astral access sequence is, as follows: I get to Focus 10, and stand in my F10 Hut looking out through the F12 doorway. I generally just stand there gazing at the blackness of the space scene, which is punctuated by all the stars. If nothing happens then I might fly into the blackness and drift about a bit. If still nothing happens then I'll come back to the Hut and stand looking for a while again - then fly off some more.

If the next stage (below) has not come about after 20 minutes, or so, then I will return to C1. I'll give it 5 or 10 minutes, go through the countdown to F10 again, and try for full Astral contact once more. (I won't try and force things as doing this is a MAJOR retrograde step.)

There comes a point, when I'm standing in the F10 Hut either gazing outwards or just drifting in the blackness, where the blackness takes on a kind of 3D effect (Note: Jeff_M's experiences are similar here so you might find reading over some of his posts helpful).

The blackness taking on this 3D effect, seems to be the transition between "sensing an awareness" of the imagery, and seeing the images directly, as clear as day, just like I were looking through my physical eyes. This is also the point where I **totally** lose all sensation of my physical body. (Not that I have much by the time I reach Focus 10 anyway, but there is always this inkling of a feeling until full Astral contact.)

First the blackness becomes 3D, followed by a sensation that the blackness is gently swirling around me. Then I normally see whirls of smoky, foggy-looking colours for a few seconds and, sometimes, there is a bright light in the distance which is obscured as it shines through the fog.

It is at this stage where I "mark my intent". (On the Astral "Intent" is the energy that drives you into experiencing whatever it is you want to experience.) Which sounds ever so easy to say, but I'm currently finding it difficult to learn. Well, as I've said before, my navigation skills were virtually non-existent and it is only recently that I've started getting the hang of it.

Then I find myself projected within the Astral proper.

quote:

2) It is clear that dedication and perseverance is a major factor, and one where people might become despondent if no results are forthcoming.

Yes, you are quite right. But I also found that Belief and Doubt are major factors that determine an individual's progress. Any kind of doubt puts a MAJOR spoke in the works. Belief is also another factor that can hinder (or accelerate) a person's progress.

The typical scenario a beginner is faced with is the question, "How can I believe something that doesn't exist?" (When I say "doesn't exist" I mean not existing on physical-plane reality.) As such, a person will naturally doubt the whole thing. Which is where Faith comes into it to a high degree.

They may read a book such as AD where aspects of projection are explained in simple, matter of fact terms. This tends to give people confidence in that they too can learn. So they set off just trying some small "energy awareness" technique.

Deep down, they are not really fully believing everything that is written, and they doubt whether they will ever be able to experience even half of what RB has written about. But the book has touched them to the extent they have a little Faith in what they are about to do, and naturally they will be curious.

All it takes is for them to make just a little progress, and this will have the effect of increasing their Faith and Curiosity. So they go in a little deeper and each time their Faith and Curiosity increases, and with it their doubts begin to fall away.

But an individual doesn't necessarily have to take this approach. The simple way to go from Physical A to Astral B, is to 1) Fully and absolutely believe in the possibility, and, 2) Have no doubt that results will be forthcoming. Bit of a tough cookie, I agree.

quote:

How long did it take you before the Astral portal access sequence progressed from imagination to reality. By reality, I mean to the point where you no longer had to imagine it, but it rather assumed a life of its own, and the Astral environment, as entered through the portal, became solid, real and fluid - i.e. the Astral life proper where everything is happening around you, and you are a part of it, and can interact, communicate, etc...

I listened to the CD several hundred times over a period of months. During which time I concocted the imagery for the countdown sequence. It wasn't so much the actual concocting of the imagery that took the time. That's part of it only took about 2 weeks to perfect, going through the sequence 2 or 3 times each morning. It was the realization, or the idea, of going through the countdown in that way: which didn't come to me until I'd been listening to the CD for about 2 months.

Once I had perfected the imagery process, my progress began to accelerate quite rapidly. Had I initially begun using the CD, coupled with the imagery I am using now, I guess it would have taken me about 3 or 4 weeks before the transition to the Astral would have become a semi-predictable event, say, 6 times in 10 attempts.

quote:

3) Is this Astral experience (via the Astral portal), as vivid and real as your previous OBE experiences - indeed it the same Astral level, people etc.? I also assume that you can retain full recall of the experiences.

I really like the term "Astral portal" I'll use that in future, thank you. Yes, even more vivid and even more real. Doing what I used to do, i.e. my Cannonball Projection, is quite a shock to the system. Phasing through an Astral portal, by comparison, is a very smooth and controlled transition. As such, it is much easier on the system.

Plus, there is no feeling of leaving your physical body, no looking down seeing yourself on the bed and so forth. Which is okay for some. But most people who find themselves in that state get scared sh*tless.

In fact, it feels so smooth there is a strong tendency to think it's all just a vivid dream. It's not, of course, because there are distinct differences which I can readily detect as a result of my previous projection experience. Which leads me to your second point, yes, it's the same place I used to go.

Memory recollection is as easy as memory recollection is on the physical. But with one exception: if I fall asleep after the experience.

I've trained myself to go back to C1 (normal Physical consciousness) after any projection experience. But sometimes I get lazy thinking, "Oh, I'll have a few minutes of sleep then make some notes." Which is fatal, retention-wise.

Wave I Pointers

quote:

Here's another thing I was thinking. You seem to be taking to TMI's "Focus" word pretty literally (I don't mean that in a bad way), so I started thinking about F10 and 12. Do you go back to F10 (without the CD) by just imagining you are walking through your Focus markers and getting to where you are at the F10, and by this time you have focused your attention and "feeling" in that "place" and are now, by definition, "in" F10?

Yes, absolutely. That is the whole point of creating the imagery. Otherwise, if Monroe said, "Return to Focus 10" where would you go? What would you do? By having the various mental states linked to particular sets of meta-physical imagery, the answer to the question of what to do (or where to go) next is obvious and immediate.

quote:

The same for F12 would be just getting to your F10 hut and then walking through the door to the F12 space scene?

I hope I am not way off, because, if this is correct, I might now understand what the TMI trainers meant when they said that you could get to all the states while walking around.

Again, yes, absolutely. You are really starting to get the hang of it. The reason why I, personally, have a "space scene" is because F12 is the first stage of expanded awareness where you leave the Physical behind. At F10 I'm still grounded, as it were, in my F10 hut. But the opening in the wall of the hut leads into limitless space.

What you can practice is flying out of the opening into the surrounding space while still keeping an eye on the opening you just came through. Then, when Monroe instructs you to return to C1, come back to F10 and go through the return procedure as normal.

quote:

Now, when does it happen where you are actually "in" the Astral and not imagining anymore? Does it somehow happen "magically," or is there a better way to bring it on?

I am not sure exactly how it will happen with yourself. It could happen in a variety of ways. All I can say for definite, is you will KNOW when it happens.

What I would do is work on getting to the stage where there is a definite difference in feeling when you return to C1. What I mean is, I progressively feel my physical body less and less; such that by the time I settle into my reclining chair at F3, I've normally lost touch with it more or less completely.

From then on, the going through the motions of the journey should be the focus of your attention. The feeling is just the same as if your attention was absorbed by watching a favourite movie. Only difference being the movie is being played in the realms of your imagination.

I've said before that the Astral is very much closer than I suspect most people realize. It's right there, on the border of your imagination. What this technique does is to provide the framework to enable you to travel within the realms of your imagination. At some point you will reach that border and the Astral will come into view.

Pointers - II

I want to first answer your last point about sleep. People fall asleep from habit. As your physical body goes to sleep, it's like there is some signal that says, "Physical is going to sleep... now initiate Mind cut-off."

Somehow you have to break that habit. It isn't hard to do (unless you think of it that way) it's just a tricky mental balancing act you need to get into the habit of doing. Which can take time to get your head around. In other words, you need to go through a phase where you are working on swapping habits.

Someone like Mr. Berry, for example, from what he says never seemed to get into the habit of initiating Mind cut-off to any great extent. As a result, he seems more in the habit of not switching off access to Mind as his physical body goes to sleep. Therefore, projection comes easy to him.

In a nutshell, all Astral projection involves is to simply let your mind remain awake and alert, while allowing your physical body to go to sleep. Because once your physical body nods off, that's it, you're free! Obviously, someone who has been in the habit of doing the opposite for 50 years of their life, say, chances are will find it a tricky habit to get out of. But it is by no means impossible.

People also get the misguided idea that they need some kind of empty-mind condition before they can phase-in to the Astral. This is not the case at all. I suspect a lot of failures come about from this misguided notion. The key is to concentrate on the task in hand, just like you would concentrate on any other task.

Another trap that befalls beginners is, they go about their normal day right up until the point where they lay in bed *then* they start to practice their techniques. Which I feel this is a big mistake. The time for practice is during the day: and it is from such practice that you develop the Intent.

First, you need to believe that what you are attempting to achieve (Astral projection) is possible. Next you develop a firm intention to achieve that goal. Having the Intent leads you to practice the necessary mental techniques; which takes concentration. Concentrating without having a firm belief, for example, won't bring results. Neither will having a firm believe but allowing your mind wander all over the place through lack of Intent.

As I say, the time for practice is during the day. With myself, in my mind, I *constantly* hold an image at a place in my head where the Astral TV screen effect comes about at Focus 21. During waking hours I cannot see the image as clear as day, like I can normally, because I am out of phase with it during Physical waking hours. But I still hold the impression of it CONSTANTLY in mind.

As such, when I come to project, I do so with the specific intention of phasing to the screen. This is my first step. Then, as the screen comes fully into view, I take the next step which is normally to travel to my regular guide, Harath. Unless I'm going through a "not talking to him" phase in which case I might take an Astral stroll, have a chat with a few locals, and so on.

I've said in previous posts that the Astral is very much closer to us that I suspect most people think. Which is why Imagination is a very powerful tool. I also suspect that a lot of people don't realize that their higher imagination-release-memory functions are not contained within the physical body at all.

So I would say to people first starting out down the Astral-phasing road, is to imagine doing it at every opportunity you can during the day to the point where a permanent connection is made. Or at least the feeling of a connection is there, all the time, during waking hours.

Pointers - III

quote:

Originally posted by Adrian

I am intrigued by this "step-into" technique. I assume it has evolved from your Gateway work? In any case, it would be most interesting to hear more.

Yes, the technique evolved from my Gateway work. But the technique is basically as described on this thread: where you create a mental scenario (either with or without some kind of recording to aid you) then, as the physical-body drifts off to sleep, your conscious awareness lets go of the Physical and you mentally step-into the imagined scenario.

quote:

I lay down and simply allow my physical-body to drift off to sleep as per normal.

That is definitely a major cornerstone of phasing. But I think it is true to say that with most people, the mind falls asleep first, followed by the body sometime later. If it were possible to reliably cause the physical body to go to sleep while keeping the mind fully awake, then many more people will have a lot of success with phasing. Any pointers for people to follow in this regard would be most useful.

Yes, you are exactly right. It is a very tricky mental balancing act to perform which generally takes a lot of practice.

With me, like this morning for instance, I can lay back and within ten or fifteen minutes I'm off... hello Astral, goodbye Physical. Yet, most mornings it will take me at least an hour to get myself in the requisite frame of mind. (Sometimes it will take me 2 hours, plus.) But once I'm in that "frame of mind" it's Astral-projection city, like I can't get away from the place.

The big research question in my mind these days is why the difference? Like, why can't I just lay back and simply make direct contact?

quote:

BTW - I know that you used to do more of an OBE type approach before moving to phasing - do you find that your quality of Astral presence, i.e. your ability to see Astral residents and equally importantly they to see you and communicate with each other, and the general realism of the environment is as good or better with phasing than OBE?

For a while I went away from the traditional approach and researched the Gateway products. I found that by practicing the Phasing approach had the effect of overwriting the original data to a large degree and I lost touch with my past efforts. Lately, however, I have successfully managed to marry the two approaches.

My early "cannonball exit" so-called because it felt like being shot from a cannon and landing within the Astral someplace (without any degree of control at all) I have managed to temper with my current Phasing techniques. So now it doesn't really make all that much difference whether I Phase to the Astral in one smooth mental transition; or whether I take the more traditional approach and enter via the RTZ from flying through some Astral Plane Entrance Structure.

The latter is, of course, more exciting and naturally more difficult for people to manage generally. Which is one of the main hiccups of the technique.

How to visualize

quote:

I assume, and I am sure Frank will confirm (or deny) this, but as soon as you pass through the doorway your have created with your imagination, you then enter an objective (to the extent the possible) Astral realm and place, where everything that you see, and everything that is happening, and the people you meet are very real, and are always there, and that you can interact fully with this environment. I.e. At that point you cease to create the imagery in the Astral in your mind, and start to become a part of the Astral.

Yes, absolutely correct. The imagery technique, or stage, is merely a vehicle that transports you from Physical to Astral.

quote:

Sorry to beat this to death Frank, but I don't think I still understand fully the difference between creative visualization and astral projection.

Could you elaborate a little bit more, please?

It is all to do with the end goal.

The end goal, here, is not to create an absolutely perfect imaginary scenario that aligns completely with the CD to the n'th extent: that is totally repeatable in every way, each time you run through it.

Logic and reason, while being advantageous faculties to have, can get in the way if applied too literally to be work.

Please feel free to ask further questions if you are still unclear.

Your Visualizations should be Abstract

It's good to hear people getting creative. Yes, the possibilities are truly endless. Though please do always bear in mind the objective is to project within the Astral, and the imagery is merely a prop that sets the stage for the next Act. (Imagine a real stage where just a few abstract forms, here and there, can so very easily set the tone of the next Act. That's how you need to be working.)

Act 1: Energy Conversion box. Bring on the props, set the stage, do your bit, then move to Act 2: Resonant Tuning. Here the props change, you play out the scene, then move to Act 3: Declaration

Stage... and so on. All so it flows with the CD. But watch you don't get bogged down in nitty-gritty detail.

Though too much detail will not affect you in the early stages. For example, you can imagine your Energy Conversion Box in as much detail as you like. It won't have any negative effects at all. Reason being, at this stage, you are still within the lower realms of your imagination. But the higher you go, creative-imagination wise, the more abstract your thoughts become. And remember that right at the end of your creative imagination, is the border to the Astral. (I promise you, it really is that close!)

That's the main reason why, imagining in too much detail can bog you down. In that it keeps your focal point of thinking within the lower realms of the imagination. When what you should be doing is gradually travelling towards the border. So feeling your thoughts naturally getting progressively more abstract, the further you progress, would be a positive sign.

The key transition is from Focus 10 to Focus 12 (the tricky one!). Hence the need for all the thorough preparation beforehand. Please bear in mind that **everything** you do in the previous Acts, is done solely to bring you to the point where the transition from F10 to F12 is performed as smoothly and easily as the transition from C1 to F3 (say).

In other words, if you are having difficulty with the F10 to F12 transition, it is 99.9% likely that the cause will be due to some problem in the preparatory stages.

Focus 12 is very simple to recognize: it occurs when I say in my latest post to Adrian (above) where I sense the blackness taking on a 3D effect, and I start to see colours, etc. This is Monroe's Focus 12.

Focus 10 (mind awake body asleep) brings you to the edge of the border. And, like all Astral borders, there is not an immediate and sudden transition between one realm and the next. There is what is commonly known as a Buffer Zone.

At Focus 10, as I say, you are standing on the edge of your creative imagination. At Focus 12, you mentally "step into" the buffer zone between the edge of your creative imagination and the Astral proper. (Note: In my earlier work I used to call the effects of stepping into the buffer-zone, the "stray energy" stage.)

The F10 to F12 transition is not given on the Wave 1 CD. So you will have to create your own sense of expectation based on my description. The F12 transition is given on a later CD but I found it of little use.

Thing is, once you are at F12, stepping into the Astral and making contact with some guide is a relatively simple matter that I imagine most people would hardly have difficulty with. Well, provided you know the ground rules about remaining mentally still (just releasing a mild air of curiosity) and remaining completely closed emotionally, that is. Otherwise you'll step into the Astral and begin flitting all over the place. Which is no use at all.

Using your imagination

First off, you are making great progress and problems you are experiencing, such as having your perspective flitting about all over the place, are happening because of your progress. Thing is, when a person starts out, their sense of mental focus tends to be firmly stuck behind their physical eyes. Once you break that fixation, it can start hopping about like a spring lamb.

Resonant Tuning, you should do in your imagined “I” otherwise, yes, it can get confusing.

As you are discovering, there is a very fine line between too much, and too little concentration. Too little and you start drifting and risk falling asleep; too much and you become fixated and start trying to force it. None of which work. Ultimately, you must place yourself in a mental state where you allow non-physical reality to come into your awareness. Think of this reality as already being there (which it is!) all you need to do is look in the right mental direction.

If we could simply look within, in that right direction, the reality of the non-physical would immediately reveal itself. Problem is, what all of us are battling to get through, to a greater or lesser degree, are the seemingly impenetrable layers of physical conditioning that cover the entrance to the place we need to be focusing within. But the more we accept our wider reality, and the more we attempt to make definite contact with it, the more of these layers we strip away.

The most beneficial tool we have to help us crack this, is our imagination. People tend to dismiss what they imagine as mere mumbo-jumbo. However, what actually takes place within our imagination is a highly important aspect of our reality, an aspect that happens to be situated right in the direction of where we are trying to switch our focus!

At this point we need to remind ourselves of Golden Rule number 1, which is:

There is nothing within your reality that is not real!

So when people dismiss their imagination, they are actually dismissing a vital part of themselves.

Now, when we imagine our rundown scenario, we develop a kind of split sense of awareness. There is the “you” that you perceive as being situated within your physical reality, i.e. looking at the backs of your eyelids; and there is the “you” who is perceiving whatever it is you are imagining, that is situated within non-physical reality. And because of this perceived split in your awareness, you feel a distinct sense of separation between them.

Note: the physical body does not have to be immobile to imagine going through a projection rundown. For example, I can easily imagine going through a rundown while washing up. It’s just that, for the purposes of projection practice, optimally, it is best for the physical body to be relaxed and “switched off” to as large a degree as possible. That is how it appears to be for most people, let’s say.

Right, so getting back to our split sense of awareness, there is “you” looking at the backs of your eyelids; and there is “you” perceiving whatever it is you are imagining in your rundown; and you feel a distinct sense of separation between them. At this point, you need to realize Golden Rule number 2, which is:

There is no separation or boundary within consciousness!

But even after knowing this, chances are near certain that you still perceive a distinct boundary between the “you” who is “here”, and the “you” who is “there”. And because you perceive there is a distinct boundary, you will also get a correspondingly distinct sense of separation. But that boundary exists only as something that you, yourself have created. When you perceive that boundary, what you actually perceive are all the layers of physical-realm mental conditioning that you have adopted in your lifetime,

to date.

In reality, the “you” here and the “you” there, is all the same you!

In telling you all this, what I am trying to do is give you the background information on what is happening in the process. So, hopefully, the role that your imagination plays in the general projection scheme of things, will all start making more sense to you.

I don't want you to be frightened of using your imagination! By all means, use it to abandon (at first). But the closer you get to stepping into that definite first-person perspective, the less you should need to use it. In other words, when we are feeling that boundary the most, we need to lean on our imagination quite heavily in order to draw us through that separation layer, which we feel is sitting between our sense of Here and There. Not that there really is any separation, when viewed against the background of the wider reality. But because we distinctly feel we are separated, we have to use our imagination as a kind of tool that, temporarily at least, breaks a hole in this barrier and allows us to pass through (in a manner of speaking).

Now, the act of this barrier fully opening up and allowing us to pass through, is the transition between Monroe's mental Focus-level 10, to Focus-level 21. Incidentally, I believe what happened to Monroe is, after some time of passing through his own barrier, he broke it down to the extent where it no longer existed to any real degree.

So, as I say, use your imagination freely, at first. But you only want to be using it to trigger the transition (F10 to F21) process. Once you begin stepping into a definite first-person perspective (Focus 10), you have to be careful because you are actually entering the realms of your very own imagination. If you continue to use your imagination to the same high extent that you were using it before, in order to get you to this point, all manner of complications will arise. You'll begin creating things here, there and everywhere. So the trick is to modulate the intensity or extent to which you use your imagination, depending on where you are in the process.

All you need to do is think of easing back on the gas pedal. I'm assuming you drive a car. In which case, think of your use of your imagination in the same way you modulate your use of the accelerator pedal, relative to the distance versus speed of the traffic in front of you. Your imagination is like this. At first, you feel far away, lots of distance to cover (figuratively speaking) so you can give it lots of gas and away you go. But as you get closer, you need to start easing back. If you find you have backed off a tad too much, then give it some more gas to get the thing back on track and rolling again in the right direction. Then ease up progressively the closer you get. Ideally, you want to be at walking pace (so to speak) the point you slip into first-person. As you slip in, you want a slight momentum to keep you making forward progress. But you don't want too much intensity, as you need to leave a part of your awareness open to detect the next step in the process.

Of course, the next step is Focus 12.

The point where you can hold a definite first-person perspective is your entry into Focus 10. Now, what we want to do from this point is to trigger the transition to Focus 21. In my experience, this transition begins rolling of its own accord from the Focus 12 state. To a large degree, your achievement of the Focus 12 state is dependent on how well you can achieve Focus 10. If you can achieve what I call a neutral Focus 10, i.e. no reveling in your own imagination, just lock yourself in a solid Focus 10, releasing

only a mild sense of curiosity, then this should trigger a transition to Focus 12. Then, once you reach Focus 12, as I say, the ball tends to start rolling of its own accord.

How to shift your focus to the imaginary scenario

What we are engaged in here is an act of switching focus... not... quieting the mind! In the post you were looking for, I would have said (as I have said a number of times on this forum) I cannot understand where the idea came from that your mind should be “empty” for this to work. Because my own mind is far from quiet, and far from empty. I can hold a totally quiet mind if I wish to. I simply close my eyes, look out into the blackness and think of nothing. And guess what happens? Nothing!

However, when I close my eyes and actively involve myself in some kind of “imaginary” mental scenario, sure enough, it isn’t long before my focus of attention shifts, and I find myself in a first-person perspective within the scenario I was previously “imagining” (the state of which is Focus 10).

So your mind should be focused on the task in hand. It doesn’t matter how you do that. If you find that giving yourself a running commentary helps you focus, then do it for as long as it helps. I mean, if you find that standing on your head helps you engage your senses more within your rundown, then stand on your head. It really doesn’t matter. What I am doing is giving you the basics, and the hands on, nitty-gritty application is down to you. Because people do tend to be different in that.

What I can say to you, absolutely without question, is the key to not being distracted, is to engage your senses within your rundown scenario. I cannot stress this too highly. In doing so, a person from the “quiet mind” school of doing things would be totally overloaded with all the mental goings on. Because, as I say, my mind is anything but quiet! The thing you have to bear in mind is our objective, which is, a shift in focus. To do this we don’t want our mind to be quiet. We want our mind actively working towards achieving our shift in focus.

I tell you, often when I was first working on this, I wouldn’t realize that I had actually shifted focus!

I was SO busy concentrating on my rundown and going along with the flow of it, that suddenly I would “discover” myself being in first-person perspective within my rundown. And I’d think, “Hey it’s worked!” Of course, next instant the state would break and I would find myself back in the physical, kicking myself wishing I just hadn’t done that.

The other problem that can come about, at first, is you’ll be going through your rundown and suddenly you’ll feel you might be in a kind of half-and-half situation. Not exactly physical, but not exactly first-person within your rundown either. So again you check whether the state you are in is really a different state, by comparing against how the physical state actually feels, and that too breaks the state. At which point you realize you were in a different state, but by then it’s too late, and you have to start again.

Problem is, not only does it take a little while to practice getting into the state; it also takes a little while for you to feel okay about knowing you are in it. At first, there is a tremendous temptation to make a comparison with the physical “just to check” that you are not actually physical. I don’t know why it’s so tempting, it just is. Of course, the very act of checking breaks the state. Later on, when you achieve Focus-21, say, you can have these kinds of thoughts and remain within the state. But the Focus-10 state is easily broken.

3D Blackness

Originally posted by Pete

Frank,

A little more on my last post -

Monroe seems to describe Focus 21 as the "edge of time and space", the last level of physical world reality, "the edge that lies between the physical world and the afterlife" (to quote Moen). I've been thinking of Focus 12 as that edge.

I can well understand why you think that way because I too once thought Focus 12 was that edge. And this touches on what you say below about everything happening in a whoosh. That's exactly what used to happen with me. When I looked back from the point of being within the Astral, the last stage I really remembered was being at Focus 12. So that's why for a while I thought Focus 12 was the bridge zone. It's only when you slow the whole transition process down yet further that you realize there are several, fairly distinct inbetween states.

Focus 21 is characterized by what is often called 3D-Blackness. Basically, you find yourself floating in an endless, timeless void. Which is the bridge zone between Physical and Astral. It's quite a comforting place once you get used to it. Though people who "suffer" what is sometimes called "sleep paralysis" can find themselves within this region not knowing quite what is happening. And, for them, it can be quite scary.

Focus 21 is the first of the realms of reality where: Thought = Direct Action. Which is why people, such as Ginny for example, tend to use it as a start-point for their Astral journey. For in this region all you have to do is either Think about where you want to go, or place some strong Intent about what you want to achieve, or to experience... and it automatically comes about. Normally, what happens is some kind of portal will open in the blackness and you simply place the Intent to go in that direction.

The reasoning behind Monroe's talk about being on the "edge of time and space" is all to do with the Physical realm where we hold notions of Time and Space, and of course Distance. Within the Physical, these three notions are inextricably linked. However, within the Astral there is no such thing as Time. So there is no such thing as Distance or Space either.

quote:

Could it be that I am leaping/swooshing right from Focus 10 to Focus 21 and beyond and it is striking me as a huge, overwhelming move? Are Focus 12 (and 15), more preliminary levels? Maybe I'm conceptualizing them incorrectly. Though I know it is not a science exactly, perhaps my ideas are making it more difficult. Perhaps I need to slow it down and make myself linger in 12 for a while.

Yes, you need to slow it down as touched on above. Once you can make the transition slowly you will perceive the inbetween states. With me, Focus 15 is a very interesting and subtle state where I experience a mental null. It's next to impossible to explain in words but you pass through a phase where it does just seem like all of Time just stands still, or it can seem like Time is moving with you. Which I'm sure makes no sense at all. Like I say, it's next to impossible to explain in words.

quote:

(I have another similar, if more minor, confusion of definitions when in track 2 of the Wave 1 tape, Monroe instructs to relax each body part in turn before then counting down to 10. I had to re-write my scenario a few times to make sure I didn't give up my "body" until after that massage/relaxation part. I had been leaving my physical body at the energy conversion box at first and this created a jarring problem. I've got that straightened out now I think. The way I see it is I don't leave my physical body behind until after the relaxation and during the countdown when I have to leave it behind pretty fast.)

Yes, I too pondered over this. So I decided to dump what I call my "physical sheathe" in the Energy Conversion Box. From then on I take all notion of having a "body" in a non-physical sense.

Don't Concentrate on the Physical Body

You are concentrating on the physical-body rather than simply letting it go (as Monroe keeps saying). I often get the idea that people are lying there and monitoring their physical body, checking whether or not their body feels more or less asleep than it was 10 minutes ago, say.

Every time you "check" you focus your awareness on your physical body. But focusing your awareness on your physical body, scuppers the process.

The one downfall with the CD's is there isn't any kind of manual. It's not strictly necessary as track1, CD1 tells you all you basically need to get started. But a decent hints and tips manual would have been a nice addition, especially given the price.

Oh, you say you listened many times. How many is that, roughly? With me, I only really began getting the hang of it after I'd listened about 100 times.

Relax the Tension in your Brain

Not sure what is on the tapes, as I have the CDs. But it's the CD that takes you to the Focus10 state. Brilliant stuff. Took me a while to get used to it, but every morning I play the CD once, maybe twice. Then switch the player off and mentally run through the process without the headphones on.

I think maybe in about another month or two I won't need the CD at all.

It was the bit about letting that sense of relaxation flow into your brain. That was a major turning point, for me, which went on to give me the ability to now have multiple conscious-exit obe's almost every morning.

I was already following along basically the same lines as Monroe talks about. For example, as I said in a previous post some time ago, I already had worked out, from around 3-years of trial and error, that it was way more efficient relaxing from the head downwards... rather than the other way around.

But it was from listening to the CD, that I began to detect that the brain itself can hold a kind of tension that blocks the ability for your sense of conscious awareness to drift upwards and make contact with the part of your brain that is in tune with the Astral.

The sense of "tension" seems to collect during the day and every morning I have to "clear" it. I'm not sure if that will always be the case, or what is the root cause. I have only latched onto this in the past couple of weeks.

Previously, I would be lying there for about an hour, hour and a half, after listening to the Focus10 CD, before the onset of conscious pre-exit sensations. But this morning, for example, about 5 minutes after listening to the CD I was roaming the Astral for fun.

Be Proactive

I can highly recommend the Gateway Wave-1 CD for any obe beginner.

It teaches you, step by step, exactly how to bring your body to a state where you are on the verge of being able to obe. If you can follow this correctly, all you need from then on is a little mental "push" and the Astral will come into view.

However, there were a few issues about the CD that took me a short while to get my head around, like:

Monroe's voice has a kind of "Houston Mission Control" feel about it. Which first kept making me giggle. He also talks about, "relaxing the muscles at the top of your head". Which was confusing because I don't have any muscles at the top of my head. The term, "Energy Conversion Box" also got me flustered. So, as a get-around, I thought of a term I could relate to more, and put Monroe's term in the box.

In order to actually obe, it is best that you teach yourself to be able to rundown the whole process all by yourself, i.e. without use of the CD.

This is because, when on the verge of a conscious-exit obe, you are in a state that Monroe describes as, "mind awake, body asleep". Problem being, if your physical were truly in the deep state of sleep that Monroe describes, you would not be able to hear the CD.

To make best use of the CD you need to be pro-active about it. In the sense that you need to actually *perform* the visualization exercises, etc. for it to work.

It's not one of these weird and whacky CD's that play some buzzing and beeping sounds; that claim all you have to do is listen for a time and, suddenly, an obe experience is automatically induced (yeah, as if).

All in all, Wave-1 (to Focus 10) was a great help for me in learning how to achieve repeated, conscious-exit obe's.

Mental State

It's not a "shift" but more of a gradual phasing-out of C1 which culminates in the feeling of being at F10 as per Monroe's instructions. I start to lose awareness of my physical body from F3 mainly. From which I

gradually lose physical-body sensations as my mental focus moves further away.

Problem is, I'm not sure whether our definitions of lucid dream are the same.

When at F10, I have full waking consciousness so I am fully aware that "back there" somewhere is a physical body but my attention is taken up elsewhere. It's like if you were sitting reading and had become engrossed in a book. There is a part of you that is aware you are sitting in a room, reading. But because you are mentally focused on the book, awareness of your surroundings is heavily dulled.

In fact, the mind state people go into when heavily engrossed in a book is very similar to the F10 mind state. Only instead of your consciousness running along with the mental imagery created by the words in the book, you create a particular mental-imagery structure in accordance with the guidance on the Wave 1 CD.

Projection Should Happen if you let it happen

I'd disagree here with some of what you say. I used to do the "relax your body, etc" stuff. But found it was far more efficient to first relax what was going on in my head and my body would, in the main, automatically relax. That is why I am so eager to recommend the Gateway Wave-1 CD because it basically shows you right away "exactly" how to do it. Whereas it took me years of trial and error.

Again, I would say to anyone having difficulty to simply buy the Wave-1 CD and follow what is on the first 2 tracks. Put aside anything else and simply follow that. Keep practicing (every day if you can) until you reach the Focus 10 state, i.e. mind awake... body asleep.

I feel strongly that beginners try too many so-called "projection methods". They try this and that method and none of them work, so they give up. What they fail to realize, I believe, is that the "method" in itself is not what causes you to project. But that is how I see these methods being marketed.

It's like, "Take this pill and it will get rid of your headache." So you take the pill and the headache goes away. "Buy this XXX Projection method and you'll be projecting in minutes!" So you buy the method, follow it to the letter, and nothing happens. So you try another, and another, and another... and for most people... nothing happens. A small minority have the necessary degree of faith to stick with it and work it out. Once you do so, you realize that a *lot* of the commercial stuff is total cr*p.

Problem is, after a number of failures, people naturally start to question the validity of the whole thing. But if I can do it, anyone can. The exact same difficulties I hear about people having on this BBS I had myself, years ago.

Plus, I don't know what people mean by "trance state". I hear this term a lot and have read it in AD but, to me, the word "trance" means as it says in the dictionary, i.e. a state in which a person is unaware of their surroundings or actions. Like a stage hypnotist puts a subject in a "trance" and suggests they make noises, or do certain actions, so as to humor the audience.

At all times during the projection process I am fully conscious and aware of everything that is happening. In no way do I ever feel like I am in some kind of "trance". The "state" I am in is as described on the Wave-1 CD: mind awake... body asleep. Plus, there is no "pounding heart" and no "flushes" I feel absolutely nothing coming from my physical body at all (prior to the onset of vibrations) nor do I feel like I am doing anything remotely to do with "energy".

I'm slowly beginning to realize that this "pounding heart" sensation almost certainly comes about from activating what mystics call Chakras. I once did that quite by accident and, yes, there was a pounding kind of vibrating feeling about my heart region, coupled with other sensations. Which is what I suspect you are doing. But that is not Astral Projection.

The process of Astral Projection is, in a sense, like driving. While you can have choices about which actions to take, there are various strict rules that everyone must follow. Like, all driving on the same side of the road. You can choose where to drive to, or what car to go in, etc. But you cannot wake up one morning and think, "Hmm... which side of the road shall I drive to work on today?"

Projection is a reflex action that WILL occur if you bring your mind and body into a particular state. That particular state is the SAME for everyone. You can choose to enter that state by use of various means. But whatever means you choose it must, at the end of it all, bring you into that particular pre-projection state in order to stimulate the natural projection reflex which I am sure everyone has.

Techniques

On the Purpose of Techniques

With a little adaptation, I found the ROPE technique had the much desired effect of slowing down the whole projection process into the Astral. Something for which I was extremely grateful as, for years, all I ever seemed to be able to do was zoom off with a big whoosh. So many times I would end up flying at a tremendous speed and wouldn't have a clue as to how or where I was going to stop.

The technique allowed me, for the first time, to reliably hold the vibrations steady. So it felt like I was bathing in them. At first, I found I could control their intensity with my breathing. But I simplified that to the extent where I can now control them just by imagining increasing or decreasing the energy flow. Again, as with everything, I try and simplify things as much as possible.

To be honest, I got bored of climbing the same old rope in the same old way. So I developed different ways of climbing: arms only; both arms and legs; right arm, left leg; right leg, left arm, etc. In doing so I found that it didn't really matter how I climbed the rope. The projection effect was just the same. So one day I imagined I was climbing without a rope. Again, I managed to project no different to before. So, to simplify things even further, I discarded the rope. Then I got bored of climbing. So I just imagined myself drifting upwards through the top of my head. And still I could project exactly as before. Okay, so why not simplify things even further, I thought, and lie down and merely think about projecting. Well, nothing happened. That is, until I directed my consciousness upwards and imagined myself floating out through the top of my head.

You see, my actions proved to me that it wasn't the actual ROPE technique that "caused" the conscious-exit projection. All it did, was give exactly the right kind of metaphysical-image kickstart that set-off the natural projection process. So now my projections are a million percent more controllable and all I have to do is lie back in a comfortable position and imagine myself drifting upwards. Around 7 times in ten I can controllably project either into the real-time zone or the Astral. But while I found the real-time zone to be a bit of a let down (novelty wears off very quickly, I found) my projections into the Astral have become better than ever.

As a result of my study on how to enter the real-time zone, I ended up developing a very simple and easy to understand technique that I now use to project into the Astral with a high degree of reliability.

To me, there is no point in my going on to develop (or to learn) thirty or forty different techniques that all basically do the same thing. Provided I have one technique that can project me to where I want to go, with a high enough degree of reliability, I'm fine with that.

However, just like there are people who love all kinds of gadgets, I have learnt that there are those people who love to try all kinds of "projection techniques". They avidly read all the books available, searching out every known technique, and relish trying them all. Which anyone is at liberty to do, if such

is their thing. But you hit the nail on the head when you said that if you already know what it is like to project, you can easily work out where the author of the technique is coming from.

My question is, what if you are in the position of the vast majority of people who have not yet had the benefit of a conscious-exit projection experience?

I believe that a LOT of the published techniques are WAY TOO COMPLEX for a total beginner to grasp, all on their own. I also firmly believe that most people who try Astral Projection, after reading books on the subject, try these techniques unsuccessfully; after which they end up in the very same extremely frustrating position of the creator of this thread, Mr. DJ.

Speaking of whom, he's already on the path to having his first projection experience after only one attempt at doing what I have suggested. Naturally, I wish him every success.

The Rope Technique and why you Shouldn't Try so Hard

You use the ROPE technique in order to bring yourself to the point where you begin to feel vibrations.

What the ROPE technique serves to do is 1) provide a focal point of consciousness to the exclusion of all other thoughts, feelings, etc., and 2) it gives a powerful visual signal to the sub-conscious that you want to transfer your conscious mind into the projected body and go some place other than where your physical body happens to be.

If you start rope-climbing at the vibration stage, chances are you will upset the process. This appears to be what is happening in your case.

First, understand that the separation is fully automatic. The trick is to bring yourself up to the vibration stage and then simply let separation happen!

Tensing muscles and upsetting the smooth progression of the breath are caused by tiny fears, doubts, etc. Which will go away once you experience projection a few times. After all, you are on the brink of the unknown (according to your conscious awareness at the time). So it is only natural for it to feel a teeny bit nervous. Which in turn upsets the projection process.

What I did was, as the vibrations began I found I could modulate their intensity by regulating my breathing. So I spent time just experiencing the vibration-sensation thus allowing my conscious mind to get used to them.

The way you separate is just to let it happen. If you try and "do something" the process will be interrupted.

Focal Point of Awareness

As far as relaxation goes, you just need to be lying on your back fairly comfortably. That's all. Don't "concentrate" on being relaxed. If you do that, you will never be able to do the most important step. Also, put aside all thoughts of "projection techniques" for now. Because concentration on some technique, or other, will again interfere with the most important part, which is:

You need to shift your focal point of awareness (or consciousness) upwards. If you concentrate, for a short while, you should realize that your focal point of consciousness is situated immediately behind your physical eyes. And that is probably where it has been all your adult life, during times when you are awake.

There lies the difficulty!!!

It is SO used to being there, during awake time, it becomes habitually entrenched.

Imagine looking at yourself in a mirror and you had drawn a 1cm diameter circle in red felt-tip pen, in the centre of your forehead about 2.5cm up from where your nose joins to your forehead. That's about where you need to be, focal-point of consciousness-wise.

You will probably find that the moment you begin doing it, i.e. letting your focal point rise to the correct place, your eyes will "grab it back". You have to teach the eyes to let go and allow the focal point of consciousness to rise up as I describe.

As it rises, you may begin to see little shadows, or glimpses of any sort-of this or that. I call it stray energy. Sometimes I might see a little figure coming out of a hazy mist. Just this morning, for instance, I could have sworn I could see the head of a wolf right in front of me! But you need to teach your eyes not to react to it. The way you do that is to keep practicing.

At first, as your consciousness rises and you see a tiny glimpse of some image or other, the eyes will suddenly try to look. It's like the eyes say, "What was that??? What did I just see!!!" The moment they try to look at whatever it was, your focal point of consciousness will immediately drop back behind your physical eyes. So you'll have to start again. But after a short while, you will pass through the stray-energy stage and begin feeling vibrations. Once you feel those vibrations that's it, you've done it.

Problem is, people read all kinds of books about all the many so-called "techniques". I remember the days when I would go to bed, armed with probably 50 techniques for relaxation; 75 techniques for the breath; 20 techniques for the exit, etc., etc. You know, I'd be prepared for any and every eventuality that may arise... and boy was that stressful!!!

Controlling and Shifting the Focus of your Consciousness

Oh, the itch stage!

I could write a whole book about those flaming itches.

Look, could I please suggest you forget (for the moment) using any particular "technique" such as point and shift, ROPE etc.

First, you need to find some "thing" to concentrate upon that is very appealing to you personally... but has nothing to do with sex, money, etc. Because it will all get too Primal and spoil it.

You just need one "thing" that you can enjoy imagining to the extent you can hold that one image, in your mind, to the exclusion of all other images. And that is what you need to practice doing.

At first, you will be able to hold the image for a few seconds and then you'll think of something else. But gather your thoughts and begin again. Keep doing this until you can concentrate solely on that one image for fun, if need be. At which point, you are ready to concentrate on specific images such as ROPE, etc.

The key is to ask yourself the question... where, exactly, is your sense of conscious awareness coming from? That is to say, when you are doing the imagining: where is the image you are attempting to imagine coming from. The answer will be, at first, directly behind your physical eyes... even though your eyes may be closed.

What you need to do is shift that sense of consciousness up slightly and to the centre. In other words, lock the physical eyes out of the equation.

To me, it's almost like the eyes can't let go of being the dominant "visual" organ. They suspect you are trying to view some "thing" and it's like the physical eyes automatically take over saying, "Yep, we do all that visual stuff so get-lost the rest of you."

The way I do it is imagine I am looking at myself in a mirror, and a red dot is painted on my brow. Then I estimate the position and try to see the same dot from within. Keep swapping from one to the other, at a rate you feel comfortable with, until you get a response.

You will realize the difference because all kinds of "happenings" will begin.

Shifting Focal Point of Consciousness

Quebec, I'm making developments on this technique almost daily as it is something I only got into the past 6 months, or so. If you read my earlier posts you will see I basically began using the ROPE trick and tried to simplify the process from then on.

My early work involved letting (what I called) my sense of conscious awareness drift upwards. But doing that can still take a while. What I am working on is trying to get a concrete process that can simply be enacted, in the same way Monroe did.

You see, basically, all I want to do is project within the Astral with the absolute *minimum* of preparation and effort.

Pursuits such as meditation, energy-raising, igniting chakras, and so forth, are all very well. And I am in no way against anyone going that. All I am simply saying is: it's not my thing, and none of it is necessary for projection. Which is the main reason why I only recommend the Gateway Wave-1 CD; as the rest goes off on a tangent (in my opinion) where commercial factors start coming into play.

Anyhow, I came to realize that, in addition to the general sense of conscious awareness that resides within my brain, I also have what I now call a Focal Point of Awareness (or Focal Point of Consciousness) that normally resides within my physical body.

If I have been using my hands a lot the previous day, for example, I often find my focal point of awareness residing in my hands. But, generally, I find it resides around the area of my chest when relaxing with my eyes closed.

Where your focal point of awareness is, can sometimes be obvious. Like, if you are male and have an erection.

I had this idea of my focal point of awareness being like a sensor on the end of a temperature probe. One that had been inserted into a bucket of water in order to take a reading. Like, my focal point of awareness was sitting on the end of an extendable probe that came from the top of the brain. It extended into the physical body, in order that physical-body sensations could be experienced.

I then thought, rather than lying there for an hour, trying to allow this focal point of awareness to rise upwards to the top of my head: what if I could mentally reach down, grasp it, and lift it upwards. Simply lift it up to the top of my brain where I should immediately say goodbye Physical, hello Astral.

That was the theory.

In practice it all remains ever so tricky. But this morning I took a slightly bigger step than yesterday.

I awoke at around 4am and started to listen to the Wave-1 CD (track 2, to Focus-10) as usual. What I do is first listen to track 2 of the CD, once or twice, then mentally run through the process on my own. Which, more often than not, leads to a conscious-exit projection.

However, this morning I only listened to the CD for about 5 minutes as I felt relaxed and confident enough.

So I lay there and mentally tried to reach down to my chest and lift up my focal point of awareness to the top of my head. As I say, I find all this a very tricky mental balancing act to perform. But after about 10 minutes I had a distinct feeling of my focal point of awareness moving upwards. At the same time, the Physical simply switched off.

I found myself in a "mind awake, body asleep state" and it felt like "I" was situated right at the top of my head. Which is a condition I have found myself in before, from using the teachings on the Wave-1 CD. Only this time there was no vision of the Astral at all. Normally, at this point, I'd start seeing stray energy then the Astral would come into focus. Whereupon I would mentally step into it.

It was a little confusing, so I thought I'd just roll along with the sensation to see where it would lead. Next I felt a distinct pulsating all around me, followed by a drifting feeling. Below me I began seeing all kinds of dark shapes with lines of lights between them.

Then I chuckled to myself upon realizing that I had inadvertently projected into the RT zone and was flying about 200 feet, or so, above the rooftops around where I live.

Shift your Focal Point of Awareness to the Top of your Head

Leviathan, you need to shift your focal point of awareness upwards to the top of your head. As this happens, your physical body will seem to just disappear from underneath you. Also, try not to concentrate on visualizing whatever "exit technique" it is you are using too much. This can be a bar to projection.

Focal Point of Awareness – Shifting It

Amazing, what you describe is basically the same as the focusing technique or "phasing in" technique that I've been practicing the past 6 months, or so.

There is no real sensation of leaving your body. It's more of a shift in mental focus. It's based on the idea that wherever you place your focal point of awareness, that place becomes your reality.

Normally, for the great majority of people, their focal point of awareness is placed in physical world reality. But it is possible, given practice, to remove your focal point of awareness from the physical and place it in the Astral. As such, the Astral becomes your reality. The sensation is different to that of the traditional idea of an obe, in that there is no feeling of swapping bodies. It just feels like you shifted your mental focus and your surroundings changed.

From what you say I'm not sure what Focus level you were at. Guessing, I'd say it was Focus 12 (your guide will know). I'm fairly certain all the cloud scenery would have been created by your guide for effect (guides always approach in ways they feel will be most pleasant to their subject).

From that platform, it is possible to shift your mental focus up through the various levels. As you place your focal point of awareness in each level, whatever happens to be going on there immediately becomes your reality. Well, it sounds easy to say, but it's tricky to do. Ask your guide for some direct help. I'm sure she'll take pleasure in showing you around.

Focal point of Awareness – Visualization Exercises

Problem is, your focal point of awareness normally resides behind the physical eyes and it's one heck of

a habit to get out of. Typical problem being, the moment you perceive any kind of inner vision, immediately the physical eyes will habitually go to try and look. Which zaps you right back to C1.

What James says is *good* advice and it reminded me of something else you might try (which I used to often do as a "warm up" exercise during the day) is imagine in your mind doing a slow back flip. Imagine being in a room that is familiar to you. Then jump upwards and let your lower body come up and over, so you do a full backwards circle and land on your feet again - facing the same way.

As you turn, imagine in your mind how it would look from the point of view of your physical eyes. In doing this you are doing the same as James suggested in his post. In that you are making yourself imagine from a perspective that you don't normally come across (unless you are heavily into athletics, of course).

What I would advise you to do is to concoct several such mental scenarios: where you perform an action and imagine yourself looking from a point of view you wouldn't normally come across. Then, when you come to practice the rundown to Focus 10/12, you'll be looking at yourself from just another different perspective.

I said on another post that the best time to practice is during the day. What I still often do, during waking hours (as I kind of mental warm-up), is practice holding basic shapes in mind.

Like, imagine a box that contained shapes. Now reach into the box and take a square. Give it some colour and imagine looking at the square from, say, 5 feet away. Now change the colour. Note the colour then change it again. Now imagine the other side is a different colour. Turn the square around so the other face, with the different colour, slowly comes into view as the previous face fades out.

Now turn the square into a cube. At first have each face the same colour. Imagine the cube turning in various directions and note as each face comes into view. Now have each face become a different colour. Turn it around again noting each coloured face as it comes into view. Now increase its size so it's about as tall as you are. Then have the cube stationary and imagine yourself walking around it.

Now have it suspended in midair. Float above, underneath, and all around, noting the colour of each side. Shrink the cube and turn it back to square. Now try the same with a triangle turning it into a pyramid shape. Then a circle into a sphere, and so forth.

These kinds of mental exercises will GREATLY improve your inner vision, and can be performed almost anywhere, anytime you get a few minutes free.

Think of your inner vision as a completely separate faculty. At the moment it is like a muscle that has hardly ever been exercised, and you need to gently coax it into doing some work for you. Every time you imagine seeing some basic shape in mind (or imagine seeing anything in mind for that matter), you are exercising that muscle.

Just a little, here and there, twenty or thirty times a day. And after a few months that muscle will be bulging out of your forehead.

Technique – Specifics for Shifting Focal Point of Consciousness into your head and projecting

Tom, instead of rolling your eyes upwards as well, just keep them crossed (with eyelids shut) to the point where you feel a kind of strain. Ease off so the straining feeling doesn't get too bad (which can do depending on how much tension you have in that area). Then cross your eyes some more and try and work through the "strain barrier".

Once you can get to the stage where your eyes are crossed and they are comfortable in that position, this should put your focal point of awareness somewhere about in the middle of your head. (Well, provided you can do this without all the usual mind-chatter, in which case your focal point of awareness will remain about the throat region).

Then imagine yourself moving backwards into the expanse of your mind and you should be able to activate your Crown centre. First clue is you feel a slight mental spasm and your ears will shut-down for the duration of the spasm. I leave the air-con fan on at night to keep the air moving around the room so it doesn't get stuffy. So I can always hear the slight whirring of the fan. I use this sound as a signal that my Crown centre is activating, as the sound of the fan shuts out for an instant which is very noticeable; where the spasm, initially, is hardly noticeable at all.

At the beginning, the slight mental spasm is **very** slight. In other words, you can't feel it all that well. It's like someone quickly (but ever so gently) stroked the inside of your head with a feather and at the same time you perceive a slight swooshing sensation. It is **so** slight that it was actually the shutting out of the sound of the fan that first indicated to me something was happening.

Now I use the fan's sound as an indicator all the time, as this is a very clear indicator that I'm getting close. Because, at the very beginning, the mental spasm is SO slight I can't feel it. However, no matter how slight the spasm, my ears still completely shut down for the half-second or so the spasm is occurring. Which is very noticeable.

Then, if you relax into it, you should get stronger spasms occurring over a shorter time. Following which the frequency will increase to the point where they become a kind of buzzing sensation. At which point you will feel very light, like your physical body is floating in midair. At which point you are free to travel.

Vibrations – Shifting Mental Focus to bring them about

A while ago I set off down a road which attempted to find an answer to the question, "Where do the vibrations come from?" They seemed to begin at the head, but with me they'd build in intensity so quickly I had no chance to study them. So I began trying all kinds of techniques to try and somehow ignite these vibrations, but in a controlled way; hence the ping-pong exercise, and a few others, with which I had limited degrees of success.

At the same time, I was working on several imagination-based techniques, coupled with the Gateway Wave-1 CD, which I posted about at length. I developed these techniques to the point where I could fairly reliably Phase from Physical to Astral most mornings - without feeling any kind of vibrations at all. So I forgot about the question of vibrations for a while.

I thought that my later work had overwritten the older stuff: in much the same way as when you load a newer version of Windows, for example. The new version overwrites the old version to the extent where you can no-longer boot from the old program.

Lately, however, I got curious about the matter of vibrations again after re-reading Monroe's two later books: FJ's and UJ. It struck me that even though Monroe speaks about Phasing, he does describe feeling vibrations as well. So I set-out to try and form a mix between my new-found Phasing skills and my old cannonball-exit.

My attempts at doing this were surprisingly successful. Now, my projection experience follows pretty much exactly as Monroe describes. Though with nowhere near the same degree of reliability (yet). In Monroe's case he would project with such ease that many times he'd just simply want to sleep instead. (Oh, how I would dearly love to "suffer" this condition!)

Just thinking about experiencing vibrations, while undergoing the Phasing process, flicked a switch somewhere and I began to feel an inkling at first; after which they came back into the projection equation more and more. But somehow my later-developed Phasing skills had completely changed the nature of the way I experienced the vibrations. For a start, they began in a far more controlled way from about the Monroe Focus 21 state. And I discovered also they did in fact come about from a point at the top of the head each time.

From practice, I found I could trace their origins back further. I felt them begin as a tiny mental swooshing feeling like someone just stroked my brain with a feather. Since then, I traced the feeling back further still. The whole process begins with a simple mental "knowing" feeling; then a kind of mental null; then a weird sort of creaking sound; then the feather-stroking feeling.

The length of time at each of these stages can change slightly. I might get two or three mental null feelings, then maybe just one creaking sound, followed by several feather strokes; or just an inkling of a feather stroke, one mental null and several creaking sounds; or whatever combination of the three.

The mental Knowing feeling happens when my physical body has relaxed to the extent where my focal point of awareness has shifted from behind my physical eyes and is now focused within the expanse of my mind. Though my latest studies do strongly indicate that the reverse is more the case, i.e. the act of shifting my focal point of awareness *is* what causes my physical body to duck-out of the equation. Which is something I've suspected for quite a while. But I've only recently been able to experience the onset of the process slow enough and reliable enough to make any kind of concrete sense of it all.

I found that shifting my focal point of awareness from behind my physical eyes to be the trickiest part in the whole process!!! It still presents me with quite a stumbling block and it's the last major hurdle I need to overcome. Problem is, it doesn't just have to shift: it needs to shift in a particular way. And that's the darned tricky part. Well, for me that is.

How To Reach Vibrations by focusing on your Head

When originally posting to this thread I was working on stimulating what Mystics call the Crown Chakra, and trying a number of ways of getting my focal point of awareness away from the back of my physical eyes and point it upwards into the expanse of my mind.

This was prompted primarily from my research into the question of where, exactly, do the "vibrations" come from. Regulars will have heard me talk about what I call my cannonball-exit; a projection experience characterized by a sudden feeling of intense vibration, followed by the sensation of exiting the Physical with a force like I had been shot from a cannon. So I set out to try and slow down this

process in an attempt to find out what was happening.

I discovered the vibrations began very subtly from a point at the crown of the head: right where all the mystical drawings and charts depict the placement of what is termed the Crown Chakra. From further research, I have now found it possible to be able to focus inwards and, given the right conditions, I can activate the Crown Chakra even while still having some awareness of my physical body together with my physical surroundings. Although this is still very much easier said than done.

Activation begins first with a subtle mental "knowing" feeling that tells me I hit on the right place within my mind. And this bit is the real tricky part. Because from then on it feels like an automatic process takes over. Following this "knowing" feeling comes a short phase where I feel like I am experiencing vibrations, but I'm not actually experiencing them. It's sort of like I'm beginning to mentally tune-into them. For a while this was a tad confusing. Until the penny dropped and I realized that the vibrations were something that were always there, and not something that we create. In other words, we don't in some way "manufacture" this vibrational state. It's more something that we mentally tune-into by focusing our awareness in a particular direction.

Next, I get a kind of mental swooshing feeling like someone just stroked my brain with a feather. This happens every couple of seconds or so. Then I relax into this further and the swooshing feeling turns into a mental vibration that occurs about once per second. Now, at this point, if I relax into it further then the vibrations increase in frequency and intensity and I lose all sensation of my physical body.

Excellent Explanation of the Subtleties of the Noticing Technique

As to your questions, I feel the process is not quite so cut and dried as you think. After a *lot* of practice I have pretty much reached the stage where I can hold myself at the various mental-focus states originally labeled by Monroe. Though please bear in mind I always said that I don't have any natural talent for this kind of thing. It always seems that each step takes me ages of trial and error. What I'm getting at is perhaps I'm not the best of yardsticks.

I doubt you will get to a position where you are at Focus 10 or Focus 12, and so forth, stuck as to what to do next. The process is largely one that starts flowing and will continue to flow if you let it. You see, a lot of the work I've been involved with is learning how to try and slow the process down. And the same has been true with a number of people I've been in contact with.

The various mental focus states come about like motorway signposts. In the sense that from Focus 10 you get a sensation of mental movement like you were travelling. As you travel you become enveloped with particular mental scenarios that have certain qualities about them. The tendency, I found, is people will generally either pass through a state, or get zapped out of it.

I no-longer think about placing my awareness in any particular region of my head. The simplest way I can explain it, is I just shift my focus of attention into the region of my mind. Okay, I still find that far easier say than to do. And it's one of the last remaining hurdles I face in my quest to project at will.

The key element to achieving this, I found, is getting your mental focus away from the backs of your physical eyes.

The Gateway Wave-1 CD acts for me now as a kind of mental primer. In that first I'll listen to it a couple of times, and go through a mental rundown of the like I describe in the sticky-post. This acts for me as a kind of mental stretching exercise. Just like dancers do, for example, to warm-up their muscles before a performance.

Oh, one mental rundown I found particularly effective is to imagine you are in a small audience and Monroe is facing you a short distance away, on a stage, verbalizing the instructions.

Another exercise I often do is imagine a shape, any shape it doesn't matter. Perceive that shape in mind for a few seconds then shift your focus of attention to the backs of your eyes. So you are looking at the backs of your closed eyes. Then shift your focus back to within your mind and perceive the shape. After a while you will perceive a distinct shift in focus. Once you recognize the shift, then practice holding the mental shift within the mind. This is a bit tricky because you'll probably have these little blank moments; during which your mental focus will slip to the backs of your eyes again.

Once you can hold that mental focus, next you simply feel what you are presented with. You might say, "Just blackness". But if you perceive more closely, you might get the idea that all is not quite jet black. Again, when I say "blackness" I'm speaking of a situation where you are not simply trying to focus on the backs of your eyelids and all you are seeing is some kind of residual vision.

You might perceive an area of greyness, or other areas that are lighter than black. These may seem to come and go at random. Once you become more adept at doing this, you will have fewer of those annoying little blank moments where your mental focus drops back. As such, there will come a point where these inner effects will capture your attention to the extent you are no-longer focused on the physical body.

This is Focus 10.

In other words, Focus 10 is basically the same state as when a person becomes engrossed by a movie on TV. Mental attention has been captivated to the extent where there is no-longer any sensation of the room the person is sitting in, the sofa they are sitting on, or their physical body which reclines on the sofa.

In other terms, you are no-longer aware of the room you are laying down in, or the bed you lay on, or your physical body lying on the bed. Your entire mental focus has been captivated by what is going on within you, mentally. As I say, this is Focus 10.

Next comes Focus 12 where you will find that the areas of lighter than black become more distinct. The blackness can take on a velvety or a liquid quality, or you may perceive all kinds of other textures. You might perceive outline drawings of all kinds of shapes; or what seem like faces of people or animals; or wispy foggy colours that appear to swirl around you. As this scenario develops there comes a sensation of mental movement; a kind of forwards progression that takes you onto the next phase.

Each transition tends to be fairly seamless in that one will naturally flow into the other over a period of several seconds. However, at first, progress will probably be scuppered again by the physical eyes in that they tend to try and snatch glances of the various effects you are perceiving. Once you can get the eyes out of the projection equation, you should be able to effect a seamless and controlled transition from Physical to Astral.

At first, though, chances are you might perceive a forwards mental movement and next instant you might see some fleeting Astral scene: at which point your protective sense of awareness kicks in and zaps you back to Physical. Which is frustrating, but at least it confirms you are making progress.

There can also come a period where you go through what is a frustrating phase of, "hindsight realization". This is where a person enters, say, the Focus 12 state... but because it is all very unfamiliar they obviously cannot recognize it. Finding itself in unfamiliar territory, the protective sense of awareness promptly zaps the person back to Physical. At which point they suddenly realize, in hindsight, they projected to an unfamiliar state.

Alternate Explanation of the Noticing Exercise

Yes, you need to start doing the Noticing exercise that I outline in the FAQ section and I've mentioned in a few posts of the past months. Don't worry about not being good at visualizing, you don't need it with the Noticing exercise.

One of the key aspects is allowing your eyes and face to relax. Try and take a step back from your eyes and look upwards into your mind from a point that is either above or below your physical eyes. What you are trying to do is break that connection between looking and your physical eyes. If you feel for it, you will realize that initially you are looking from a point right behind your eyes. Somehow you have to let the eyes totally relax and then you sneak that point away from them and look in a totally different direction in your mind while the eyes just remain relaxed.

Don't worry about trying to achieve any of the Focus numbers, they are just signposts that can help you. If you find them confusing then put them all aside for now. All that will come later. You need to get into the basic habit of looking within you. Simply that. Put aside all thoughts of "leaving your body" or whatever and simply look within your mind and start noticing what goes on in there. Try to choose a time when your physical body is fairly relaxed anyway if possible. That will help.

There is a particular direction that you need to look in your mind. After a while of practice you'll be able to reach for it fairly easily. But at first it takes a bit of finding. With me it is almost directly upwards but slanted back a bit. Once you find that spot, changes will begin to take place. Rather than just black, you'll start seeing all kinds of patterns.

To give you an idea, this was me yesterday morning. I began and all I could see was blackness. So I got comfy over the next 10 minutes or so and then felt very relaxed. My eyes were closed and all I could see was blackness just like most of us when we close our eyes. So I let my imagination wander (but not too much else I lose focus and fall asleep). A few random thoughts crossed my mind. I tried to picture Monroe and how he was doing, I thought of the forum and Sarah bouncing on her trampoline. I wondered about how many others were trying the same and pictured a huge trampoline with hundreds of us all bouncing on it.

Then I saw an area of greyness develop in front of me. I said hello greyness how's it going? It changed to a whiteness and enveloped me. That's interesting, I thought. Then I got what I call the ink blots. It's like I see a texture of a cream coloured soft paper with great splashes of black ink over it. Next moment I was "travelling" through the 3D Blackness of Fz.

Stages of the Noticing Exercise: Look Through The Images

I'm just amazed by the amount of tension there is in the eyes, the overall tension in the brain seems to be fairly straight forward to deal with, but getting the eyes to relax fully is pretty tricky! Yesterday afternoon I'd gotten to edge of f1/f2, or perhaps Monroe's F10?

Hi:

Now you are beginning to get to grips with what's what. Normally your eyes will relax and that's a cue for you to fall asleep. Well, not just you but with people generally. You will notice, as you fall asleep, your eyes relax and your focus automatically shifts into what I call the "million meanderings", then that's it, you are off into dreamland. Once you get caught in the million meanderings you are screwed. The way you avoid slipping into this state is by keeping your focus of attention as the eyes relax and you make the shift to Primary Focus 2 only into a different region of PF2, preferably into the core, i.e. your imagination.

Problem is the eyes relaxing is a kind of cue that triggers the sleep reflex.

So what you have to do is teach yourself to relax the eyes even though you are not really ready for sleep. As the eyes, and the general facial area relaxes (but particularly the eyes), your focus of attention should shift, or at least begin to shift. This you are doing as per the next quote...

I could feel it relax(Muscular), then there was an additional darkening, guess this is the receptors actually powering down and going into 'sleep' mode. At this point I'm getting random images, find at the moment they're getting in the way, as soon as they appear the physical eyes try to power up again and focus/look at the image, which destroys the overall effect I'm try to get.

The random images are a sign that your focus of attention is beginning to make the shift. But the moment you see some internal image your physical eyes are trying to snatch a glance at whatever it was. As I've said a number of times over the years, I used to be plagued by this problem and often I'd feel like gouging my eyes out in frustration! Because the moment your eyes try to snatch a glance it pulls you right out of the very state you have tried so hard to attain.

The key to progress is to focus your mental attention not on the images but beyond the images. I mentioned the other day that there are no definite boundaries between these states. What I mean is there is a transition, but it is never a black and white transition. You get what I call boundary layers as a kind of link-state between the transitions proper. Monroe would call it a differential phasing, where he was receiving 2 inputs at once for a short while before he fully made the transition. I call them boundary-layer effects. The random imagery you are seeing are boundary-layer effects. The "place" you want to be is "beyond" that boundary layer. If you concentrate upon the boundary layer then at the boundary layer you will remain. :)

From what you describe, you have successfully managed to attain the Monroe focus 3 state and you are on the edge of the transition to focus 10. Now you need to make the shift and achieve a full focus 10. Then it starts getting a bit lively normally.

If you can stay calm, i.e. not get fearful or excited then you should get a major sensation of a transition. Now, depending on your momentum at this point, you will either plop out into your individual area of

mind (the area of Primary Focus 2, or typically “the astral” of the mystics) or your momentum will take you right through this area and you will perceive this as a major shift where you are seeing all manner of swirling clouds of colour and maybe hearing all manner of random pops, bangs, noises, screeches; flashes of all kinds of images of perhaps past memories, feelings, sexual urges, etc. Or you may see your whole life “flash before you” and that kind of thing. Reason being you have just zipped right through your own mind in just a few ticks.

If your momentum is pretty strong then you should end up at about the focus 21 state. In terms of overall area in consciousness, this is at the “boundary” so to speak, between Primary Focus 2 and Primary Focus 3.

If you are really “flying” then you could even zip through this stage and “crash land” within the area of Primary Focus 3 somewhere. This area encompasses the Monroe attention-states of focuses 23 through to 27 inclusive. But if this happens to you then you need to slow it all down a bit else you’ll get into some bad control habits that will not stand you in good stead. Crash landings normally result in you getting zapped back to physical.

As a general rule, you should always be aiming for ever higher degrees of control. Unless you have that control, you can’t really do anything productive. All you will have is a whacky experience. Perhaps a really exciting and fun whacky experience but it’s still a whacky experience.

Don’t Watch the Images, Let them Pass

I’d suggest you may be stuck because, from what you say, you stop to watch the images rather than let them pass you by.

This would prevent your focal point of consciousness traveling that last step upwards; which it needs to connect to the Astral so you start remotely viewing the Astral-proper; as opposed to viewing the mysterious stray-energy that, for some reason, dwells on the periphery.

Anyone who is detecting stray energy is on the verge of connecting to the Astral.

You do not necessarily have to be in a complete, “mind awake, body asleep state” in order to do this. The more I practice, the easier I can view the Astral whilst still having a sensation of my physical body. Whereas, before, I could only get to view the Astral from a complete “mind awake, body asleep” state.

I’m also wondering if I will eventually be able to learn to remotely view the Astral while my physical body is completely awake. Because that is the direction I seem to be taking.

I’m also wondering if this is what is meant by clairvoyance. I’m thinking maybe people who are such, were just born gifted with the ability to remote view the Astral whilst in a fully awake state. Rather than having to practice for months on end like most of us have to.

Don’t Focus on Any Images You See or You’ll Fall Asleep

You are concentrating too much on these fleeting images, IMO, so it is causing you to lose your mental focus. Normally, as we fall asleep our mental focus dissipates and we go off to dreamland. I feel that by you paying attention to these images, you are helping yourself fall asleep more than anything. The

images are too fleeting in nature to make sense of usually. I once tried but gave up as they are just too nonsensical and I was spending study-time on a phenomenon that wasn't bringing me any benefits.

I think you have 2 choices of approach...

1) You can try to hold your mental focus by attempting to think through, or think beyond the random imagery. Try to pitch your focus somewhere in the distance "behind" the imagery. I say this because the imagery tends to be right in your face, as it were. All manner of this and that in the foreground. So try to think through it all and pitch your focus of attention into the background of the image scene and try to keep your focus concentrated there as your physical body falls asleep. If you can hold this, it wouldn't surprise me if you were to suddenly find yourself in Fz.

2) You can simply ignore the imagery and create a basic rundown for yourself and concentrate on that. Riding a horse is a good one. Walking is not too engaging, I find, but a nice rising-trot is ideal. With me I tend to limit myself to a schooling situation rather than hacking out. That way I can do a few full circuits; change across the diagonal and onto the other leg then a few circles and figures of eight, that kind of thing. Works rather well for me I find.

When to use the Noticing Exercise?

The Noticing exercise is for complete beginners. It gets people used to simply looking within themselves. If you got the first issue of my newsletter then you will have read about how I made this particular point that everything you want to do, Phasing or otherwise, is all WITHIN you. Some people have been so used to in some way "exteriorizing" their awareness trying to "obe" in a conventional sense they simply cannot get to grips with the creating of a mental rundown thing. They need a little practice first just learning how to look within themselves. So that's when I recommend the Noticing exercise.

At first, people close their eyes and all they see is blackness. Unfortunately, this can put people off thinking they are never going to do it. When I close my eyes all I see is blackness at first. But if people learn to actually notice what is taking place they may see that one area of black is not quite so black as the rest. Then they may kind of sense something. Then there might be a little fleeting something or other that just passed by. Perhaps a swirl of colour, maybe you just heard a sound, or think you heard a sound but it's confusing because you didn't hear it with your ears. Perhaps you just heard your name. Then maybe there was a flash, or was there? Now there's that sound again. And there's this swirling purple colour with a hint of yellow and red in the middle. Now someone's singing something... at which point people tend to get overwhelmed thinking, "Hey, I'm doing it! I'm doing it!" Then they get zapped right out of the state, all excited realizing that it's working for them.

Eventually, people get to the stage where they see what is commonly called "hypnogogic imagery" (this is the Monroe Focus 12 state).

Many people ask me, "What do I see?" Well, at first all I see is blackness. But as my eyes and face start to relax I see a light in my mind. It is in an upwards direction, almost straight up but cranked back a bit. It's not a pinpoint light like a torch, it is more like an area of light, like a light-grey/white cloudy area. I focus my attention on this cloudy area and after about 10 or 15 minutes it's like the cloud descends on me and I'm surrounded by this grey/white cloud. At this point I'm almost at the stage where I have made the switch. Once I make the switch, the whiteness generally changes to swirling clouds of colour. Then there is a feeling of forwards movement for a second or two, at which point I emerge into the 3D-Blackness at

the Monroe Focus 21 state (or Fz of the Phasing Model). I rarely have to do any kind of mental rundown from the physical, as I have now found that "point" in my mind where my "connection" is. So now all I need to do is look to that. If I want to transition to Focus 2 then I will think of going through a mental rundown at Fz and I'll immediately transition to Focus 2.

I do not recommend anyone attempt making this direct transition, unless they find they happen to have a knack for it. I'm not sure how much of a general yardstick my experience is. But I only started to find this "connection" after going through the creating of a mental rundown stage for at least a couple of years. It's difficult to say exactly because now I look back and realize that I was sort of half-and-half for ages before I realized about this "connection". What I'm saying is it didn't just suddenly come about one day and I thought, ah, I will do it this way from now on. It was a gradual realization thing.

Anyhow, once a person has gotten to the stage where they are used to looking within themselves, it's time to make the switch to Focus 2. So then you create a mental rundown of your choosing, engage your senses and step into it. Doing this puts you slap bang in the middle of Focus 2 of consciousness.

How to Perceive the 3D Blackness – VERY IMPORTANT

Something else which may help:

The thought came to me the other day that maybe some people set-off down the Phasing route and in some way they think they have to create the effects. I mean effects like the 3D Blackness stage, for example. Perhaps they may be confusing it with traditional obe teaching where a person uses some kind of "exit technique" like picturing themselves climbing an imaginary rope, for example. The idea came to mind that maybe people were lying there trying to "picture" a kind of 3-dimensional blackness.

I'm not saying that you are, particularly. But I just thought that people might have that tendency generally. The 3D blackness is already there, within each of us. What we have to do is mentally reach within and focus on it. It's not something we create, it's something we focus on. This naturally begs the question of where, in the mind, do we focus. Which is a tricky question to answer. But looking at it in Physical terms, I would say it's upwards and back slightly.

Imagine looking out horizontally from your physical eyes. Then shut your eyes so you are now viewing the backs of your eyelids. That's the 2D blackness. Now turn your mental focus through about 100 degrees up from the horizontal. In other words you have shifted so you are now looking within the mind just beyond vertical.

How the Prerequisite State Feels

quote:

I can feel even before I sleep that I'm going to get projection symptoms, there's a pulsing feeling in my brain, and a slight cloudiness. No matter how much I might want to project, if those feelings are not there then I can forget it because it just won't happen.

That's a good example of the kind of situation I'm explaining about. In that there are specific mental feelings and/or knowings that happen as a normal part of the process. Unfortunately, many of these mental happenings can be very subtle, and are so very easily overlooked.

Myself, I know I have to be in a particular state of sleepiness otherwise it 'aint going to work. And that's not just me telling myself that, so it comes about like some self-fulfilling prophecy. I've tried coming from all kinds of angles and, before I project, I recognize this particular relaxed state every time. Once I recognize it, I know exactly what will come next. When that next thing happens, I know exactly what will come after, and so on, and so on.

The moment this process is started, I basically do nothing but passively observe while the experience unfolds. If I do anything other than that, the process will immediately come to a halt.

So any "technique" I try is not done in order to, in some way, cause me to project. It is used solely to try and bring me to that particular relaxed state of sleepiness. Once I'm there I just passively observe while the projection experience unfolds.

The frustrating thing, for me, is I have not yet found a reliable way of placing myself in that prerequisite state. I can go 3 or 4 mornings where I just fall into it, and then there will be a morning where it may take me an hour or more. On average, I'd say it takes me around 40 minutes.

What I found useful was tracing back any mental feeling associated with the projection process. So, for example, with yourself you say about the slight cloudiness. What I would do is try and find out what came about the instant before that; and then the instant before that; and so on. This is how I successfully managed to slow down what used to be my normal projection experience. An experience which consisted basically of mega-vibrations coupled with a feeling like I had been shot from a cannon.

The problem I'm having is I traced it all back to this particular sleepy state. However, I cannot yet get to grips with what comes about the instant before. It seems to me to be a number of what are often contradictory scenarios.

quote:

I think learning all this stuff about how to spot symptoms, learning to retain the right amount of consciousness is more important than specific techniques about projection.

People do seem to place a great emphasis on techniques which can be counter-productive. Somehow a person has to find a way of passively observing themselves falling asleep. With me, I'm finding more and more that just the act of passively observing is enough to maintain conscious awareness.

Ideal State before starting a Practice Session

What gives me a lot of consistency is I know when my body is most receptive to this kind of work. It's after I've been sleeping for about 6 hours. I'll wake up, have a pee, drift off for about half an hour then come awake, but not completely. My mind will be awake but my body will be in a dreamy kind of relaxed state.

By now I know exactly how the state feels so I work on achieving that state first. If I'm a little too sleepy, then I'll have a little sleep for, maybe, another 15 mins and see how I feel then. It sounds a bit convoluted but I've done it so long I tend to just fall into it most mornings.

Once these conditions come about, I start looking within and going through some kind of basic mental rundown. Within about 10 minutes I make "the switch". Sometimes it can take a little longer, sometimes shorter. But the key, for me, is to get into that preparatory state first. Because that's what makes it "easy" for me. I can do it other ways, I've even done it whilst sitting in a semi-darkened room with other people around in a kind of "joint sitting" as I think it's called. Which felt a bit weird the first time I did it but the same principles apply.

But I find it easiest doing it following sleep. So I tend to just concentrate on the way I find it easiest.

Of course, to make this work you have to get into a little routine of going to bed at a certain time, sleeping for x-number of hours, then finding that naturally relaxed state. If you try when you are too tired, you'll tend to fall asleep, and if you are too awake then you'll have difficulty making the switch. But if you can get it just right (or thereabouts) then the switch should come fairly easily.

In a sense you can think about it as falling asleep but not quite. You let your body fall back to sleep but your conscious faculties remain entirely under your control. In which case you will find yourself fully awake and alert, but you will be focused within F2 of consciousness instead of Focus 1 (the physical).

Physical Tension

Sounds to me like tension around the eyes and forehead and maybe just a little fear is coming into play as you perceive the 3D blackness. At this point it would only be natural for you to tense up a little without really realizing it.

The expanding blackness is Focus 12 in Monroe-speak. The slowing down sensation occurs at Focus 15 as you phase totally out of the Physical and thus lose all sensation of Physical-time. Further on you cross the threshold at Focus 21 and step into the Astral at Focus 22. So you are **very** close.

What I would try is massaging your forehead/temple region a few times a day (check your neck and shoulders too for any inbuilt tension). Also check yourself to make sure you are not in the habit of pulling what I call a: Rain Face. If you stand and watch a crowd of people that get caught in the rain, you'll see how they all scrunch-up their faces like the raindrops were directed at them, personally.

Many people are in the habit of scrunching up their faces, raining or not, which can cause a level of inbuilt tension around the eyes and forehead. Problem is, you need to relax the eyes completely which some people find difficult. If the eyes are not relaxed they have this tendency to want to snatch a glance at whatever it is you happen to be perceiving. And once they try and do that, it brings you out of it. Which is very frustrating.

What to do with your eyes

Basically, the eyes should be relaxed. What you allow yourself to do is shift your focal point of awareness from behind the eyes up into your head. That's where the Astral is. Well, the connection I mean.

When you first close your eyes, you will be looking at the back of your eyelids. This is the 2D blackness stage. But if you let the eyes relax your mental focus will shift upwards. As it does so, you begin to perceive whatever is coming into mind as you say. The shifting occurs as the physical body drifts off to sleep and you keep your sense of consciousness awake.

As your mental focus shifts progressively more away from the Physical and into the Astral, that is when the blackness takes on a 3D effect. But at this point, this is not the same blackness you were looking at upon first closing your eyes. In the sense that blackness has in some way switched from 2D to 3D (though this is how it comes across). But the 3D blackness comes from a different area of consciousness which has got nothing to do with the physical eyes.

Also, the 3D blackness is not something you focus upon. It is more like something you find yourself within, rather than something you look at.

Why Roll your eyes up into your head?

What I can say is, the crossing of the eyes is simply to bring a person's focal point of awareness to the centre of the head. Otherwise, what happens is the eyes just relax any old how and the focal point of awareness sinks to the chest (or some other lower region) then the person falls asleep. But holding that point of awareness in the upper part of the head will keep the mind awake while the body soon gets bored and drifts off to sleep.

I guess what you have to do is find out where your focal point of awareness is situated, as you come to relax and begin your practice. As you are blind I guess you use your hands a lot so you might find it there. I know I do sometimes when I've been tinkering in my workshop using my hands a lot.

Releasing Tension

Tension around the eyes and the front part of the head generally is a bar to projection. I found this exercise excellent for relaxing this area.

The benefits come when you can simply relax into it and hold the centre image without even trying or thinking about it. Which is difficult (at first). This fully relaxed state is very similar to the fully relaxed state needed prior to projection.

Tension in the Head and Brain

Reason is you still have a little way to go. 15 months is not a long time to be practicing conscious-exit obe.

I'm unsure of your terminology as I'm not into doing any kind of meditation or trance energy work. Thus have no idea what you mean. But there is one stage I do very much recognize where you say you see image flashes. That sounds to me you are seeing what I term "stray energy".

At the stage where your collective sense of conscious awareness is plugging into the part of your brain that interfaces with the Astral, you can see flashes of all kinds of shapes and/or images. Or, with me, sometimes, rather than seeing anything, I can sense a feeling like as if there was someone standing behind me in the Physical; or maybe I just see shadows, or hear pops and bangs, or whatever.

Sometimes I sense very little and just drift through this stage easily and swiftly, and sometimes I might

spend a few minutes watching, and/or listening to a combination of any or all of these things.

It can be a frustrating stage to be at because, at first, many times you see a flash of something and the Physical eyes will try to look, or the Physical ears will try to hear. Worst case that will bring you out of it completely, so there is no choice but to begin again. Or it can keep you on the border line thus prevent you from "passing through" and plug into the Astral proper.

I'd say it is 99.9% certain you still have tension at the front of your brain that is preventing your progress. This is something I have been looking into, over the past few months, in order to try and discover what Monroe was going on about when he talks about "phasing in" to the Astral (Ref: Far Journeys and Ultimate Journey).

I discovered that the BIG barrier to allowing your sense of consciousness to plug into the Astral (or "phase in" as Monroe puts it) is physical tension at the front part of the brain. That is to say, around the eye area and up behind the forehead. Well, strictly speaking, it wasn't me who discovered it entirely. I was given the idea by an Astral guide.

It was something I never thought of before. Years ago, I discovered that relaxing from the head downwards was way, way more effective than relaxing from the feet upwards. But it never occurred to me to think about think about tension in the structure of the brain itself.

What I have also discovered is that tension in the body (of course, provided you have no injuries or other physical problems) is **directly** caused by tension in the brain. Such that, releasing brain-based tension can cause some amazing and immediate effects in the physical body.

For instance, once I was practicing seeking out any brain tension. I'd first gotten to the stage where I was relaxed to the point where normally I'd have around 15 to 20 minutes more work in deepening the relaxation state and I'd be at the point of sensing "stray energy".

I imagine the part of the brain that holds the tension is like a squashy rubber ball that has gone a little hard. I think of these tiny hands gently manipulating and massaging this ball and, as I do so, the ball softens and parts. So, on this occasion, I was allowing my sense of conscious awareness to drift upwards to plug into the Astral, as per usual, and perceived the normal sense of resistance.

What I would normally do, at this stage, is imagine I was "looking out" from a point on my forehead that was situated between and just a little up from my physical eyes. Eventually, I would lose all physical-body feeling and begin seeing stray energy. But instead of doing that, I was practicing trying to reach the part of my brain that was "resisting" the drifting upwards movement of my sense of conscious awareness.

This was about my tenth attempt, over about 3 weeks or so, and I was trying to reach a point of my brain that seemed about 2 inches behind and 1 inch below my physical eyes. So there I was, imagining this part of the brain as a squashy rubber ball that was gradually softening to the point where the two halves would part. This would form a pathway in order to allow my sense of conscious awareness to continue

drifting upwards.

It was a tricky thing to do. Sometimes it felt like I'd got it spot on, and other times I simply wasn't sure. However, on this occasion, after about 5 minutes of massaging, suddenly all sensation of my physical body simply went away. And instantly, I thought, "Wow!"

It was rather surprising and quite an amazing feeling having the Physical literally switch-off. I mean, it was exactly like when you switch off a light at night, and the room instantly goes from light to dark.

I lay there for about 5 minutes, in this state, chuckling to myself realizing I had discovered something significant. Not only that, I had truly (and finally!) discovered what Monroe means by "mind awake, body asleep". My mind was incredibly bright and alert, but I had absolutely no feeling of a physical body whatsoever. Not even an inkling, absolutely zilch.

In fact, I imagined that if I had gotten into that same state just accidentally, without knowing anything about obe, etc., it would have been very scary to say the least. Because, even when I thought about moving, it was a case of moving what? There was no sensation of anything physical.

So now when I come to project, I found that there is no need for me to even think about relaxing the physical-body at all. I simply lie back and think of forming a pathway through the brain that leads to the part that connects with the Astral.

At the moment, I just have an inkling of where it is, and it's like I have to clear the tension each time. But each time I do, it gets just a fraction easier. In the sense that it feels like any kind of human learning process. For example, learning to play an instrument. Practice regularly and each week you make a little more progress; because the act of repeating the same actions, over and over, forms permanent pathways in the brain that control the precisely timed muscle movements.

My theory is, the more this pathway to the part of the brain that connects with the Astral is consciously formed and trodden, the more permanent and defined it becomes. And that's what I think Monroe had developed.

All he had to do was to "think" about the Astral and instantly he would connect with it. In exactly the same way as if you have a friend you telephone regularly. All you have to do is think of that friend and their telephone number instantly comes in mind.

Well, that's the theory (for what it's worth).

Mental Tension

I've been doing quite a lot of observational work in this area recently, in addition to my past posts on this topic. What I have found is, your sense of conscious awareness will automatically drift upwards, thus disconnecting from the physical and attaching to the Astral, if it is "allowed" to do so.

The first step in the process is to place your physical body in a relaxed position and put aside all your day-to-day worries and concerns, and so forth.

Next you need to direct your thought awareness to a point on your forehead that is between, and about 2cm up, from physical eye-level. What you need to do is imagine you were looking out from that point. At first, all you will see is blackness.

When I first started doing this I'd get frustrated at the length of time it took before feeling any kind of familiar exit sensations like vibrations, etc. What I ultimately found was there is a lot of mental tension that accumulates in the brain. Particularly at the front of the head.

People can detect tension in the rest of the body fairly easily, given a little practice. But tension in the brain is a little more difficult to detect. The first clues about this were handed to me when I acquired the Monroe Gateway CD's. Wave One has been a brilliant aid to helping me work towards having conscious-exit projections.

Body Position

When I first started seriously practicing conscious-exit obe I'd have to lay on my back as, if I lay on my side (habitual sleeping position) I'd simply fall asleep. However, after a while of laying on my back, I'd feel a strong urge to turn on my side. The longer I'd remain on my back, the greater the urge to roll on my side would become: which would eventually scupper any projection attempt.

So this was more than a little frustrating, at first. However, after a while, my mind got used to the idea of laying on my back hence the urge to roll over became less and less. As I say, now it hardly matters.

Stilling the Mind

Having a successful conscious-exit obe depends to a large degree on what you don't do, rather than what you do. From slowing down what used to be my "normal" projection process I've gained a lot of understanding about the preliminary stages.

For example, with the initial "stilling the mind" stage, at first your thoughts are flitting here, there and everywhere. Now, I think it is a big mistake to try and somehow blank these out. Because if you try and do that it you just end up fighting against yourself.

What I do is imagine I'm focusing my thoughts with a lens. I got the idea from when I was a kid. We'd get a magnifying glass and focus sunlight to a tiny dot. Enough heat was generated to light bits of paper or burn our names into a piece of wood.

So I think of my thoughts like they were sunlight being channeled through a lens. Once they have passed through this lens they are projected and contained within a small circle situated at the top of my head.

Gradually, as I focus the lens, my thoughts become contained within an ever smaller circle.

I noticed that as the circle gets smaller their intensity increases dramatically. With practice I managed to focus them to an ever smaller and smaller dot. Then, something happened which caught me quite by surprise.

I focused my whole sense of thinking down to one fixed point of awareness about the size of a pinhead. Then, right at that moment, my collective sense of conscious awareness felt like it had been sucked into it. As I say, this caught me off guard and I immediately snapped back with a jolt.

So I tried it again and, sure enough, the same effect came about. I now call it the black-hole effect. After a few times my sense of conscious awareness became familiar with the sensation. There would be a kind of flash of light and then... zoom.. my sense of self would be on some other level. It was a feeling like some tractor beam just scooped me up. I think I'm "transported" to the Astral, but need to do more research.

A few days ago I was pottering around the house and a thought suddenly came into my consciousness, together with a big burst of emotion. It came to me that I could, quite possibly, have realized the true meaning of the first sentence of a book I'd read 20-years previously. The book is, "The Secret of the Golden Flower" by Lu-tsu and translated by Richard Wilhelm.

It begins by saying, "Master Lu-tsu said, That which exists through itself is called the Way." I'd pondered on this sentence many times as to its true meaning. Eagerly I searched for the book and flipped to the first page and began reading. Hmm, it all seemed just as confusing as when I had last tried to read it. Then I saw one of the initial diagrams, entitled: Meditation, Stage 1: Gathering the Light.

Then it suddenly came to me, and I kicked myself for not having realized it before... when the book talks of "light"... it means thought-energy!

And now it all starts to make some kind of sense.

Practice Tips

Good, you have managed to locate your focal point of consciousness. The point at which you are, when you are looking at yourself doing whatever it is you happen to be doing, is your focal point of consciousness. Ideally, this should be within the body of light (or whatever style body it is you are imagining) but it doesn't matter if it's a bit half and half.

Note: You don't want to be trying too hard with the visualization aspect. You need to keep things slightly on the abstract side otherwise you begin to engage in an act of creative visualization, rather than Astral projection.

The key thing is to keep that focal point of consciousness, or awareness, as far away from the Physical as possible. Which is, ultimately, the whole idea of having the rundown to Focus 10 and back. In that it

gives you an exercise in deliberately taking your focal point of consciousness away from the Physical, and then bring it back again. As Monroe says, the more you do this the more natural it becomes.

quote:

2. Do you do this laying down or sitting up?

Laying down in bed, early morning. But now I'm starting to practice the exercise, without the CD, at various times in the day just sitting in a comfy chair. I find I am more aware of my physical body during daytime. But I'm hoping, with practice, that will change. Ultimately I'm trying to reach the stage where surroundings/time of day/etc. make no difference.

quote:

3. How often do you fall asleep while doing these exercises? Did you fall asleep a lot at first and gradually remain conscious?

Falling asleep can be a problem if you do this at night before normal sleep time. That's one reason why I practice early morning, and now at additional times during the day.

Moving Focus Away from the Body through Visualization

Jouni, yes, that is correct. Although it won't feel like that in the beginning because a large part of it will still be reading physical-body signals. However, by practicing these kinds of visualization exercises, you gradually learn to shift that focal point of consciousness more and more away from the physical body.

Sounds and Earplugs

Sounds are something which bother me even now. Personally, I don't know how people manage to project while listening to music, for example. Fortunately, where I live it's deathly quiet at night. During the day there is a little hustle and bustle. I found wearing ear-plugs helps enormously. Even though it's deathly quiet at night, earplugs still help for some reason. I think it's because my attention is more easily directed inwards.

You can't shut your ears off as easily as you can your sight, for example. So the action of shutting your ears down has some kind of definite beneficial effect. Well, it does with me. I suppose it has become a little ritual. The action of putting ear-plugs in sends a powerful message to myself, saying right, time to turn my attention inwards.

Different Approaches to changing focus

The physical is our Primary Focus so it captures our focus of attention to a high degree. This in many ways is great. You don't want to be driving down the freeway and suddenly start projecting to Focus 3.

The hurdle you have met up with is the one all beginner's face and that is, how to break that capturing of your focus. Some people find it easy, some people rather difficult and most people sit somewhere in the middle. The good news is it gets easier with practice. So even if you find it difficult, you can look forward to it becoming progressively easier the more you do it.

You need to seek out that point in your mind that you can mentally look towards in order to sense the wider reality. That is your end goal, as it were.

When we first try to look within us all we see is darkness. Darkness is not all that engaging. By comparison, the physical-body senses are far more engaging. So we remain “in the physical” so to speak.

To get around this we take two channels of approach.

1) We choose times when the sensory input from the physical body is dulled. In other words we let the physical body relax. This gives us a big advantage as our mental focus has less sensory input to latch onto. So we lie down or sit in the quiet, dim the lights, don't move around at all, and so forth. We do this in order to minimize sensory input to as high a degree as possible.

2) In addition to the above, we create a competing element for our mental focus of attention by using our imagination.

Your mental focus of attention is a totally separate faculty that can be shifted or pointed at other areas within your consciousness continuum. Normally, this mental faculty sits behind the physical eyes. Not literally, but that is how it feels in mind if you seek it out. With me, if you imagine two parallel lines passing into the eyes and, as they enter each eye, they converge quickly and meet at a point central between the eyes about 10cm in from each eyeball. That is the point where, to me, my focus of mental attention is situated while I am awake and alert within the physical.

So the goal is, to take this point and shift it away from where is normally sits while captured by the physical, into another area of mind.

But to do this, we need to create that competing element for our mental focus of attention. Otherwise we will not make the switch to Focus 2.

We create that competing element in one of two ways...

1) We can use our curiosity, which holds a powerful influence over us.

2) Using our imagination we can create a desirable and engaging scenario.

The Noticing exercise is designed to fire off our curiosity. By noticing various changes taking place in mind, we set up a kind of domino effect where one change leads to another and another, and so forth. As we steadily become more and more curious regarding these changes it, in a sense, seduces our mental focus of attention into going down a particular mental path that leads away from the physical.

The other way is to use our imagination to help us. But even so, when most of us imagine we feel the images as if they were some distance away. So to bring them closer and make them more lifelike, we engage our senses within the imagery. Plus, we create something not so simple that we get bored, and not something so complex that we lose the thread of it.

Doing this makes the imagery more compelling so it stands a greater chance of capturing our mental focus. If we can reduce sensory input from the physical to as high degree as possible, while creating an engaging and appealing scenario in mind then, at some point, the seemingly unbreakable, inescapable

capture of our Primary Focus will be broken and we will be free to shift our focus of attention into another area of consciousness. Remember the Golden Rule, wherever we point our mental focus of attention becomes our reality.

You need to believe in that point in mind. You need to reach into the blackness and seek it out. This is what helps you shift your focus. At the moment you are still focusing on the physical. In a sense it is like you are expecting your physical to somehow “go away” and then you will be left with an objective knowing of the wider reality. But the physical never does just go away except, of course, when you fall asleep. :)

To overcome this, what you have to do is actively work on shifting focus, as I describe above. In other words, put all thought of the physical aside and actively concentrate on seeking that point in your mind where your “connection” is. When you hit on it that is when all the lights come on and you begin to see images in your mind that are clear and vivid.

Imagine having a routine day at work. You’re a bit bored and nothing much is taking place (little sensory input). Your holiday is coming up. You fly off next week to some exotic tropical destination. You are imagining laying out on the beach, that blue ocean, the hot sun but a relaxing breeze is refreshing. You can imagine it now and it’s all going through your mind. Then, suddenly, someone is tapping your arm saying your name. You snap out of it and next moment you realize you are back at work and had been daydreaming. For a moment there you were in the depths of your imagination. In other words, you had shifted your focus of attention to Focus 2 of consciousness and you were engaged in your “holiday” rundown. Although it was not intentional, of course, in this case people would typically say you were “daydreaming”. Well, creating a rundown and stepping into it is like having a controlled daydream.

Basically you have a situation where all sensory input from the physical is put at a minimum. Then you create a very engaging and appealing scenario in mind. Your mental focus of attention thrives on input, and wherever you point your mental focus of attention becomes your reality. Your MFA will tend to gravitate to whichever area of consciousness looks the most appealing in terms of receiving sensations. If nothing much is doing physical-wise and right next door, so to speak, is a really engaging scenario taking place then it will tend to gravitate towards that. As it does so, your whole sense of reality will change from the physical, to Focus 2 of consciousness.

This is what we call making “the switch”. Once you make the switch, you can use Focus 2 as a kind of launch-pad to get you to the other areas, or you can stay and explore Focus 2, it’s your choice.

Techniques to shift attention away from the Physical

The stray energy stage I use as a milestone telling me connection with the Astral is imminent. It happens when your focal point of awareness has drifted upwards to the point where it is just about to make Astral contact.

If you mentally comment on the imagery (and it is ever so hard not to) then your focal point of awareness immediately zaps back down to your throat region and spoils it. The trick is to allow yourself to pass through it.

You don't have to worry about whether you are at a particular level of trance, or not. If you are seeing stray energy that is the most important indicator of your progress. But yes, again I agree, it can be VERY

distracting. So you must pass through as *swiftly* as possible.

Next time you get to this stage, or thereabouts, try bobbing up and down in your mind about 3 or 4 times a second. Like there was a golf ball at the centre-top of your brain that you could vibrate up and down about quarter of an inch either way. I do this sometimes if I stay at the stray energy stage more than a couple of seconds (I also practice doing this during the day).

Another technique I do is to imagine small hands massaging my temples, then I take the same hands and have one of them massage my forehead. I tend to first do circular motions and then some pressing actions then alternate between the two.

The actual massaging technique is not really all that important. It merely serves as some imagery that will get your focal point of awareness up that one last little step. That's all you need, and the Astral will automatically come into view. Which, of course, will almost certainly zap you out of it.

It's like someone turned on a light and you instantly begin seeing images as clear and as distinct as the ones you see with your physical eyes.

Frank talks about doing Cycles

Yes, now you are really making good progress! Problem is you moved and spoilt it.

I recently found the head vibrations begin as a very light mental swishing feeling. Like someone was stroking my brain with a feather, every second or so. Then I start to get a zump... zump... zump about twice a second, which feels like a portion of my brain is contracting and releasing. These contractions become faster to the point where it feels like you are vibrating.

Allow yourself to bathe in the vibrations and they get more and more refined, i.e. they get to a higher pitch. At some point you will simply move away from the Physical and make your entrance on the Astral. Oh, and at some point too you should automatically get your Astral sight.

One good way I found of getting your focal point of awareness upwards, is to imagine that, at either side of your head at the temple region, is a ping-pong bat. And you keep knocking the ball from one side to the other about once or twice a second. Then create two small awareness hands and have them massage your forehead and temples.

Another thing I started doing is have an imaginary short length of string with a weight on the end. Take one of your awareness hands and imagine it is situated vertically in the top middle of your head. Then have it hold the non-weighted end of the string and start spinning it around so the weight flings out and spins horizontally.

Another one is to take the same hand and string and hold the hand horizontally, so the fingers are facing the inside of your forehead, and start the weight spinning like a propeller.

If you continue with one thing too long your attention shifts. So keep rotating each set of imagery every minute or so. There will come a point where you suddenly realized you forgot all about your physical body and you find yourself either remotely viewing some Astral scenery, or you begin feeling the

contractions in your head.

Visualization Exercise

I'm not sure whether difficult is the right word. It's tricky to get the hang of, yes, and I think it is also possible for a person to try too hard. You have been at this for some time without any real results, and the thought occurs to me that's maybe what you are doing wrong. Then, one time when you were in just the right kind of relaxed state of mind, up it comes.

Try shifting your focus of awareness around your body by imagining separate body parts for a few minutes at a time. That's a good exercise a lot of people have found useful. Once you get a feel for that, start to place your focus at different points in your head.

One particular mental stance I found gives great results is to imagine being at a point about in the middle of your neck and looking up into the mass expanse of the mind. Think of yourself as a point of consciousness and you are looking upwards in a direction towards the top of your head. From where you are is an empty space for, say, about 10 or 20 feet and then the expanse of the mind begins.

Imagine the mass expanse of the mind as huge grey clouds that expand upwards and outwards into infinity. Keep looking at those clouds above you gently swirling around... but stay looking from the point of view of looking upwards from the middle of your neck. Like you were looking up through the top of your head (that's very important). At first you'll no doubt feel yourself slipping, and find yourself looking once again at the backs of your eyelids.

When you feel comfortable with looking upwards through the top of your head, mentally reach up into the clouds. Keep looking from the same point at the middle of your neck, but imagine a line of contact reaching out from you and going upwards. As you are a fan of Star Trek then imagine sending out a tractor beam.

Imagine that the Tractor Beam (or whatever you imagine) contains a message from you asking for help in making the transition between the physical and the non-physical. Keep broadcasting the message every 2 or 3 minutes, and between broadcasts simply stay in the same mental position quietly observing what you see.

You need to remain hopeful and expecting that someone will come along and give you a hand up, so to speak. If you feel yourself getting despondent then stop the exercise and try again another time. Getting despondent puts a big spoke in the works. Which is one of the problems with trying too hard - you get disheartened. So it's far better to practice little and often, in a positive frame of mind.

What should happen is one time you try you'll see the clouds make some kind of variation. Perhaps a person will appear and they float above you, beckoning you to come towards them; or maybe you'll see an area that suddenly lights up a different colour; or whatever. When it happens, mentally reach out towards it and allow the energy of it to lift you upwards.

Reaching the 3D Blackness

The relaxation of the physical body and the shift in consciousness are inextricably linked. So attaining the necessary state of relaxation automatically tends to initiate the shift in consciousness. Conversely, if you

initiate the shift in consciousness, your physical body automatically tends to attain the necessary state of physical relaxation.

With me, I much prefer working on initiating the shift in consciousness and simply letting the physical body do its "thing" so to speak. Reason being, there is a rather large pitfall you can fall into when taking the physical-body relaxation route.

Problem is, focusing attention on your physical body tends to make you *more* aware of it, not less. To demonstrate this, now focus your attention on your breathing. So immediately you will become aware that you are breathing. Now try and actively forget you are breathing, and you find you won't be able to. In fact, the more you concentrate on trying to forget you are breathing the longer you remain aware of it.

Now shift your focus of attention elsewhere, say, make a phone call to a friend (or whatever). As you engage in this other activity chances are, initially, there will be this niggling voice reminding you that you are still breathing. But there will come a point where your focus of attention will become consumed by the other activity. At this point, you will no-longer be aware of your breathing. Then, some time after, you will remember that you forgot.

The above example is very similar to the situation people face when attempting to relax the physical body. Many times I hear people complain about not being able to achieve the requisite state of relaxation. People tell me often they get frustrated because they lay down and try to relax, but after a period of time they can still feel their physical body.

My question is, "How do you know you can still feel your physical body?" Then the person normally comes back saying something to the effect of: well, it's obvious, I know what having a physical body feels like so I can easily recognize whether I can feel it or not.

Problem is, all the while you are recognizing the feeling of having a physical body, you are mentally focused on it. And, just like the breathing example I gave above, the more you mentally focus on something the less you are able to forget about feeling it.

This is why I always suggest to people having these kinds of relaxation problems: rather than actively trying to relax your physical body, instead, switch your focus of attention elsewhere. At the point where your focus of attention becomes entirely consumed, all feeling of your physical body will be lost. Of course, I realize saying this very much begs the question of where, exactly, should your focus of attention be switched to.

quote:

I am at present trying to get my attention in my "inner-self" (hard to use the correct wordings) and feel as if I'm inside this physical body, and keep my attention on this "inner-self". Problem is when my mind starts to question in "where" I should be aware. You know...inside my head, behind eyelids, a little over my head...all these type of questions.

First recognize where your focus of attention is currently located. Normally you will find it at the back of your physical eyes. As such, your focus of attention will be on the blackness that normally comes about

when you close your eyes in a darkened room.

What you need to do from here is to get your focus of attention upwards into the huge expanse of your mind. This is what the 3D-Blackness is. How you do that is something you have to develop for yourself. It is very tricky to explain (though I am more than happy to try and expand further on this if you wish) and each person's way tends to vary depending on their personality, and what they feel comfortable with.

People have published all manner of techniques but, ultimately, chances are, your success will not depend on you solely finding the right "technique". But it will be more to do with developing the right kind of mental understanding as to how a "technique" you feel comfortable with, can be successfully applied in your case.

On how to passively listen for sounds

Yes, you touch on a very important point there Jeff. It's the crux of the whole relaxation process I'd say. I know what you are saying, words often fail when trying to explain ever so subtle (but ever so important) differences.

I'm currently practicing trying to channel specific information. The biggest problem I had (and still do to an extent) was I'd lay myself open and relaxed at Focus 10 and reach out to anyone who wanted to speak to me about a particular topic I wanted information about.

After a while of trying I'd hear a voice telling me about things I wanted to hear: the moment I heard the voice I'd immediately think, "Hey I just made contact!" and instantly the connection was broken. The same would happen if I concentrated on the actual voice.

I worked out that the necessary state of mind to have is to listen, but not listen. On the surface this appears to be a contradiction in terms. But no, it suddenly came to me, that's what we do when listening to music. We focus on the overall sound, not on individual notes played by any one instrument (though, this is possible if we so choose).

So that's how I got around it. Instead of listening to each word that was said, I'd imagine the voice as a kind of music that entered my awareness.

Catchy Tune in Head Technique

I posted this in response to a post on another thread. But have posted it again here as a number of people have mentioned about this before i.e. where people have been distracted by having some tune keep repeating in their mind. So felt it might be worthy of its own thread.

This morning I happened to come awake with a song in my head.

I had been pottering about in my workshop the previous day repairing my nephew's car, and I'd had the radio on. There was a particular song that kept playing and it got to be a bit annoying. I actually switched the radio off because of it. Anyway, this morning it was still in my head.

As a number of people have posted about having the same problem I thought, hmm, I wonder if it would be possible to use this rather annoying situation advantageously in some way.

So I focused on the tune and, what was happening, this chorus-line kept repeating. The main instrument was a piano together with a voice. I don't even know what the tune is called (I'll try and find out) but it has this catchy piano bit that keeps repeating. Anyhow, rather than try and shut it out, I began to concentrate more and more on this repeating piano. As I did so, the voice part faded into the background to the point where only the piano notes remained.

Next I started slowing down the sequence of notes, ever more gradually to the point where I was taking just one note at a time. As I was doing this, I also gradually increased the length of each note so each one would last a about a second or two (note lengths vary naturally, so increased them all in proportion to what they were originally). I concentrated on feeling each note and tried to make them as real, i.e. as lifelike, as possible in my mind.

Well, I think I hit on something here, because after only about 10 minutes of this I found myself stepping into 3D blackness!

Metaphysical Imagery

I read quite a bit on this BBS about keeping a quiet mind and I always wondered exactly what people meant because, when I am preparing to project, my mind is far from empty.

After reading your post, Shayde, the thought occurred to me that maybe beginners were getting the wrong idea thinking that their minds had to be completely void of anything prior to projection.

The beginning phase of projection is all about using your imagination.

Of course, what you have to be completely devoid of is surface thoughts of the kind that generally come across in a verbal way, in your mind. Like, if you read to yourself, there is an inner voice that reads the words to you. Those kinds of thoughts are a bar to projecting.

Igniting the projection reflex involves getting your focal point of awareness up to the top of your head. The place where it needs to be is where your imagination resides. Think about eating your favourite food. At the same time, try and sense *where* in your mind that imagining is happening. Because where that imagining is going on, is exactly where you need your focal point of awareness to be.

In other words, what you need to do is to step into the realms of your imagination, but do it in a controlled way.

I often feel that people don't realize just how close the Astral is to ordinary consciousness. I was quite surprised to find out just how close it is. The Astral actually begins fractionally beyond the border of your imagination, and there is a thin buffer-zone that separates the two. My theory is that, in completely enlightened incarnates, this buffer zone no-longer exists.

An effective way of getting your focal point of awareness to the right place, is through use of meta-physical imagery. One concept involves imagining you are stepping through a mental doorway. Another involves imagining climbing a rope. Others involve imagining symbols and entering through them, etc. Basically, it doesn't matter what you imagine provided it is stable enough. In the sense that you don't want to be flitting from image to image as this will dull your concentration. Then again, there

may well be people for whom having multi-images works best.

The point is, you can basically use whatever imagery you like, provided it serves the purpose of getting your focal point of awareness to the place in your mind where your imagination resides.

One thing I found, though, is that if you try and imagine just one still image it can get rather boring. To get around this, you need to make the image do something fairly simple like turn around, or swing from side to side or whatever. Have just enough of a movement to keep it interesting, that's all. Otherwise you may start to indulge in the mental act of creative visualization, rather than Astral projection.

As your focal point of awareness rises (it does so quite quickly) you will simply lose all sensation of the physical. So you don't have to pay any attention to the physical body except to make sure it is comfortable and will remain so for the duration of your projection. Just take a few deep breaths, lie back and relax. Or sit back, whichever you prefer.

Using Random Thoughts to Project

Understand that you do not have to completely clear your mind so it is devoid of all thoughts. If you did that you would not be able to do anything... because it is the thought-energy that enables you to project.

That's why your mental focus is all important. In other words, you have to channel the right kind of thoughts in the right direction. Because, again, thought is a primary energy. What *completely* scuppers the process is all the emotional baggage and/or other such mental kak that people generally carry around in their heads.

So focus and intent are extremely important, together with expectation.

Focus your mind with a specific intent and expect a result. If the expected result doesn't come about right away, simply imagine that it has. Then take a step back and try again.

This is a little technique I picked up fairly recently where you practice talking to guides:

First go to Focus 10 and simply start having a conversation with a guide. Don't even think about the Physical not one iota. Don't even question whether or not you are at Focus 10. Have no doubts whatsoever of your intention.

At first, I would ask simple questions and imagine the replies. Then, after about the 4th or 5th attempt, I got a reply back from a question which stopped me dead. I thought, er, hang on a minute, I didn't imagine that response. Then I clearly heard a female voice saying, "No, that is correct, it was me... hello!"

I tell you, it was freaky when it first happened but the process quickly becomes second nature.

How to learn to perceive the Delicate Transition

If you keep practicing phasing into what you call the "not me" state then you will find that you phase shift away from the physical altogether.

How it tends to begin at first is you are sitting or lying down just wondering if you are doing it right, or

whatever, then one of the first signs of making progress is you will suddenly "snap back" to your normal physical state. At which point you will look back and realize that a moment ago you were fully conscious and following a train of thought, but you were not actually fully focused within the physical. You may have been hearing voices and sounds and/or seeing images, you may have been having a conversation with someone, or whatever. And you realize this has just happened as you snap-back to physical.

If you persist, what will happen is you begin to notice yourself slipping into the state. In other words you begin to recognize when it is happening and this allows your thinking to "go along with the flow" of it. This gives you the ability to remain fully aware and phase shift further from the physical, while remaining fully conscious of you doing so.

Frank Talks about Head Pulses

I find that by concentrating attention to the area of the top of my head typically sets it off provided I'm feeling fairly relaxed. If it is slow in coming then I do some deep breathing out exercises to try to relax my abdomen as much as possible and "open" the yellow centre, then I go back to the head again.

I say "open" the yellow centre because that's how it feels. It's like all the muscles in your abdomen have totally relaxed and a big hole has opened up in the middle of your belly, lol. When this happens I have to get on the head side of things quick, else I'll feel an energy rush upwards to my heart centre (green) which will set off that centre. Once that sets off then it ruins any projection attempt. Unless, of course, I actually want to set the green going (which I do now and again, as it's fun to do) in which case I work solely on the yellow and let the energy flood to the green. I can never set the green off directly for some reason. I always have to go yellow to green, but that's probably just me.

I feel the initial inklings of the purple most mornings just after I awake. But I can't always be bothered setting it going as it happens too often, and the novelty has worn off. But once I feel the start of it, depending on how "strong" it feels in the way it is pulsing, I might do some slow, deep breaths while concentrating on the top of my head. Doing that will increase the frequency of the pulses considerably. All the while this is happening I am totally in the physical, i.e. I'm not in any kind of "trance" at all.

I'm sure you too must have sensed this before, but maybe you never associated the sensation with anything, or maybe you have.

Typically, I'll be lying down just thinking to myself and I'll feel a particular kind of stroking sensation that feels like it is coming inside my head. There is a light sound associated with it, almost like a gentle release of air sound at the same time as I feel the stroking. It is a very subtle sensation and any kind of sudden movement, like if I turn around or sit up, it will immediately go away.

The feeling I first described on the forum not long after joining, saying it felt like someone was stroking my brain with a feather. Along with the stroking I hear a gentle shooing sound. Like the sound of shhhew... shhhew... shhhew... that will repeat about every second or two. I used to relate this sensation to my old "cannonball exit" of years ago. This is where I'd get intense vibrations, and it felt like I was shot from a cannon from the physical and I'd land in the "astral" somewhere.

At the time I was working on trying to slow that exit process down to try and find out what was going on, exactly. In doing so I discovered that the vibrations began initially with the stroking sensation in my head.

Now, if I gently concentrate on the area of the top of my head and breathe very gently and deeply, the frequency of the stroking will increase to a definite pulsing, which feels exactly like my physical brain was contracting and releasing. But it's not, of course, but that is how it feels. Sometimes, I'd say about a third of the time, I'll "lose it". Which means the sensation will go away and I'll have to start again. As I say, at the beginning it is an ever so subtle sensation that needs a little "nurturing" to set it going.

Once it is going then it is fairly difficult to stop as it tends to take on a life of its own! The pulsing will turn into a high-pitched buzzing kind of high-frequency vibration and you will lose the ability to control your physical body. This is where you feel a definite interaction between the yellow and the purple.

At this stage I can still have my physical eyes open and view the dim light of the room. But I do tend to get visual overlays where I'll see the room with my physical eyes, and overlaid on that might be the view of the same room but from an RTZ perspective, with all the attendant visual distortions.

This is kinda freaky but a lot of fun, and reminds me of visual effects people have written about while under the influence of hallucinogenic drugs.

At some point I can choose to "let go" of the physical completely and "rollout" into the real-time zone. This last bit I only learnt to do fairly recently. My RTZ projections before (not that I'm really into doing them anyway) were performed from the technique of "coming back" from my holding-off at the Monroe F21 state, as I've mentioned before.

Sensations

The brain spasms most often occur after I have used the "step into" technique. But I can initiate them from a "mind awake, body asleep state". But not from having any sensation of the physical like I can in the initial remote-viewing phase where I am totally aware of my physical body.

Getting to a true "mind awake, body asleep state" is difficult. I have found it much easier to first activate (for want of a better term) my Third-Eye. This I can do whilst retaining full feeling of the physical.

So I lay back, basically relax, and place my focal point of awareness about the middle of my forehead. I play around mentally massaging the relevant area of my brain and, after about 10 minutes or so, I start getting inklings of Stray Energy.

I pass through this stage and the switch is thrown and I get images of the Astral proper. Next I mentally step into these images then put out a yearning to travel elsewhere.

NOTE: The only reason I step-into the images is that it is a handy way of quickly dumping the Physical.

Then normally, after a few seconds, I get the brain spasms followed by vibrations and travel to wherever. (I'm still working on travelling to places in particular.)

My travelling to the Astral used to consist of a feeling like I had been shot from a cannon. And it is only just recently I have managed, after around 6 months of experimentation, to get a higher degree of control of the projection experience.

I always end up within the Astral because that is where I want to be.

Projecting for the first time into the RT zone was a bit of a let-down as I only managed to do it after having had hundreds of Astral Projections spanning around 15 years. As a result, the novelty quickly wore off (the Astral is a much more exciting place).

If you find yourself at the "turbulence stage" I mentioned in my previous post, just increase the vibrational frequency a tad more, roll to one side and you will "flop out" into the RT zone.

But I have been experimenting holding a particular image in mind prior to moving of and, just recently, I came to the same place twice in a row. So maybe that's the key.

Why Frank Looks out of his Third Eye

I'll reply to the other points raised a little later on as right now I'm a bit busy with some work. But I took a quick look at a document referred to on another thread. I'm sorry I forgot who it was, but thank you for that as it contained something HIGHLY significant to me (it's the document on my Chakra thread where it says to scroll to section 6.1).

Okay, people on this thread have mentioned about this "third eye" and, yes, I too imagine looking out from a point in that region. However, when I think about letting my consciousness drift upwards... I definitely do say to think about it drifting upwards like it was going through the top of your head. Because, to me, that's exactly what it feels like. But at the same time I am imagining "looking out" from a point where I said to Mr. DJ to paint an imaginary red dot on his forehead.

Right, I've just realized why all that is necessary!

This is what the document says...

".....The awakening of the third-eye chakra leads to clairvoyance or the ability to see on the nonphysical planes. And the awakening of the crown center is associated both with the ability to consciously travel on the nonphysical planes and with it the process of enlightenment."

That's it, in a nutshell. I couldn't believe it when I read it.

Okay, call me thick, but I never really realized why it all worked, until this moment. Because I never understood anything about all this Chakra stuff. Yes, I have seen images of pyramid shapes with a big eye in the centre and all that jazz. But I could never relate to any of it.

But now I've realized that there is this Crown Chakra that sets the process off. That's exactly what it feels like! In the sense that Adrian has been asking about how far you imagine letting your consciousness drift upwards, and so forth. And I am saying, no, you don't need to worry about that because you get to the stage where the meta-physical imagery will kickstart the natural process of projection.

It really does feel exactly like there comes a point where a switch is thrown and... whoosh... the whole

process begins.

It's like being in a dark room and switching on a light. One moment you can't see a thing and then, in an instant, everything becomes visible.

I think that is a good analogy: because in switching on the light, it is not the switch, in itself, that causes the illumination. No, all the switch did was direct the flow of energy to the bulb.

Now, imagine that the bulb is the Chakra. The initial meta-physical imagery is the switch, and the energy is your thought.

That's why you cannot use any old meta-physical imagery directed in any old direction. In the same way that if you want to switch on a particular bulb you have to throw a particular switch. Not only that, it can't be any old thought either. Because the energy has to be directed down a particular wire that leads to the bulb you wish to illuminate.

I'm realizing, for the very first time, exactly WHY stray thoughts interrupt the process. I have always known they did, because that is what I experience. But I'm now understanding and realizing "why" they do. It is the concentrated thought-energy that switches on the Chakra. If your thoughts are flitting about here and there, then it's like trying to feed a lightbulb with 1 or 2 volts instead of the full 240 volts (UK mains is 240 volts).

This also neatly explains why someone can be concentrating their thoughts alright, but still have zero projection success. Yes, they are concentrating their thoughts... but... sending them in the wrong direction!

Aaaagh... I've just realized...

The Chakra is the bleeding interface!!!!!!!

I'm sitting here kicking myself that I just didn't realize this before. That's all a Chakra is, it's just an interface.

Speak to you all later, I gotta do some work now.

Vibrations and Final Stages

Projecting is a very Subtle Process

Look, once you feel those vibrations just bathe in them, let them flow through you up, down, left, right and every other place besides. Because getting those vibrations is IT!!!

From then on, you will have the ability to decide where you want to go. In the sense of, right, you just learned to drive and passed your test. So now it's up to you where you choose to drive to. You choose your own road-map. No more is there an instructor beside you saying where you should (or should not) go.

With me, I can't stand messing about in the Real-Time Zone... Why? Because that's where I spend my whole physical life! Look, once you have walked through one bedroom wall you've walked through them all, believe me. If you can stay real and enter the Astral proper, you will NEVER look back.

Chances are, though, once you feel the merest hint of vibration: like feeling a base-note zub-zub-zub sensation (about two zubs per second but you don't hear it so much as feel it) you are going to think WTF and immediately come back to the physical. But at least you will have felt an inkling of what the start of it is like. Though at first you will feel confused thinking maybe you just imagined it.

As good as authors have been in the past of putting things into words, there is still a MAJOR misunderstanding as to the mechanics of the process. All I am really trying to do, is to simplify the whole thing for you (and anyone else who is listening) as best I can... while teaching stuff that really does work.

The process of projection is a VERY subtle event. Again, it's like (as if) you were handling a new-born child.

Roll those eyes back and feel NOT for a projection experience, but simply relax and let your conscious-awareness drift upwards. Do it right, and there **will** come about a situation where suddenly you think, "What was that?" And then you will realize your eyes have just tried to capture this inkling of an image... which has just brought you out of "it".

If you can feel that, I promise you, the "it" that you were brought out of IS the correct path.

But, by realizing that, you may become confused!

On the one hand, you will feel that you did actually "let go" and were truly doing "it" correctly as I advise... but, then again, your consciousness may be (at the same time) telling you that such and such cannot possibly be true because, for that instance, you were not "doing" any "thing".

I mean, "things" in the sense of doing stuff like "visualizing" or any other kind of "projection technique" that you feel you must supposedly be doing in order to reach the Astral realm.

As for time, look, it's going to take you a week or two of genuine practice in order for you to get results. What you must do though is catalogue your experiences. That is so darned important.

No Particular Exit Technique

Patty, I do not have any kind of "exit technique". Any thoughts about such a thing, at that critical point of projection, will scupper the attempt. You simply allow it to happen: which is a process that is about a zillion times easier to say than to do. (Well, it was for me, that is).

Also, with me, my focal point of awareness is not "outside of my body". I place it around the top of my head area.

I used to get vibrations before shooting off. But after around 6-months of concentrating on slowing down the whole process, I now practice simply letting go of the physical and mentally stepping into the Astral.

I can only, at the moment, do this around one or two in about ten attempts. But soon it will be three in ten, then four, etc. Well, that's what I hope.

The BIG problem, for me, Tisha touched on in her post. I got used to my old way of doing things and, because things have changed, "the physical" tends to step in wondering stuff like: how; why; what; where? Which completely wrecks what I'm about to do.

I have so much sympathy for those who try and try and try. Then, one night/morning, suddenly there's an inkling of a vibration and (quite naturally) they automatically think: "Wow, I'm....." And it's gone.

For those still trying, without any success at all, the best tip I can give you is to hold the idea of obe in mind - constantly - while going about your ordinary business in the physical.

But generally, the key thing is, to my mind, is to want to do it because you are curious of the outcome. And not for any other reason.... like... you want to go see the (so called) Akashik Records to view next week's lottery numbers.

Vibrations

It's just that after studying the onset of vibrations very closely (I lost count of the number of times) they do begin from the same area in my head each time. This area is pretty much right about where all the mystical drawings I have seen depict some kind of energy-centre called the Crown Chakra. Plus, all the descriptions point towards this Chakra being a kind of gateway to the Astral realms.

Which is exactly what I experience.

As the vibrations begin, I get a definite sensation of unhooking from the Physical and flying off into the RT-Zone. What seems like a few seconds later I enter the Astral realms. So it's exactly like once the

vibrations begin a kind of "gateway" opens. Whereupon I take-off and fly through it.

This process I now know is basically the same as what used to happen with my old "cannonball exit" that I experienced for all those years. Only now, after extensive practice using the Gateway Wave 1 CD (as I posted about at length) I managed to slow the whole thing down to the extent where it all happens with a good degree of predictability and control - pretty much all of the time now.

I still cannot simply project at will. As I do need fairly exacting circumstances to be put in place. But once those circumstances come together, multiple projections come about that are predictable and readily controlled. Basically, I need to be in quiet surroundings where I am mentally fresh with little possibility of interruption. Which for me is early morning.

As regards the crown-chakra situation, my question is, if what I experience is happening not as a result of "crown chakra" stimulation, then what is being stimulated?

Also, it could well be there are varying degrees of stimulation coupled with varying sensations. Though I can say categorically that I never experienced any kind of "pain". I've experienced (and continue to experience) all kinds of very whacky and highly unusual feelings. Which do become rather fun to have, once your protective sense of awareness becomes used to accepting them as being normal. But never anything I could remotely describe as pain.

Sensations leading to Vibrations

I now have two types of projecting to the Astral:

The first (step-in projection) involves activating what mystics call the "third eye". Though I, personally, think of it as a kind of Astral Visual Interface. This is still a bit hit and miss for me, but I can activate this interface and still be aware of my physical body.

Then I can choose to just watch whatever images happen to be "on the screen" or mentally "step into" the image(s) whereupon I instantly lose all physical-body feeling and find myself in my Astral body standing on the Astral somewhere.

There are no vibrations associated with this, just a point that I call the "stray energy" stage where I can get to see all kinds of shadowy abstract shapes or faces which can often be accompanied by all kinds of pops, bangs, Velcro-like tearing sounds, etc. This stage quickly passes then it's like someone switched on a light, and I can see images in my mind that are as clear as the images I normally see with my physical eyes.

The second (travelling projection) involves the mental spasms we have talked about. I get a sensation at the top of my head that feels like my physical brain is contracting and releasing like it were a muscle; such as a bicep, for example, where you can easily tense and release the muscle. Only it comes across as an uncontrollable spasm that has been triggered.

When it first happened it shocked me out of it. But after it happened about 10 times, or so, my

protective sense of awareness became used to the sensation.

I found if I just laid back and allowed the spasms to continue, they would increase in frequency and turn into what I instantly recognized as my familiar pre-exit vibrations that I used to always have. Only this time everything was happening in a *much* more controlled way.

Normally, before, I'd suddenly wake up from a lucid dream feeling powerful vibrations. Then I'd get a feeling of shooting off at high speed and after a few seconds I'd land on the Astral somewhere.

Now, the vibrations gradually increase in intensity and there is a point where I feel a slight turbulence. It's a sort of bobbing and rocking feeling like if you were in a canoe and you got caught in the wake of a speed-boat. Which I now recognize as the point of separation.

Next, I slowly begin to travel to a place on the Astral. I might go upwards for 5 seconds or so, then feel myself taking a right turn and travel in that direction for a short while. Then go upwards again and then maybe down. Sometimes I speed up, sometimes I slow down. At the moment, It really does feel like I am being directed to some specific place.

The sensation is like it would be if you were in a light aircraft, sitting in the passenger seat wearing a blindfold, and the pilot was performing some basic maneuvers. All the while I am travelling, I feel a constant buzzing kind of vibration of the like I set off with. (A big problem for me at the moment, whilst I am in this travelling phase, is I don't have any sight. But I'm working on it.)

Next I feel like I have stopped and the vibrations will stop at the same time. Whereupon I find myself at some place within the Astral and I have my sight back. So I think what I'm probably doing is still holding my "eyes" closed like I would do before when I'd shoot off at high speed.

Vibrations – Specific Description of Sensations

The third vibrational state is the one which comes about at the onset of what I call my "travelling projection". Basically, I have two ways of projecting: "step into" or "travelling".

With a travelling projection I'm laying back relaxing and, as I do so, I'll feel a kind of stroking sensation within my head. At the same time I get a sound. It comes across as an ever so gentle swoosh sound, like a little wave just rippled through my head. So I relax further and it will come again after about 30 seconds, or so. Then I relax into it more and it will start happening faster to the point where each swoosh comes about every second or two. Then it develops into a low-frequency vibration that feels as if my whole brain is shaking slightly from side to side. Which it isn't literally. But again that's what it feels like.

I also feel the swoosh sensation naturally as I wake up. Not every time but, say, around half the time. As I am coming awake, I'll feel at least one tiny swoosh. I'm saying this because the thought occurs to me that maybe other people have felt this and not really given it a thought. In the sense they may have just habitually and long-since ignored the sensation thinking it was merely a factor involved in coming awake. You see, the first time it happened to me as part of a projection I thought, hang on a minute, I recognize

this swooshing feeling. And, sure enough, it was the same sensation I have often felt while in the natural process of coming awake.

As the swooshing turns into a vibration I get a sensation of movement. Like my physical body were laying on some kind of flying carpet and we were going off somewhere. At some point early on, I get my Astral sight which usually begins with a brief view of the real-time zone, then I get a load of jumbled images following which everything begins to slow. At which point I find myself within the Astral.

Vibrations can be Heard as well as Felt

I too am not sure what you mean by 2nd-vibrations. But if you mean the pre-exit vibrations then, once you are at this stage, you have plugged your collective sense of conscious awareness into the Astral body. At which point you need to concentrate on building your take-off energy.

This pre-exit stage is quite tricky to master because here you can feel all kinds of sensations, like, vibrations, flashes of light and all kinds of wrenching, popping and banging sounds. These can have the effect of snapping you out of it. Following which there is no option but to begin afresh.

You need to "tune in" to the vibrations and allow them to build. I found a way to control their intensity by modulating my breathing. But later found I could modulate their intensity just by thinking about them in a certain way. I posted on this topic a while ago.

Mainly, it is a case of "letting them build" because 99.9% of the time, in the early stages when I would have problems, it was due to fear-induced tension; even though I didn't feel scared at all and welcomed the experience, deep down, in the lower recesses of my conscious awareness, there was a fight/flight primeval survival-instinct mechanism at work that needed doubly convincing all was truly okay.

You need to let the vibrations build in intensity. As you do so, think about gently rocking from side to side. When the vibrations reach a certain intensity you will roll out of the physical into the real-time zone.

However, if you lie still and allow the vibrations to reach a higher intensity, until they sound like they are screaming and screeching at you, at some point you will take-off like you've just been shot from a cannon and land within the Astral somewhere. While this is happening, the trick is to keep your "eyes" open.

I used to wonder when people spoke of Astral entrance-structures and the like. I could never understand why I hadn't seen anything of the sort despite my hundreds of Astral adventures. But recently I realized that, on take off, I would hold my "eyes" firmly shut until I came to rest.

Also, as you get more proficient at attuning to the vibrations, you will notice that you can hear them as well as feel them. At which point you will be able to not only modulate their intensity, but you will be able to home-in on specific frequencies prior to take off. For further info on this please see some of my past postings.

Vibrations must Build in Intensity

Yes, the exit as you say is largely "automatic" once a certain intensity of vibration has been reached.

By slowing down what was my normal projection process, I realized that it is not enough merely to feel vibrations. You have to let them build in intensity. I used to control their intensity by modulating my breathing, but quickly found they could be regulated merely by thinking about them in a certain way.

I posted on this topic a short while ago, where I say to listen to the vibrations as well as feel them. You will start to realize they are composed of different frequencies and/or intensities of vibration that you can learn to become attuned to.

I found that allowing their intensity to build slowly, whilst engaging in a side-to-side rocking motion, at some point I would roll out of the Physical and drop through my bedroom floor into the kitchen. But if I let them build in intensity, whilst lying still, I can shoot off to the Astral like I'd just been fired from a cannon.

Vibrations – Developing Control

Well done for getting a result. What you describe is how it generally is, at first. Lots of sensation and confusion. Feelings of inability to move various body parts. Often people get feelings of spinning around going no-where fast, and loads more besides.

What you need to do is practice as often as you can. At least once a day is best for, say, half to one hour. People find early-mornings can be quite productive.

What I would do is just concentrate on getting a degree of familiarity with the various sensations. Once you do that, you will come to the stage where you'll discover the feelings can be controlled. So rather than suddenly... boom... the vibrations begin, you'll be able to modulate them so they come on smoother, and feel more of a light buzzing sensation. Plus, you will be able to sustain them at a particular pitch and intensity. As opposed to having them suddenly keep switching on and off.

What you need to do is get to the stage where you gradually bring on the vibrations and slowly increase them in pitch and intensity. As they gradually come in, there will come a point where you will feel like you suddenly developed the ability to defy gravity and take-off from your physical body.

I found the vibrations can be controlled mentally, but also try thinking about taking slow deep breaths while the vibrations are happening. You should find the breathing causes some interesting effects.

Note: when I say "breathing" you won't actually be taking physical breaths but it will feel as if you are. In the same way the "vibrations" feel like your whole physical body is shaking. But it isn't really, it just feels that way.

Increase Vibrations with Slow Breathing

Try slow deep breathing and see if that changes the vibration state at all. When I used to "exit" more in a traditional sense, I often would get in a vibrational state but then I would have to increase its intensity before anything would happen.

I discovered that by breathing slowly and deeply, the vibrational intensity would increase many fold. It would get to the stage where it would feel as if I were sitting on a very unbalanced spin-dryer revolving at top speed. Just when I thought every molecule of my physical body was about to break apart, I'd take off like I had been shot from a cannon and crash-land within the Astral somewhere, lol, those days. I used to call it my cannonball exit. :)

Also, try letting the vibrations come into your head. If you are like I used to be, you should feel an intense buzzing at the top of your head. I remember that, before take-off, it always felt like my head was about to burst the feelings were so intense. I just wanted to say also that I concur with SerGei, in that there is a point that you arrive at where you just know you can "separate". In the sense that it's not like you have to try to do anything. You just do it.

Transitioning Out of Vibrations - Breathing

To go directly to Astral, you need to allow the vibrations to increase in pitch and intensity and, at some point, you will take-off and land within the Astral somewhere.

When you next reach the vibrational stage, rather than trying to roll out of your physical body and things like that, simply lay back and relax into the vibrations. With me, I imagine it like I were bathing in them. Then, while the vibrations are continuing, start to breathe in and out, slowly and deeply, and see what happens. If the same happens with you, as it does with me, you should find the breathing has some rather interesting effects vibration-wise.

Note: when I say breathe you won't actually be physically breathing in the way you will feel like you are. Though it will come across to you as being the exact same action. In the same way, the vibrations feel like your whole physical body is vibrating. But it isn't actually. It just feels like it is.

Transitioning Out of Vibrations

Sounds good. Once the vibrational state is reached it's very easy to put a spoke in the works. Basically, you need to just remain neutral and allow the experience to unfold.

In other words, there is no need to employ any kind of "exit technique" or give out any mental instructions. At this stage, doing such things can be self-defeating. And remember always to not make any snap-judgments about whatever happens.

What should come next is a feeling of movement. This is a critical stage because your protective sense of awareness, chances are, will shout: ENOUGH!!! Whereupon it slaps on the brakes and you get zapped back to C1 consciousness. When I say a feeling of movement, it feels like your body suddenly developed the ability to defy gravity and you literally took-off from where you were laying, and began heading out in whatever direction.

As you feel yourself move off, simply continue to allow the experience to unfold. You may chop and change direction so don't be too hasty to think that's it, if you come to a halt. You may stop for a second

or two and begin moving again. In a way it feels very much like you are being guided by remote control.

Again, throughout this travelling stage, you need to remain neutral and just be mildly curious about where you may be heading. If you come to any snap-judgments, it tends to put a spoke in the works as it spoils the continuity of it all. The best progression is made when you just allow yourself to be guided by the experience. Which is ever so easy to say, but it's quite a tricky mental balancing act (but it all comes good with practice).

Also, if you have your sight switched on (don't worry if it isn't at first) your scenery may change. You may find yourself flying through huge swirling clouds of all kinds of colours. Then you might come to what looks like a colourful wall composed of millions of the same kind of shape. As you get closer suddenly a tunnel might open and you find yourself flying through it. Which might open up into something else, and so forth.

Unfortunately, the changing nature of the scenery can sometimes give you the frightful notion you are about to crash into something. But try not to worry about it. This still happens to me on occasion. For example, you'll be flying through a tunnel and it looks like a dead end. Your protective sense of awareness may start to panic thinking you are about to get hurt from crashing into a solid wall.

Problem is, as I've mentioned before, when we project we don't automatically develop some super sense of conscious awareness all primed and geared for use within non-physical realms. So if things get a bit sticky while on the move, I just simply close my eyes or quickly turn around so I can no-longer see what's coming.

If you manage to see it through, then you should come to a halt within some non-physical realm somewhere. Well, when I say come to a halt you'll probably crash-land and spoil it the first few times. But when you get the landing right, don't be surprised to find yourself surrounded by people, all milling around doing things that look very normal in a planet-Earth sense.

This is where the fun begins: breathing the incredible atmosphere of the non-physical realms; chatting with the residents; and maybe meeting a few non-physical friends you forgot you had. It's all very thrilling stuff.

Swishing Sound at the Top of the Head

Does the swishing sound feel like it is coming from the top of your head?

If so, sounds to me like you are right on the verge of separation. I'd bet that you just began to separate, but your protective sense of conscious awareness hauled you back to the Physical.

This is very **normal** and should stop once it gets used to the rising/falling sensation. But after that there will be loads more strange sensations it will have to get used to also.

Transition from 3D Blackness (F21)

MajorTom: At F21 I more often than not find myself in a 3 dimensional blackness where the blackness is punctuated by thousands of tiny points of light - which I call a starscape effect. Here I find I have three

options:

1) I can look at the starscape and see perhaps one of the points of light may change in some way. Possibly change colour or shape or often I'll see a kind of black-hole effect forming. As I see the change I'll will myself to move towards and through it. As I do so, a few moments later I'll find myself within some non-physical realm. I often use this technique when meeting Harath, my regular guide. I'll think of him and immediately see a swirling black-hole effect. So I travel through it and next moment I'll be standing alongside him. I use this technique mainly for when I wish to travel to specific places that I've been to before. I'll place an Intent to be at that place, see some kind of effect form in the starscape, then head off in that direction.

2) As I see the 3D blackness I hold off a moment and the starscape effect will change texture and form a kind of screen. So it becomes like I'm sitting in a cinema watching a big screen from a short distance away. At which point I can watch whatever imagery is displayed or project my own mental imagery onto the screen. Often I like to try something new and just explore whatever comes about. So I'll place the Intent to do this and flip-through a number of scenes of various places on the screen. When I see something interesting I'll step into the image. A few moments later I'll find myself at that place within the Astral.

3) At the 3D blackness stage, I hold off moving towards some kind of effect as in (1) and hold off the Astral Screen effect as in (2). Then I'll think of myself gently rocking from side to side. At first nothing will happen and when I was first trying this I'd think too much of my physical, end up back there and have to begin again. So I have to think of myself rocking gently from side to side *as if* I were in the physical, but not actually... if you see what I mean. Then, after a few seconds, I'll get the sensation of being in a body. Again, when this first happened I thought, oh no, back in the physical (because that's kinda how it feels). But much to my surprise I wasn't. Once I feel "locked" within this "body" I can simply roll a couple of times to one side and find myself in the real-time zone.

Stray Energy

Er, I'm confused: what colours and lights RM? When I close my eyes I just see nothing.

The stray energy I see (or can often hear as well) comes immediately prior to viewing the Astral and can take many forms.

Sometimes I see gargoyle-like faces (or more often parts of them). Shadowy figures can just appear. They zoom in and feel like they are pressing against me, then just suddenly go away as I pass through. I said before that once I could have sworn there was this half-head of a huge wolf just an inch from my face. Sometimes I have seen large cobweb-like strings that feel sort-of sticky as you pass.

Other times I've seen large outline drawings of all kinds of shapes. These shapes can be irregular shapes of anything, or they can be familiar regular shapes like squares, rectangles, triangles, etc. that just seem to float around but some can dance and jiggle about.

I've often seen whirls of colour that look like clouds in the Physical. It feels like being in a thick fog that is whirling around you that is all different colours. Only I cannot actually feel anything like you would feel air resistance on the Physical. I just see them whirling around me.

The energy seems to be able to take all kinds of forms. But, in my experience, all these forms tend to have one thing in common: whatever the form, it comes across as indistinct and shadowy.

There's never anything definite that you can pin down. One moment it's here, then it's there, or maybe it has gone just as suddenly as it came, and so forth. I suppose that is why they can be so darned distracting at first. Particularly as the images can often be accompanied by all kinds of pops, bangs, knocks, tearing and ripping sounds, etc.

Then, a few seconds later, it's like someone flicked a switch and I can see all kinds of Astral images. These images are totally different to any kind of stray-energy image in that they are as clear, as distinct and as fixed as the images I see with my physical eyes. Then I project my focal point of awareness forwards and mentally step into the image.

Causing a Scene to Appear

I think what you might try is forgetting all ideas of getting out of your body and think more of mentally stepping into the imagery you are seeing.

I am pretty certain that you are at what I call the "stray energy" stage and the fleeting glimpses of various scenes are of the Astral. What you describe is basically the same as what happens to me.

Next time you are at that stage, have an intent to go somewhere in particular. Keep it simple like, imagine sitting by a lake, or just looking out over the ocean. Just something basic.

"Intent" is what makes you travel. I think what you are doing is (mentally) standing on the brink, uncertain of what to do, and it is the release of that uncertainty which is causing the flitting from one scene to another.

My idea is, if you can gather a definite intent, that should cause a fixed scene to appear. Then you should feel a kind of attraction that makes it easy for you to mentally step into that scene. Then you are there, basically.

Final Transition caused by Intent

quote:

Frank, let me ask you. You've mentioned on a number of occasions that you simply phase into the astral....no feelings of separation from a physical body. So would you say that you simply feel a slight movement (while passing through F12 & swirly color phase) and then BOOM! You find yourself in the astral environment?

On reflection, I think "movement" is perhaps not the right word. It's more of a gradual mental shift that starts from first seeing what look like moving shadows for about 5 seconds, then 3D blackness quickly followed by the swirling for, say, another 5 seconds, then the Astral gradually comes into view. At this point, I am viewing the Astral from a short distance like if I were at the cinema viewing the Astral on the screen.

Here I have 2 choices: 1) I can put out an "intent" to view something and watch it on the Astral screen. For example, I enjoy working with horses and I like to watch horses in action during olden times. Chariot

racing is my favourite thing to watch at the moment, followed by jousting. But you can basically ask to see whatever you want and up it comes on the screen. (Though this is one of those things that it far easier to say, than to do! But it gets easier the more you practice).

Second choice: I allow myself to mentally step into the Astral scene, whereupon I find myself within the Astral proper. Here I am free to just walk around, chat with the locals, etc.

quote:

Also, while getting there in this manner, do you suddenly become aware that you have an astral body? Where you can feel yourself walking, looking at hands, etc?

Having an "Astral body" is not something that I become aware of. In the sense that I don't really need to think about it. I am free to walk about, as I say, and chat with the locals. But it just feels like it's me, normally, like I were in the Physical. Obviously, the "body" I am in, within the Astral, is not literally my physical body. But it feels exactly the same as if it were.

It's difficult for me to explain, but there is no point in the process where I feel any kind of separation from my physical body. It literally feels like all that happened is the scenery changed.

quote:

I only ask because virtually all of my OBE's have happened from feeling a separation from my body....so I have had body-like sensations from the beginning. If I simply phase out into the astral, do these body sensations kick in once I'm actively moving around?

What I would do is try and phase-into the Astral from the 3D blackness stage and not worry about any kind of body.

quote:

And one more thing....when I am going through my relaxation techniques and I hit F12, I'm not imaging myself moving. There is no visualization scene in my head like the one which you envision while listening to the tape. Do you think once I get to F12, I should start to IMAGINE some movement forward, through the images?

The visualization scenes that I use are merely tools that are designed to get me to F12 (and the subsequent transition to the Astral). So as soon as I begin to perceive F12 "symptoms" the previous visualization stuff is redundant.

When at F12, INTENT and EXPECTATION start to play a big role.

Basically, Intent is the engine that drives you, and Expectation has a kind of feedback effect that pushes aside possible reality-fluctuation effects caused by Doubt and the like. Problem is, at this stage and beyond, you become your own self-fulfilling prophecy so you have to watch what you are thinking very carefully.

Try floating in the 3D blackness and put out a specific intent to do something in particular and see what happens.

Thoughts on the Final Step and entering the "Astral"

The only time there is a sensation of "flopping out" is when projecting into the RT zone. This is what I call a classic Out of Body Experience (OBE). Which is what Monroe, for example, would experience in his early years.

However, as with most things, technology has moved on. The idea nowadays, when projecting within the Astral, is to think of the concept of phasing-in. I think it is more apt because you don't actually feel like you are "out of body" at all.

The feeling is more like you are still within your physical body. Only instead of being within the Physical realm, you are now within the Astral realm. In other words, phasing-in, is more to do with a switching of mental focus: not actual bodies. Of course, you are not literally still in your physical body. But you are in a body and it doesn't look or feel all that much different to actually being in your physical body. If you get what I mean.

What I'm trying to get across is, the accent should be placed on shifting your mental focus, not switching bodies. When shifting your focus like this, there is no sensation of switching bodies. In your mind, the Astral should just come into view. And you kinda mentally step into it. Or you can think of it another way, like, it sort of envelops you.

At the moment of the Astral coming into view I am often still aware of the physical. Not to any great extent. But I am not in a pure "mind awake, body asleep state" either. (Virtually, but not absolutely.) However, once I mentally step into the Astral (or I'm mentally enveloped by it) then all awareness of the Physical realm goes away.

Blackouts

As I understand it, the phasing-in concept is what Monroe used to make contact with the Astral. As I pointed out before, there was no laying down for hours doing any kind of "energy work" or igniting Chakras, etc. He seemed to just lay back and make contact in a few seconds.

The big problem I have is due to what you call: blackouts.

These occur with me initially when trying to make Astral contact, and can also occur during my Astral experiences. Very much in the manner you describe.

Often I'd be lying down relaxing and allowing my focal point of awareness to drift upwards to the top of my head. Then I might blackout for an instant then suddenly see the Astral come into view. Or I might jolt back to the Physical, or find myself in a variety of other states.

Because there would be a short blackout I'd get frustrated thinking what happened during this blackout that got me from there to here. The frustration was due to not being able to find out what, exactly, was the mental trigger. Because if I couldn't realize that, then I couldn't repeat it at will. And repeat it at will, is what I am trying to achieve.

That's why I became so enthralled by Monroe's technique of phasing in.

I think I'm getting close. The past couple of weeks I deliberately paid no prior attention to the physical at all. Instead, I've been building a mental picture of two small hands that reside in my head.

I mentally thing of these hands going searching around trying to "hit the spot". They go around massaging various parts of the brain, trying to find the mental switch that has to be thrown in order to make connection to the Astral.

I've had some **very** interesting results with this.

A couple of times now I have found myself at the onset of feeling gentle mental vibrations (that I recognize as the onset of an obe). The difference being, however, I am **entirely** aware of my physical body and my physical surroundings. Problem is, the slight excitement at finding myself being able to do this scuppers the attempt. But that is something I will overcome with practice.

Plus, there is still an ever so tiny blackout in that I am unsure of the exact spot my focal point of consciousness was at when the vibrations came about.

Another thing I managed to do, but again there is a similar tiny blackout, is to be completely aware of my physical body and physical surroundings, yet I have found myself looking at pictures in my mind that are as vivid, and seem as real as any image I have seen with my physical eyes.

In fact, first time it happened I opened my physical eyes to check that they were, in fact, closed. Then it was like there were two images, one slightly higher than the other. The lower image was of my bedroom that I know was coming from my physical eyes as, when I closed them, the image went away.

The upper image was just as clear but, what I was seeing on that "screen", was not of the physical world. It was like someone was playing me a kind of movie. But I couldn't make sense of it all.

As I've said before, another morning, another mystery.

Final Transition is more Active than Previous Stages

From what you say about images, random sounds, etc. you are relaxing to the Focus 12 state (in Monroe-speak). At this point your focal point of awareness is very close to the Astral border where it joins to your higher imaginative consciousness.

At the point where you begin to perceive the imagery has taken on a 3D quality, you need to become a little more active, mentally. Because I think your main problem could be lack of any real intent to do something in particular.

You see, once you get to a certain stage you are free to go. The exact details of when that stage arrives is slightly different for each person. With me I perceive the 3D blackness, then dark shadowy figures which

turn into a whirling coloured fog, then the Astral landscape comes into view. Note: it is common for people to perceive tunnel or grid structures rather than a landscape effect. But, for some reason, I always seem to perceive a landscape.

Once I perceive the 3D blackness turn into whirls of colour, I then hold in mind a picture which, to the best degree possible, sums up my Intent. (NOTE: that's why it is best to keep your intention simple so you can capture the gist of it with a simple image). Reason being, once I perceive the Astral landscape I am at the Astral bridge-zone at mental Focus 21. This is the beginning of the state where thought equals direct action.

So, by holding an image in mind which sums up my Intent, the moment I reach Focus 21 that image is released as a thought-wave which goes to fuel the next step in my progression. Which, nowadays, is normally to visit the library at Focus 27. But my suggestion would be for yourself to first put out the idea of contacting a guide. As you will make much faster progress in the long run.

Final Transition is a tricky Balancing Act

That final transition, between being vaguely aware of the physical and stepping into the Astral, can be a **very** tricky mental balancing act. So please be aware that the problems you are experiencing are very normal.

You see, any kind of thoughts about the physical, any slight fears, or nervousness, or even "trying" too hard or "thinking" too much can scupper the process at that point.

What I would do, as you have said you can get your focal point of awareness to the top of your head, and you mentioned about how you saw the woman in your mind's eye, I would work on sending your focal point of awareness forwards in order to activate what is generally called the 3rd eye (or what you are calling your mind's eye).

You should at first begin seeing stray energy, following which an image of the Astral should come into view. You will find that you can mentally "step into" this image whereupon you find yourself within the Astral.

Philosophy of Phasing

More on Noticing

Yeah, I love noticing too. I can lay back for maybe an hour just viewing all the pretty colors and scenes and allsorts. I find the focus 3 state to be very inspirational. I mentioned not so long ago that whenever I'm stuck for inspiration, I enter the focus 3 state and almost always I get what I'm trying to reach for.

Another great thing about focus 3 is once you can enter this state and remain there comfortably, it's a great launch-pad to focus 10. You simply project your focus beyond the images and think of making the "shift" and it should come about before not too long. Or, you can continue to create the overlay experience where you remain largely within the physical.

Note: at the Monroe f3 state your Primary Focus is still F1 and your individual Attention Focus is f3.

So from the f3 state you can give yourself an objective knowing of PF2 without actually switching fully within F2. You appear to be able to do this fairly readily, although you say it takes you a little by surprise and excites your physical eyes. But maybe practice this state for a while until you are completely comfortable with it, then aim to make the full transition and shift your Primary Focus fully into F2.

I couldn't help but laugh where you say, "I jumped a little and it went away, I wasn't expecting that!" Ha ha ha, the inner environment is VERY responsive if you are open to just letting the experience flow.

One of the hardest things I'm finding is trying to convince people to just simply lie back and notice what goes on within them.

Many people come back and say all they can see is blackness. But you need to forget that you have physical eyes. Here we are not looking with physical eyes. If a person were to search around within their mind they would see some area or other that perhaps wasn't quite so black. If they were to mentally focus on that area they would see that perhaps it wasn't fixed either. It may be like a dark grey cloud, gently drifting.

As they focused their attention on that cloud they would see that in the centre, maybe, it was lighter than around the edge. As they focused in on that centre they might now see some colors, a few swirling areas of a feint redness. Whoops, suddenly they saw a flash of an image and zap, out of it they come. At which point they find themselves back fully in the physical realizing, "Hey, wait a minute, I was doing it!"

At this point people typically react one of two ways. They get excited realizing they can do it and their mind races of along the line of all the possibilities that can become open to them. Or they dismiss it, find an excuse as to why doing that is "not it".

People are still using phrases such as "just a dream" or "just my imagination". People say these things without realizing the nature of dreams or the nature of their imagination. They are still, unfortunately, believing that dreams and imagination are "just in their heads". Instead, as they look at it, they want to have a "real" experience, or a "proper obe" while not actually realizing that it is all connected and they can use the switch to PF2 as a launch-pad to doing whatever it is they want to do. Instead, they are still thinking of this "astral" as being someplace separate from themselves.

Tuning into the right Mental State

Following on from the previous post, I would say that at the onset of "the switch" that is to say, the switch from conscious-awareness of the Physical to conscious-awareness of the Astral, my physical-body relaxation state is at the Alpha level. Anything deeper and I fall asleep for a while and obo from a Lucid Dream.

The state is very much like I was listening to a favourite classical piece. Only instead of tuning in to music, I'm tuning in to a particular sense of mental awareness. Following which, there is (what is now) a familiar kind of mental pulsating and it's like my whole sense of self becomes contained within my head. At this point "the switch" has been made and I am then not aware of the physical at all.

In terms of percentage importance, for a normally healthy person, between having the correct physical-state, in terms of physical relaxation; and having the correct mental state, in terms of ability to tune-in to the Astral: I would definitely say that the ability to relax the physical, into the required state would be about 10% of it (if that). The other 90-odd percent of the work is with the mental aspect.

In fact, later on you discover that if you can get the mental-aspect right the physical just falls into place. But in the beginning, to work on developing that correct mental aspect, you need to "push the physical aside". But, after a while, it learns to just get out of the way when required.

Note: When I say normal, healthy person, obviously if you have some physical problem that gives you pain, or whatever, then this will not help when it comes to learning how to perform conscious-exit projection.

Finding the Correct Mental State is very important

With me, it has settled into a pattern where I can focus away from the Physical and enter the Astral after about 15 to 30 minutes. But I'm certain this time could be further reduced with more practice. It used to take me sometimes 2 to 2.5 hours of repeated attempts and 50% of the time I'd get virtually nowhere.

Which was all darned frustrating because, during the same time, I could easily wake-up in a Lucid Dream and project from there. Often I'd project from a Lucid Dream, have a roam around the Astral, then return to Physical; at which point I'd try and project again, only in a conscious-exit fashion, and I'd get nowhere.

The big breakthrough came with me when I decided to change my way of thinking as regards my physical body. I used to think of the physical-body's awake-state as being a barrier to projection success: but later discovered it was precisely because I thought this way that was scuppering my projection attempts.

What I decided was to just simply ignore my physical body entirely. Which was tricky to do, at first. Now, if it wants to move on its side, say, I just let it move. Whereas, before, I'd sense the urge to move as something that would scupper the whole thing, something that had to be shut out at all costs. But now, as I say, I just ignore my physical-body and just let it get on with whatever it needs to get on with.

Instead, I now solely think in terms of achieving the correct mind-state, rather than first trying to achieve the correct body state. I found if you just switch-off from the physical and concentrate on what is going-on mentally, the physical body quickly fades into the background once you achieve the correct mental state.

The correct mental state is not easy to describe. And the difficulty is, with conscious-exit projection, you will still have a strong awareness of your physical-body at the stage whilst trying to achieve the correct mental state. Which can be most off-putting, but you've just got to teach yourself to ignore it.

Achieving the correct mental state, primarily involves turning your focal point of awareness through 180deg and focusing inwards: to the place in your mind where your higher imagination resides. Fortunately, you can find the place easily by imagining your favourite food, or thinking of being at a favourite holiday destination, or whatever.

Wherever you sense the feeling of whatever it is you are imagining, in your mind, that's where you need to focus towards (to the exclusion of all other day-to-day concerns) because, down that path, is your connection to the Astral.

Like, if you plug in a TV you connect the plug to a wall socket. The wall socket is the TV's connection to the mains-supply. Well, your focal point of mental awareness is the plug, and the wall socket is situated at the upper reaches of your higher imagination.

Try to find a productive Frame of Mind

Controlled, conscious-exit projection is a tricky mental balancing act. You need a particular clarity of mind to achieve it. Unfortunately, often it's only by working through the frustrations that the necessary particular clarity of mind is achieved. You see, once you can recognize the correct frame of mind then you can concentrate on keeping it, or only making attempts when you have it.

That's why my main projection time is after I wake up. Because my thinking is clear, but there is a certain relaxed quality about myself that makes me happy just to lie back while I go off into myself. But when I'm not in that particular frame of mind, it's a lot harder for me. I can do it, but it takes longer to achieve.

So I think your solution is to think less in terms of projecting or Phasing and more in terms of getting yourself into a productive frame of mind. Think back to your frame of mind, how it was when you were starting out and then you had those successes. That's the frame of mind you need to find again. Once you do that, the experiences will come to you rather than you chasing them like you are doing at the moment.

Find that productive state of mind and let the experiences come to you. You can't start trying to "chase" these experiences. Many people make the mistake of trying to use too much determination and will-power. Like they were trying to accomplish some arduous physical circumstance. While that kind of attitude can work well within the physical world, it can easily have the opposite effect when you apply it to your non-physical work.

The more you try to chase the experiences the more they run away from you. So, as I say, find that productive state of mind and have them come back to you. You don't need to "travel" or "go" anywhere to have these experiences. We already occupy all of consciousness. You just need to work on becoming

more receptive and your mind will open to them again.

Quiet Mind, Not Empty Mind

The idea of achieving a totally quiet mind seems to me to have sprung from Meditation. (I'm not exactly sure what meditation is, as it's not my thing, so feel free to correct where appropriate.) It is said that this "empty mind" condition can be used as a base in order to experience obe's and so on. Which may well be true. Problem is, to my mind, quieting one's thoughts to the extent demanded is incredibly difficult.

I look at it in the same light as with the classic obe; where you create an "energy body" complete with "silver cord" and so forth. All of which is VERY tricky to accomplish. Unless you happen to be born with some kind of knack for it (which the great majority aren't, including myself). Which is why I am a great fan of the more modern-day Phasing approach.

With Phasing, it is not at all necessary to achieve a totally quiet mind devoid of thought. In fact, the exact opposite is the case as the technique would not work otherwise. Nor does it rely on any kind of special breathing exercises, or energy work, and so forth. So if, like me, you don't feel like you have a knack for the traditional mystical approaches, then maybe take a closer look at the latest Monroe ideology.

Quiet the Inner Voice – Frank reveals that he is a Luddite

Keeping the inner voices quiet is often a difficult hurdle to overcome. In the beginning, many a potentially successful projection can be ruined by one or two stray thoughts leaking through at precisely the wrong moment. The way I overcame this is by trying to keep the inner voice quiet at all times (or at least the vast majority of the time), not just when I came to try and project.

The first thing I did was to stop having opinions on all and sundry. So I stopped reading newspapers, magazines, etc. and stopped watching TV, never got involved in any kind of gossip, etc., etc. Doing this I found quieted my mind considerably and not only made my non-physical life more successful, but my physical life too.

Mental more important than Physical

Sorry to sound contradictory, Arie, but I personally regard physical-body relaxation as being the easy part (relatively speaking) and it is by no means the "most important". There are many important considerations that all tend to be as important as each other, at each respective stage of the process.

Anyone with normal sleep patterns allows their physical body to go to sleep at least once, usually every 24 hours. This is a natural process that a person (with normal sleep patterns) doesn't have to "try" or in some way "will" themselves to do. A person simply allows the natural sleep process to happen. So it is the same when preparing for Astral projection.

The difference between allowing your physical body to relax when intent either on sleep or Astral projection, has nothing whatever to do with the physical body. In both cases the physical body simply goes to sleep.

The big difference is your mind state.

The key difference between Astral projection and ordinary sleep is to keep your sense of conscious awareness awake, while simply allowing the physical body to naturally go to sleep. That's the tricky part: keeping your sense of conscious awareness awake.

Once you can do that, you will find yourself right on the border to the Astral realms. That is really all there is to it. Well, as far as I am concerned, that is.

Naturally, stepping within the Astral opens up a whole new can of worms due to the different ground rules that apply. But these are not difficult to put into practice. And, yes, you may have the odd scary moment or two but you cannot be harmed by any of it (unless you mentally allow yourself to be, of course).

Philosophy of Practicing

I can no-longer project my "old way". Not sure exactly why that is, though, thinking about it in computer-software terms, it feels like the new version of Windows has overwritten the old version. So I cannot boot using the old version anymore.

Nowadays, when going through the exercise to Focus 10 and back, I often start to slip into what I call "countdown to projection" mode. I'll begin seeing whirls of foggy colour and abstract images (stray energy stage) which I use as a milestone that tells me projection within the Astral is just about to happen. Which is all very nice. Because to be able to do that with such relative ease *is* what I have been working on the past six months.

However, I do like to be thorough. And it is the very fact that I have been so thorough, that has got me to this stage. Plus, it is also a question of control and mental discipline. Not only that, I am (as yet) nowhere near achieving my goal of achieving repeated, controlled conscious-exit projections with the ease Monroe writes about. Basically, I want to be able to just lie back, take a few deep breaths and "phase in".

The mental imagery, coupled with the use of the CD, may seem (to some) to be a bit long winded. But one glaring aspect of projection has come about from my work, and that is: you have to learn to project slowly, before you can project quick.

Consider also that when doing it without the CD, you can run through the process in just as much detail but in *half* the time. Plus, it is possible to add further refinements such as my "fast track" declaration process. Which works very well. I enter the declaration room as before and, instead of reading the declaration out loud, I'm handed a form to sign. The declaration is written out on the form. I read it through, agree and sign, then the door opens and off I go to Focus 3.

Oh, I spoke to Harath this morning. Not much happened. For some reason he was making me do all these sight exercises. He'd cause different shapes to come up on a wall about 20 feet away and I had to say what they were. Such as red triangle, blue circle and so on. I asked him where he was from and his exact reply was, "Where I'm from is not important" and he just kept insisting we do these darned exercises. Next thing this "school minibus" drove up with a load of children inside and I had to help him usher them into "school" after which I had to leave (physical-body demand).

Practicing Diligently

In my experience, a combination of factors can scupper your projection attempts *particularly* in the early stages. Years ago, when I first started projecting, I'd go sometimes a month to six weeks without so much as one measly projection. Then there were the times when it seemed I couldn't not project.

My technique, in those days, was to project by awakening myself from a Lucid dream. Problem was, there was a high degree of unreliability in the process. Such that trying to pin down the why's and wherefore's was next to impossible.

But I found the key factor that keeps you projecting, with a degree of consistency, is practice followed by more and more practice. The past 6 months I have really been getting my act together, projection wise. Now, every morning, without fail, I will go for at least one conscious-exit projection attempt. Even if I only have, say, ten minutes before I have to get up. I'll do my best in the time available.

I surprised myself the other week. My wife went downstairs to make our morning cuppa and, because I had retired uncharacteristically late the previous evening, had only just awoke. So that meant I had around five to ten minutes to make an attempt, before my wife would return with the tea. Okay, she came back before I'd had any chance of making an exit but, given another five minutes, I reckon I would have been at the vibration stage.

Patty mentions the term "psychic energy" but I don't actually know what that is, exactly.

I read all kinds of stuff, on this BBS, about "storing energy" before a projection attempt and so forth. To my mind, all this kind of discussion is in a box marked "mystical stuff" which I do my utmost to avoid. Each to their own, of course, but it all smacks to me of being yet another one of those circumstances where: if you think you can, or if you think you can't... you're right.

General Practice

I suppose it depends to a high degree on what you are trying and how. Astral Dynamics contains all manner of techniques for doing all kinds of energy-work, and so forth.

Successful conscious-exit projection relies on being able to bring yourself to the point where your sense of conscious awareness is focused on a particular place in your mind: which then triggers the projection-reflex.

The thought occurs to me that if you are spending hours having your mind flitting here and there, trying all kinds of things, then that isn't going to be of help.

But spending two hours a day (say) quietly relaxing, steadily teaching yourself to focus your thoughts and practicing allowing your focal point of awareness to rise to that certain place in your mind which triggers the projection reflex. Such would be very beneficial.

Regular and Dedicated Practice is Important

Having repeated and controlled conscious-exit experiences is something that only comes with a lot of

practice (well, for most of us that is).

If you were not born with some natural ability, then it's going to take you quite a bit of mental effort. Please don't believe those advertisements that claim they can sell you some kind of short cut, or think there is some kind of drug that's going to get you there today. Nope, short-cuts only end up being long-cuts in this game.

The way to do it repeatedly is to develop some kind of ritual that you go through each time.

For example, people tend not to just suddenly go to sleep. With most people, if they were to observe themselves, they would see the habitual process they go through of gradually winding down. The same principle applies to obe practice.

With me, I could have a controlled obe alright, but could only initiate the process from a lucid dream. Something which would occur around 3 times per week. So in order to work on getting a better degree of control over the start of things, what I did was get into a ritual of waking up at around 4 to 5am each morning. (This I found quite natural as I've always been an early riser: very rare I'm not in bed and asleep by 10 pm.)

On awakening, I'd listen to the Gateway CD1 a couple of times which "puts me in the mood" as it were. Then I go through the same physical-shutdown ritual only without the CD. After about 5 months of doing this virtually every morning (and often I'd go through the whole process 2 or 3 times in a morning) around 8 times in 10, I can now manage to shift my focal point of awareness to the Astral in a fairly controlled way. I'm hoping, over the coming months, to be able to get to the stage where it's 100% and without the aid of the CD.

I found the two key beneficial aspects are: mental-focus, and intent. And the two biggest stumbling blocks are: doubt, and fear.

Therefore, the most beneficial way to proceed is to focus your mind fully on the task in hand; with the intent to succeed beyond doubt; and realize that initial fears are a normal part of the process that go away once you gain a fair degree of familiarity.

Frank Describes his Morning Routine

On awakening at around 4am (which I do naturally as I've been in the habit of going to sleep early and waking early for a number of years) I generally just lay in bed thinking about any kind of thing I may have been dreaming about, perhaps make a few notes on that. Which takes about 15 minutes. Then I go through the process and my first conscious projection comes about after around 20 minutes.

My normal projection time is about 10 minutes. After which I return to C1 consciousness and make some notes. By this time about an hour has elapsed. So I attempt again and, if all goes well, another hour will have elapsed so I try for a third time.

Now, depending on various factors, by the 2nd time I might be feeling a little sleepy so on the 3rd attempt I may lose my focus and drift off to sleep. Or if the two previous projections were longer than normal, say, and lots happened then I may be too long making notes to try for a 3rd projection. In which case I'll just lay back and take a nap for 30 mins or so until 7am which is the time I normally get out of

bed. But if all goes to plan I can normally achieve 3 projections.

Sometimes I might be able to pack-in 4 short projections. Or it does happen where my first projection gives me some kind of turning-point experience that excites me to the point where I can't project any more that morning. Like, when I first came across a guide. I returned to C1 consciousness and that was it. I could hardly sleep for thinking about it for days afterwards. So it threw me out of my normal sleeping schedule.

I can often go through phases where I can't project for some reason. Like, I'll go 3 or 4 mornings where I know that my body is just not in the mood for it. These blank periods usually coincide with times when my Physical work schedule is fairly heavy so my mind is taken up by that. Or I might have had some disagreement with my regular guide, Harath, so I'll avoid him by not projecting for a few days.

I'm not too groggy to start my day because, as I say, I've been in the early to bed, early to rise habit for many years now (I've never been a night person for some reason). But now and again I'll attend some social function that keeps me up late, but the next morning I'll forget trying to project and just sleep through.

I used to use the Hemi-Sync Wave 1 CD but stopped recently as I find I no-longer need it.

There is also a kind of habitual expectation that comes about with obe practice. Which is why I feel it is best to keep to some kind of routine that works for you. The worst thing I feel a person can do is try to force themselves. It just won't work. So if trying before sleep is difficult for you, then try and find a time when it feels natural and comfortable.

Approach to Practicing Diligently and Consistently

Adrian: What I am currently practicing has evolved out of my Monroe studies. Initially I set out to slow down what was my normal "cannonball exit" by following the Phasing method as taught by Monroe. After a while I did get to the stage where I could go through the phasing transition in a controlled way. Though I still can't just do this at will.

I prefer practicing early morning as it's quieter and my body is refreshed following a night of sleep. As for length of time, it can take anywhere from fifteen minutes to around two hours to get to the requisite state. Typically, results come within 45 mins. Once in that state I generally have two or three projections in succession, with a break inbetween to make notes as necessary.

Normally I lay on my back for projection practice and on my side for sleep. Though in my experience the effectiveness is no different between the two. I just make the distinction as a clear signal to myself as to what is on the agenda: projection-practice or sleep.

As to why some mornings it's like I just fall into it and others it takes me a couple of hours, is a question I've been working on for about two months. Basically, it looks like it just comes down to getting into a working routine followed by lots of practice.

When I first started out on the Phasing route I was trying all kinds of things, from all kinds of angles, to try and work out what Monroe was going on about. Now, I've boiled it all down to just one working routine which I stick to religiously. Since doing that the number of successful attempts has increased

significantly.

I've said before that I've got no natural talent for any of this, which means it always takes me a lot of time to make progress. So perhaps I'm not the best yardstick to use when it comes to estimating the typical lengths of time people need to practice the various stages before getting results. The Phasing approach I've been practicing virtually every morning for about a year. A practice session I make 1.5 hours minimum. Often I'll extend this but pushing myself too hard I found counterproductive.

My current routine begins with going through the Gateway rundown to Focus 10 and back to C1. Technically, I don't really need the CD anymore as I know it off by heart after listening to it so many times. But I find it has the effect of getting me nicely in the mood, so to speak. Then, upon my return to C1, I'll decide whether or not to begin the session proper.

It may have been that during the CD rundown I was disturbed by something or other and it didn't go according to plan. Maybe I felt the need to use the toilet, or perhaps my wife was a little restless, or whatever. In which case I'll go through the CD rundown again. Note: I found it counterproductive to begin a session that didn't feel good from the start. So if there is a problem then I cancel the session, sort out whatever it is and start afresh.

So, on deciding to progress, I'll get through the rundown to Focus 10 without the CD only this time I'll carry on through to the higher Focus levels. If I don't feel quite right for whatever reason, I'll listen to the CD one more time and then start the session proper.

The past couple of months I've developed a successful deviation from what was my normal Phasing practice; in that I have successfully married elements of my previous Cannonball-Exit to the Phasing process.

I reached the stage where I'd developed a degree of skill that enabled me to make the transition from Physical to Astral with a reasonable degree of predictability. Problem was, comparing my experience with the description Monroe gives of his Physical to Astral transition: the two didn't match. The transition he describes sounded to me more like a combination of the traditional obe-style exit, followed by what I can now recognize as a smooth Phasing to the Astral. Also, quite a number of experiences he describes, for example viewing M-Band radiation fields, sounded very much to me like he was way out in the real-time zone, rather than the Astral proper.

As we know, Monroe originally set-out projecting in the traditional obe sense, and later developed the Phasing concept which he taught at TMI. So this gave me the idea that maybe Monroe's later projection experiences were somehow a cross between his old way and his later developed Phasing concept.

So I set out on the road of trying to take my previous, more traditional-style projection experience, i.e. feelings of vibrations, leaving the body, etc., and marrying them with my recently developed Phasing skills. As it happened, this turned out to be a highly successful step forward in my development.

Be Flexible when choosing a time to Practice

Done right it shouldn't take you more than about 45 minutes. Individuals vary, of course, but I think trying for a continuous period of more than 45 minutes would start to become self-defeating. Half an

hour every day is far better than a marathon 3.5 hour session one day a week.

Some people suggest that this kind of thing is best done at the same time every day, as your body learns to anticipate it and so forth. But in doing that you just end up curve-fitting yourself into a mental box. There's no sense in only being able to do it under some particularly exacting conditions. You want to create a degree of flexibility for yourself.

Generally you will find it easier if the physical is relaxed to start with. The relaxed and slightly dreamy state that comes about after coming awake from a number of hours of sleep is a good state to try in.

It generally takes me 15 to 30 minutes. Sometimes it can take up to an hour. But if I'm relaxed and in just the right mental frame of mind the switch to F2 from F1 can take just a few minutes.

Don't Cling to Techniques or Expectations

Patty: I think you have developed a tad of ego attachment to whatever were the techniques you were using. It's easily done. With the result that you start thinking about making it happen, rather than simply allowing it to happen while following your particular path of growth.

Your path can often turn a sharp left or right and, sometimes you keep going straight-on not realizing. Suddenly you find yourself in a blind alley, i.e. you stop progressing.

Please do always bear in mind that your "projection technique" will change as you develop and grow. Tendency is, when you move on a step, you find what worked for you before has now become a stumbling block. There lies the difficulty. Precisely because doing X, Y & Z worked for you before, you naturally get attached to doing it.

I still maintain that the answers to the questions you seek exist within the Astral and not the RT zone. As a result, it is to the Astral that I believe you are being directed.

You need to take the imagery and concentrate on maintaining just one image. It doesn't really matter what it is, the simpler the better. Then allow your focal post of awareness to rise upwards and meet it.

Whilst doing this, you need to make sure you don't verbalize anything in your mind. When I say verbalize I mean like when you read something, there's an inner-voice that reads the words for you. You need to keep that silent, otherwise your focal point of awareness will not rise from the throat.

Philosophical Musings – Belief and Intent

Another aspect some may find helpful is that *belief* plays a major part in projection. Plus, there is a massive *doubt* aspect that puts a big spoke in the works.

Could I please reiterate what I said in my previous post, that the Astral is very much closer to you than perhaps you realize. As I say, I was quite shocked to discover just how close the Astral is to ordinary consciousness.

When I say ordinary consciousness, what I mean is, if you look within your mind, you become aware of

different levels of consciousness.

I think of human consciousness as if it were contained within a cone. The base level, where the diameter is the greatest, is where all the ordinary thoughts whirl around. The day-to-day clutter that mainly comes across in a verbal way. Analyze these thoughts and you will see they are all to do with the Physical in some way, shape or form.

When we relax our physical-bodies and visualize letting go of the Physical, what happens is our focal point of awareness steadily moves higher up the cone. As such, our thoughts get progressively more contained, and become more visual and more abstract. At the very top of the cone there is the opening to the Astral.

When I say more *abstract* what I mean is the higher up in terms of consciousness you go, whatever it is you are imagining relates progressively less and less to the physical, material world. This happens because you are progressively getting closer to the Astral and moving away from the Physical. (There eventually comes a stage where you lose all sensation of the Physical completely.)

This is why imagination plays a big part: thought is a primary energy; which means that the act of concentrating and imagining a desired result (i.e. Astral contact) will ultimately cause that desired contact to come about.

However, if our focal point of awareness is at the base of the cone, any specific thought-pattern that is released quickly becomes diluted by the huge mass of other thought energy all whirling all over the place. Which means the pattern just scatters into nothingness. Which is why we must first clear our minds before creating the thought-form or pattern we desire.

In letting go of all thoughts to do with the Physical realm, we move our focal point of awareness higher up the cone. What Monroe suggests you do is to visualize a large box. You "raise the heavy lid" and in it you place all your Physical worries, concerns, etc., etc. Then you close the lid and walk away. (Something which I found very effective.)

Once you get higher up the cone, any thought pattern that is created and released stands a far better chance of bringing on the desired effect (Astral contact). Because, 1) there isn't the huge mass of other thought energy to dilute it... and, 2) you are closer to the Astral opening and the walls of the cone are very much narrower.

Therefore, the chances of having that thought-form reach the Astral and still make some kind of sense, is altogether much higher.

Belief plays a large part in this process.

That is because belief primarily affects your expectations. Which, in turn, focuses your intent. The major spoke that can get in the works here, is doubt. Any kind of doubt will affect your beliefs and expectations in a very negative way.

Because I have experienced controlled Astral projection many times, each time I come to project I expect to project which focuses my *intention* to project. This, in turn, creates the requisite thought-pattern of projection. Which, ultimately, causes the actual projection to come about.

So I say to anyone who has been trying to project without success. Take a step back and analyze your beliefs about the whole process, and dig out any doubts that might be lurking in your mind.

Allow things to happen

OW: From what you describe in "10" it sounds like you are absolutely right on the verge of projecting. If you just allow the vibrations to continue, rather than concentrate on them, they should increase in frequency and become more like a buzzing. I found if you actually concentrate too much on the vibrations in a **specific** sense they go away. The way I think of it is you just lie back and bath in them.

The color flashes and wind-chimes, sound like stray energy which is a stage you pass through. Following which the Astral will come into view. I use this stray-energy stage as a kind of milestone that tells me Astral connection is about to take place. The way forward for you is just to allow everything to happen.

Once you get used to just allowing things to continue, the whole projection process (from initial feeling in the head, to finding yourself within the Astral) only takes a couple of seconds. As you keep doing it, the vibrations become more of a buzzing with a kind of crackling, electrical sort of noise. Like the sound the big, half-million volt grid distribution cables make on a damp day.

Expect Nothing, Observe Carefully

The mind awake, body asleep state feels like precisely that. Some people who got into this state without realizing it have called it "sleep paralysis". Which I can fully understand because, if you didn't know any better, you would think your body had become completely paralyzed due to the fact you cannot feel it or move it: yet the mind is as awake as it is when fully awake and alert on the Physical.

You bring up an excellent point regarding observation.

In trying to slow down what used to be my normal projection process, what I basically started to do was observe every step like I was a spectator just watching things happen. Jeff_M. made a point to this effect in a recent post to another thread. Doing this allows you to best record what is going on. Then, after a while, simply by recalling what it is like to feel so and so effect, brings on the actual effect.

Also, as my projection process started to happen more slowly, and with a better degree of control, I noticed I'd get these little blackouts; which were frustrating because, in the process of the blackout, I had made some kind of transition.

A common one would occur just beyond what I term the stray-energy stage. Suddenly I'd begin viewing the Astral. But when I'd think back afterwards, I'd realize it was not a smooth transition. So I taught myself to be more observant at this stage. I discovered that merely becoming more observant, had the effect of getting rid of the blackout. Now, the stage from stray-energy to remotely viewing the astral I can do in one smooth transition.

Another case where imagining the effect causes the effect to come about was sparked off by a conversation with Jouni on another thread. We were talking a lot about mental spasms and what I term: travelling projection. I was thinking it through a few mornings ago about how I could best explain what they were like. I was thinking about them and imagining what the spasms are like when I feel them.

Suddenly, I went from imagining to actually having.

The spontaneous nature of the effect startled me which brought me out of it. Though I couldn't reproduce them because of the feeling of excitement, I knew I'd hit on something. Being able to imagine the effect, in the correct way, actually causes the effect to come about.

That's where beginners are stumped.

A conscious-exit controlled obo beginner's prime difficulty is they cannot imagine what the effects of the various stages are **exactly** like. They can only imagine from the words people describe. And we all tend to interpret meanings of words slightly differently.

Seeing Imagery vs. Creating It

I feel there is always a potential problem generated from using some kind of "exit technique" like the elevator or rope-trick. Which may or may not be true in your case, but if it can be of help.....

My theory is that, at first, people imagine a rope or elevator and, because they are new to it, they are not really visualizing a rope or elevator: just the merest hint of one. Now, because these techniques can work so well they might get some early results. They suddenly think, "Wow, there's really something to this projection stuff". Which naturally gives them a strong encouragement to continue.

And here comes the pitfall: they think that by concentrating on the "exit technique" more, they will get better results. Because of this, there is a strong tendency for the person to concentrate on the exit-technique to the extent where they begin engaging in the mental act of creative visualization. Which, of course, is not Astral Projection.

Multiple Levels of Noticing

I don't meditate at all and I'm not actually sure what meditation is. People talk in conventional terms of achieving a "trance state" and I'm not sure what that is either. All I know is the more hurdles you place in your way the more difficult it will be.

Phasing pertains to a particular model of consciousness. It does not rely upon achieving any particular focus state relating to the Monroe model. Though there are often similarities in experience, and relating certain of these similarities to particular Monroe focus states such as F10, F12, F21 (i.e. the 3 most useful to beginners) can often be helpful, but it is by no means necessary.

My success rate is not something I measure. Phasing to F2 I'd say is 99% provided I can be fairly relaxed and comfortable. So if I were outside in a rainstorm and it was blowing a gale, then I'd have little chance. But lying in bed with no distractions, then chances of F2 are near certain. F3 is about 90% and F4 about 30%. It's not really any harder to phase from F1 to F4 it's just my familiarity with the F4 state is a lot less than the F2 state, because I have been doing it nowhere near as long.

I'm assuming you can fall asleep. In which case, next time you arrange to do so, go to bed an hour earlier than you would normally do and, rather than letting your mind just drift off, simply look within yourself and notice what goes on. You don't need to bother about what your physical body is doing, simply focus within yourself and let that take your attention.

You need to get your imagination working (this is a most important aspect) and create some kind of mental scene within your mind. Keep noticing it. Notice how the picture builds and becomes more lifelike the more you concentrate on it. Notice how your attention wanders sometimes, notice how the internal landscape changes. Notice how you are noticing yourself in the action of noticing. See yourself on several different "levels" of noticing. Notice how it often feels like there are several of you all noticing each other at once.

You need to get your senses involved within you. Notice how you can see things, hear things, touch things, have it all going on inside your imagination while you notice it happening. Then, at some point, your attention will become captured by it. You'll notice changes taking place, people will start talking to you and you will begin conversing back to them. Events will start taking place, they'll take on a life of their own and, for a short while, you will join in. Then, chances are, you will suddenly freak out thinking, hang on a minute, I'm not creating this!

You'll feel yourself "return" to the physical and you will be thinking back to a moment ago, when it was like you were in another world, a different realm of reality (because you were!). This is Phasing. It needs no trance, no meditation, no energy work, and no other "body". There is no feeling of separation, no immense fear, no "out of body" sensations, no vibrations, and no other weird feelings at all. All the while you feel like you are the same you, and all that changed is your environment.

It's all sparked off through the simple act of noticing together with a huge dollop of imagination as a kick-start. It's not something you sit and wait for, it's something you actively work towards achieving. People who sit around waiting usually a) get bored, or b) fall asleep.

While Noticing you must remain passive and free of Fear

The swirling colors sounds to me very much like the beginnings of the Monroe Focus 12 state. I tend to visualize swirling colors as well as I've mentioned before in my posts. If you were to do a quick search on "swirling colors" and "Frank" then you might find some pointers of interest to you.

As for the visuals you saw that morning a while ago. This is tantalizing because you offered yourself a demonstration of your abilities as "proof" you could do it. Yet when you try, in a sense, purposely, you can't make it work. As you have been trying for a while I feel I should make clear to you that this is how it tends to be all down the line. With me, even now, with every step I take there is reluctance. I want to do it, make no mistake, but there is reluctance. A mixture of doubt, and fear, of the "unknown". Many times I have taken a step forward wondering if this time might not be my "last".

Against the light of that, we human beings still insist upon making these discoveries. And so what we do is offer ourselves a little glimpse, we take a quick step around the corner to snatch a glance, and then step back double-quick to the safe ground we were at before. I feel that this is what you have done.

I took a quick glance once and was immediately hit by a blast of energy that sent me reeling at light-speed. It felt like every molecule, every atom, and every element of consciousness of my whole sense of being was being ripped to shreds. The only way I can describe it is like getting caught on a high-voltage power cable and having that current rip through your body, but have it done to you continuously, like you would never lose consciousness and you would never die. And that is how it was always going to be forever.

I got out of it eventually. After thinking about it for a while, I figured I had offered myself the very worst conditions I would ever have to face, and I had survived that, so what else is there to fear? Since that time, I've been a lot more confident in my ability just to let the experience flow. That's the key to all this, you have to just let it flow. Allow yourself to become it, as opposed to trying to go to it, or point to it, with some kind of "method". Just lay back and simply become it.

At which point people usually say, "Yeah, but Frank it's okay for you but when I close my eyes all I see is blackness. "Well, that is all I see at first! I think often that people are too hasty to discount these initial stages, and they just go off on some method.

When I close my eyes all I see is blackness. But I think the essential difference between me and a lot of beginners is when they close their eyes they are not really noticing. And that's another key to it... that of noticing self. I think people just get too wrapped up in methods and techniques, and it prevents them from really noticing themselves.

When I close my eyes all I see is blackness, which is normal. I'll wriggle around a bit to get comfy, maybe my knee is itching and my hair is tickling my ear or something. So I'll sort all that out and just concentrate on breathing gently for 5 minutes or so. Now, because I am noticing as opposed to avidly trying to perfect and follow some technique or method, my full attention is taken by the simple act of noticing.

I read a post today where someone keeps trying and they are saying about how they are concentrating upon holding their awareness outside of themselves, and at the same time they are concentrating on "raising energy" and doing everything correctly, and whatever... but nothing is happening. That's right, because all their attention is fixated elsewhere, whereas all my attention is fixated on noticing.

Noticing what?

Well, nothing at first, there's not much to see really but blackness. But then, after a short while, I may see that perhaps one part of the blackness is not quite so black. Perhaps there was just a brief flash of something, then maybe a sensation of a movement somewhere else. Maybe I just heard someone call my name. Hmm, that's interesting, I might think, I wonder where that came from. But I don't get too curious I just keep noticing. I might see swirling areas of not quite so black as the rest. I might see flashes of this and that. As I am offering myself these images, my attention is steadily becoming more fixated within.

As my attention becomes fixated within, from the act of noticing, at this stage I am not aware of my physical body. Part of my awareness realizes that somewhere in the background is a physical body, in bed, etc. but I have phased away from it. Before, the forefront of my awareness was my physical and 180 degrees turned around from that, in the background of my awareness, was the non-physical. But now there has been a "phase shift" i.e. a turning through 180 degrees. Now, my previous foreground (physical) is my background, and my previous background (non-physical) is my foreground.

This is what is meant by "phasing" because you cause a 180-degree Phase Shift between the non-physical and the physical. Monroe first coined the term as he was an electronics engineer and I graduated in electronics, before I got into technical authoring and then into publishing and marketing. But that's another story. Anyhow, what I want to say is because I understand electronics, I understand

where Monroe was coming from as he was picturing it like it were two voltages, 180 degrees out of phase with each other. Hence he coined the term Phasing.

But I guess people generally have difficulties picturing two voltages 180-degrees out of phase with each other. So, instead, imagine a revolving door that is the entrance to a building. Any old building, it doesn't matter.

You are standing outside the building. So the "outside" is your reality. You are aware of a reality that exists inside the building, but is closed to you by the door. Now, go through and turn the door 180 degrees and stop (oh, in case anyone doesn't know there are 360 degrees in a circle, so 180 degrees is half a circle). Now, you are inside the building. So the "inside" is your reality. You are aware of a reality that exists outside the building, but it is closed to you by the door. Now again go through and turn the door by 180 degrees, and stop. So now, the "outside" is your reality again.

Each time you go through the door and turn through 180 degrees, there is a 180-degree "phase shift" between your awareness of the outside and your awareness of the inside, in terms of your reality.

Okay, so as my attention becomes fixated within, from the act of noticing, this causes a 180-degree phase shift between my awareness of the physical (outer) and my awareness of the non-physical (inner) sense of reality. So from then on, I continue to notice anything that may come about. I'm not all that curious, I'm not trying to make anything happen, I'm not enacting some kind of method or technique, I'm simply looking within and noticing what is taking place, and the act of doing that is focusing my attention.

As a person focuses their attention within themselves, through the action of noticing, they allow themselves to view "snippets" of other dimensions of reality. This action is translated objectively as the perception of flashes of all manner of this and that, random images that come and go, all kinds of spurious sounds, and so forth. Doing this is the equivalent of quickly taking a peek around a corner to snatch a glance, as I said earlier, then we step back double-quick to the safe ground we were at before.

As regards yourself, Captain, it would appear that you are comfortable in offering yourself a glimpse of "swirling colors" but you are not comfortable in accepting a full-on awareness such as you offered yourself before. Perhaps you offered it to yourself to have a kind of "carrot to the donkey" effect, which would stimulate you into progressing in a particular direction. What I would suggest is you follow the simple "noticing" exercise and see what other basic images you will put before you. In other words, put the idea of repeating the main experience aside for now, and keep it really simple.

I think, ultimately, what people who follow the Phasing approach need to be realizing is: the other dimensions of reality only seem to be objectively separated. But in reality, there is no separation in consciousness. We place a veil between the place we call "here" and the place we call "there" for the purposes of our experience. However, all these dimensions of reality are all affecting, entwined, and exchanging energy with us within every moment of our existence! It's just that we objectively CHOOSE not to view this action.

By following the action of noticing, what you are basically saying to yourself is: "Okay, self, I would like to objectively choose to view this action for a while."

Patience – Don't Try Too Hard

If I concentrate on anything it is allowing myself to be still.

Right now I'm imagining an orchestra and the conductor is doing his thing and he is leading the orchestra to the point where there is about to be a beautifully romantic violin solo. Ever so gradually each section of instruments will fade away. Yet there will be a common musical thread that has been sewn into the music that you know will be left for that one violin.

That is how you shut down your mind. It is a graceful and gradual process. Yet I fear what people do is concentrate hard on blocking-out stray thoughts. But doing such a thing is very self-defeating.

I guess patience is a key factor as well. When you feel vibrations - what happens then? it is usual to use an exit technique - do you just suddenly find yourself in the Astral straight after the vibrations, and without doing anymore? How do you know when you are there?

Patience is THE key factor. Any feelings of frustration, despair, anger, and such like, are a DIRECT BLOCK to projection.

It's funny how you ask about what happens because I was practicing exiting the physical in various ways and seeing what the effects would be. Okay, here's what typically happens to me when I go direct to the Astral.

The vibrations begin and they last for about 3 seconds. Then there is a feeling of an intensification of energy and immediately I lift up for a split second and then... whoosh... I accelerate RAPIDLY upwards and forwards. The degree of acceleration I would estimate is that of accelerating from a standstill to 100 mph in about 1 second (I used to be into drag-racing). In a vehicle you feel a push in the back... travelling to the Astral I feel more of a pull from the chest.

After which I end up in some Astral place or other and begin interacting with my surroundings. I have not yet developed the skill to control the process such that I can determine exactly where I will end up.

But this morning I was concentrating on projecting progressively more slowly.

If when the vibrations begin you just turn around and kinda flop out of the physical, you end up in the RT zone. But what I found was, if I do not whoosh-off fast enough then I drop back down into my body. I tried what must have been 6 attempts at slowing down the acceleration at the exit. But each time I quickly fell back. Also, I found the attempts were very draining, energy wise.

In my final attempt I left the physical but, as I dropped back, I spun sideways and landed across my wife. This had a very unusual effect, to say the least!

In my sense of conscious-awareness I actually felt like I had landed across her body *exactly* as if I had done such a thing in the physical. Now, a very strange thing happened... we spoke. In fact, she told me off! She actually started cussing me about taking up her side of the bed. Which was very confusing I have to say. Especially as she remembered not one iota of the experience.

I would still like to know whether your method can be reliably used to project during the day from a

sitting position, rather than just early in the morning?

I have no idea because I only ever project early morning, sorry.

General thoughts on Phasing

That's the time I project always, early morning. Got into it quite by accident, as I have never been a "night person". Hence it's rare for me to be up beyond 9.30 - 10pm. As such, I naturally awaken around 4am.

Years ago I'd spend 2 or 3 hours studying then leave for college. When I first came across the concept of obe, I naturally used this time for my new-found obe studies.

From my own research, I found there are distinct projection processes.

For years I would experience heavy vibrations, before shooting off like I'd been blown from a cannon. Then I worked on modulating these vibrations, and found doing this caused varying projection effects.

Nowadays, I hardly ever feel any vibrations at all. Ever since I became fascinated by Monroe's concept of "phasing in" to the Astral.

You see, Monroe was one of the most experienced Astral travelers there has ever been (to date) yet he mentions not one word about chakras; energy-raising; devils; negs; et al. No lying there for hours doing body-circuits and the like. Nope, just a simple "phasing in" and there you are.

So I began trying to work it all out; on the basis that if he could do it, then it must surely be within my capacity to do also.

Now I found that if you allow your focal point of awareness to drift to a certain area of the brain, you place yourself in a state that Monroe describes as, "mind awake, body asleep".

While there are several interpretations as to what Monroe actually meant by this, and there are commercial factors that come into play, I found (from teaching myself to achieve Focus 10, from using the Gateway Wave-1 CD) there is a point where you can leave the physical behind completely, yet you are not yet projecting within the Astral.

From this stage, all you need is a little mental "push" and the Astral will come into view. From which point, you just mentally "step into" that view and you become within the Astral proper: with no vibrations, no falling sensations and/or feelings of shooting upwards.

All of which is ever so easy to say, but I find it's a darned *tricky* mental balancing act to perform.

On the Balancing Act Required to let the mind drift yet remain somewhat aware

It's not the actual act of climbing the rope that causes you to project. All you need is a little meta-physical imagery to keep your mind focused while your physical-body drifts off to sleep. And that's basically all there is to it: you keep your mind focused while allowing your physical body to go to sleep.

The way you keep your mind focused is to set it a little task. It just so happens that imagining climbing a rope has been effective for many people (including myself when I set out to learn how to project into the RT zone). But you could try any number of things. People have suggested climbing a ladder, or being in an elevator... there is no limit to what you can try.

So I would say that if imagining climbing a rope doesn't work for you, simply find something you can imagine that does work. You don't need to imagine in too much detail. In fact, the act of trying to imagine in too great a detail keeps you grounded in the Physical more than anything.

I have experimented with imagining all kinds of things. One of the best that works for me is imagining taking something apart and reconstructing it. I come from an engineering background so doing such a thing holds a particular resonance in my case.

Another one that I found particularly effective I formed from an idea about a classic children's toy. It's the one where you have a wooden base (well, these days it's usually plastic) with cutouts of basic shapes, i.e. square, triangle, circle, etc. The child has a bag of these shapes and they have to select the correct shape that matches the cutout. All you do is imagine doing that for 10 minutes or so and you should find your physical-body simply gets bored and drifts off to sleep.

As I say, in a nutshell, all Astral Projection involves is being able to allow your physical body to drift off to sleep while retaining your mental focus. The reason why this is SO darned tricky is because people are generally in the habit of being in the Physical when their mind is alert and focused.

If you observe yourself going to sleep you will notice that the further you drift off, the more your mental focus dissipates. In actuality, however, it's the other way around. In that you are drifting off deeper into sleep precisely because your mental focus is dissipating. If you arrest the progress of this dissipation, by focusing your mind again, you feel yourself come back to Physical. And that's the habit most people are into: allow mental focus to steadily dissipate - drift off to sleep... gather your mental focus and concentrate - come back to Physical.

That's why Astral Projection is a tricky mental balancing act to perform. Because you have got to gather your mental focus and concentrate, only you don't want to come back to Physical. Which is what you are currently in the habit of doing. So the question arises: how can a person still retain their mental focus and concentrate, yet not have the act of doing this keep them in the Physical?

The answer is to set the mind a little task. A task that, on the one hand, is not too complex, thus needing high levels of focus of the kind that keeps you bound to the Physical. But on the other hand, is not a task that's wishy-washy to the extent where it cannot resist the mind's tendency to dissipate its focus during the normal act of drifting off to sleep.

Focal Point of Awareness - Don't Try too Hard

Adrian, please understand that you do NOT have to imagine to such a DETAILED extent. If you keep on

doing that, chances are, all you will become is an expert at creative visualization... rather than an expert who can fly around the Astral planes at will.

If you concentrate on holding a fixed point of awareness, either within or without, doing such a thing will occupy your consciousness and keep it firmly rooted where it normally resides (while awake) which is behind your physical eyes. As such, you will never get to connect your headphones.

Simply let your eyes roll back and allow yourself to create a vague notion of your conscious awareness just drifting up through the top of your head. Be very gentle about it. Think of it softly, and not in any kind of real detail. Just let the natural process take over.

You see, that's the big stumbling block. That's what I have realized through my interaction with this BBS. People try too hard to have a conscious-exit obo. Once you start imagining, in detail, and doing things like trying really hard... it scuppers the whole process!

It's like people get trapped in a Conscious-Exit Catch 22.

The only relaxation consideration you need is to give yourself the once-over; in the sense of asking questions like, "Is my head supported?" or, "Am I warm enough?" and stuff like that. You need conditions such that your physical body feels basically comfortable and will continue to be so for some time. That is all.

You don't want your physical arm having its circulation restricted, for instance, otherwise you'll be pulled back. Which is a bit of a waste of an experience; for something you could have spent a few seconds sorting out at the start.

As for your breathing, just let it happen naturally. But it must be through the diaphragm. Maybe you know this already, but if not then there must be information galore on the Internet. Breathing through the diaphragm is how everyone should breathe anyway, as it is far more efficient than trying to raise your whole chest cavity with your lungs every time you breathe in.

The whole physical portion of the initial experience serves nothing more than to confirm that your physical body will just go to sleep and stay there! Believe me, there is nothing worse than enjoying a fantastic Astral experience, only to have your physical body pull you back because of some petty problem... like... the room is stuffy so you sneezed a few times, or whatever. It's a complete PITA.

In spite of the precautions outlined, your physical body will **still** pull you back, and seemingly for no reason. So you need to minimize this as much as you can. With me, it has now got to the stage where when I feel this familiar poking on one or other of my shoulder blades I think, "Oh no, what is it this time." So I return saying, "What now?"

It may be the dogs have been barking, or my wife got up to have a pee, or whatever. And it always seems to happen when I'm having a most fantastic Astral experience, that's SO totally out of this world... and

the physical pulls me back because it's a little too hot, or a little too cold, or there was a strange noise... or a myriad of other things that - at the time - when compared to the experience you were just having, prior to the recall, seem just SO totally irrelevant.

So please try doing as I suggest and let me know how it goes. Nothing is going to happen overnight, obviously, but what you need to happen is: you'll be lying there and for a moment you thought, "What was that?" Like you heard some kind of sound, or a tiny flash of light, or whatever. It was just something that kicked your physical eyes back into focus. And when that happens, you KNOW you are on the right track.

Focal Point of Awareness and Relaxation

No, I'm not saying that at all. You do not "need" anything to project. Any physically and mentally normal person already has everything they need in order to project.

You see, these days people are suffering Astral Information Overload. Problem is, commercialism is taking over; books need to be sold, pages of information need to be created, and so forth. Marketing works because, in essence, it fools you into thinking you "need" some "thing" in order to be a better person, say, or to make your life more secure, or whatever. Advertisements play on fear and greed and all kinds of circumstances and emotions so you'll keep buying and buying and buying.....

But don't get me wrong, I do realize where you are coming from. I just want to make clear the big mistake I see people making, time and again, is they think they need some "technique" in order to project. No, the act of projection is a totally NATURAL event.

However, what you DO need (or at least what most of us seem to need) is relaxation coupled with a little meta-physical imagery. So as to kick-start the process of bringing ourselves to the mental point where projection WILL happen (NOTE: The key word to remember here is "little").

Have you ever noticed that the sexiest pictures of women, the pictures that really stimulate the most, tend to be the ones where they are NOT fully naked? That's because they tantalize the mind and stimulate it into developing elements of creative fantasy in order to "fill the gaps". Which, in turn, can very quickly stimulate an erection.

So the million-dollar question is: How can we "tantalize the mind" into stimulating projection?

Okay, the first thing we need to do is to simply relax. Not relax in any particular way necessarily. No, all you need is to simply do nothing more than just lie down on your back and relax... what could be more natural than that?

But what has happened is, the marketing-boys have latched onto this and have provided us with an amazing plethora of so-called "techniques"... "Buy my latest Power Technique... No, buy my Super-Power Technique... Hey, over here, I've got a Super-Power Technique that doubles as a 10-Minute blah, blah,

blah, Technique all rolled into one... No, listen to me, I've got the latest Advanced Super-Duper Power Two-Minute Projection Blaster... and if that fails, next week comes the very latest Projection Blaster!! that's guaranteed to relax & project more than any other, or your money back!"

And so it goes on, ad nauseum.

I was flipping through Astral Dynamics yesterday when I came across a section where problems had occurred from using the Rope Technique. One person ended up with a pile of rope on the floor; another kept hitting the ceiling, and so forth. What these people have done is to develop (or perhaps they already did have) brilliant powers of creative visualization. But that is all they have done.

Alright, maybe having such an attuned creative power will come in handy in their physical life. Especially if they are a designer of some kind. But it is not at all necessary for Astral Projection. In fact, I maintain that it can quite possibly interfere with the entire projection process.

Projection occurs when you shift your focal point of awareness from behind your physical eyes and move it upwards to the point I described in a previous post to this thread. That is really all you need to do.

Your focal point of awareness is simply the part of your brain that gives you the five physical senses of smell, touch, taste, hearing and eyesight. Plus, it allows you to think about things and to remember events.

Right, so inside the front part of your brain, about where I told you to imagine the red dot, is a portion of the brain that has the ability to see the Astral region(s). Imagine that the Astral regions are the VHF FM waveband (in the UK it's 88 to 108 megahertz) and that the portion of the brain I'm telling you about is an FM radio. But also imagine that this radio has no loudspeaker - just a headphone outlet.

So now imagine a situation where the radio is switched-on and tuned to a station; and you are standing next to the radio wearing a pair of headphones. But the headphones are not plugged in. In other words, the radio is receiving and playing a signal; and you are standing there with everything you need to hear it; but you can't actually hear anything... until... you do the simple act of plugging in the headphones and bingo! Instantly you hear the station.

In the physical body, your focal point of awareness are the headphones. The part of the brain that connects to the Astral is the switched-on radio. When you shift your focal point of awareness upwards... you plug in the headphones.

It really is that simple.

So just lie back, relax, and imagine making that connection by using a little meta-physical imagery. You can climb an imaginary rope, or imagine putting your sense of physical awareness in an elevator, or anything like that will do. The simpler and the plainer it is the better.

Also, and this is HIGHLY EFFECTIVE, let your eyes roll back so they are looking upwards. You see, this is SO HIGHLY EFFECTIVE because your focal point of awareness, when you are awake, tends to follow the eyes. Point the eyes up, and your focal point of awareness goes...

At first, you may experience stress in the eye muscles. So relax them until the strained feeling goes away and try again. Try to concentrate on not physically holding the eyes up. Just let them roll back naturally. Which they WILL do after just a little practice.

You know when you are doing it right, because there will come an instant when suddenly you thought you heard something; or maybe you thought you detected some kind of shadow or movement. At which point the eyes will try to look. Which will have the effect of immediately halting the process. So you will have to start again. This may happen quite a number of times at first, but at least you will know you are on the right track!

So please, as a little experiment, put aside all thoughts of using any kind of technique. Simply lie back, gently relax, and let your eyes roll back and imagine your awareness drifting upwards. It is important that you take things very slowly, and handle your mind very gently. It is rather like if you were physically handling a new-born baby. Think of the protective gentleness you would feel towards that tiny new-born soul. Now imagine the same thing, but in mental terms.

Please always bear in mind: YOU CANNOT "MAKE" PROJECTION HAPPEN!!!

Successful projection is all about creating the right circumstances where you simply let it happen. Understand that conscious-exit projection is a gentle and graceful process. The slightest hint of any kind of mental harshness totally scuppers the whole thing!

Getting Rid of Tension

Ashfo, I don't actually do any progressive muscle relaxation such as tensing and releasing. To my mind, that would only concentrate my sense of conscious awareness on the physical body. All I do with the physical is to simply lie back in a comfortable position, with my head and neck supported, etc.

From my interaction with this BBS, I have discovered that if you move your focal point of awareness around various areas of the physical body you can excite "Chakras". Doing this can give you all kinds of weird and wonderful sensations... but this is not Astral Projection.

For successful conscious-exit obe you have to simply let go of the physical entirely. In a nutshell, what you have to do is initiate the natural bodily sleep-reflex, but keep your collective sense of conscious awareness switched on.

A lot of so-called projection techniques I read about tell you to go around the physical and concentrate on releasing muscular tension by various methods. To a certain extent this will work; in that releasing muscular tension has the effect of releasing tension in the corresponding part of the brain.

However, it is a whole load more efficient doing it the other way around. First, because you are going direct to the root cause of the tension and, second, you are concentrating your awareness *away* from the physical body.

To my mind, it is somewhat self-defeating (well it was for me) to set off on a process of "letting go" of your physical body, by first concentrating your awareness on it. The way I see that, is it's like you want to drive a hundred miles south of where you live. So you set off driving two hundred miles north then turn around.

Okay, not everyone will agree. But all I am trying to do is give people the benefit of my experience FWIW.

The dilemma is, that tension in the physical body IS a direct bar to successful conscious-exit obe. So the question arose, "How do I release tension in the physical body without actually concentrating my awareness on it?"

This question led me to make an important discovery (with a little help from an Astral guide and from something Monroe said on the CD). The important aspect, I discovered, is that muscular tension in the physical (provided you have no injuries and the like) is *directly* caused by tension in the brain.

I only came across this fairly recently so I am still experimenting. But I have extended my squashy-ball method, that I spoke of on another post, and I am practicing taking my focal point of awareness into places that I perceive as small areas of the brain, in the front upper region. This has given some startling effects.

As I say, I have only recently began doing this so it is all a bit hit and miss, at the moment. The other morning I happened to hit on a place that has the effect of instantly switching off the physical. This morning I felt some place and it was like my physical body started vibrating, quite violently as it happened. Which took me completely by surprise and threw me back into the physical.

At another place I began seeing flashes of light and colour and, next moment, I'm standing on the Astral. Which again took me so much by surprise I jumped back into the physical. You see, normally I begin seeing stray energy and then the Astral scenery gradually comes into focus. But this was instant, which will take a little getting used to.

This is what I think Monroe was doing when he talks about "phasing in" to the Astral. There was no spending hours doing all kinds of muscular relaxation stuff, or energy raising, or meditation, or anything like that. Instead, he simply made himself comfortable and just moved his focus of consciousness to a place in his brain that immediately switched-off the physical and made contact with the Astral (at least I think that's the theory).

The big question is how?

And how I wish I had a clear answer, but at best it is all a muddle. Consider also that Monroe could even "phase in" to the Astral whilst physically awake... which is another great can of worms to chew on.

Why it's Important to Relax the Eyes

In the early days the moment I'd see an image in mind, my physical eyes would suddenly "wake up" and try to snatch a glance at whatever it was. Of course, that would zap me right out of the state I'd just spent 30-40 minutes developing. I've said before that often I'd feel like gouging my eyes out in frustration. :)

A key to all of this is getting the physical eyes to relax and soften. So you are not actually looking out of them anymore. When you first close your eyes, you'll still be looking out of them. So you need to let them relax so they just hold still in whatever position they feel comfortable. Mine tend to drift upwards and there is a point of rest that they naturally go to that is the same each time.

This relaxing of the eyes, coupled with the relaxation of the physical body is what allows the focus of attention to move away from the eyes so you can change your mental focus of attention into your mind. The physical is our Primary Focus so you need to try to seduce that focus of attention away from the physical, as I was talking about in a couple of posts over the past week. Once you break the connection to the physical, you are free to look into your mind. As I say, that is when the lights come on, in a manner of speaking, and all kinds of weird and wonderful imagery comes about at the beginning of Focus 2. If you wish, you can pass through this stage and reach Fz, which is your gateway to Focus 3. Fz is Focus 21 of the Monroe model and Focus 3 encompasses Monroe Focus states F23 to F27 inclusive.

What to do in Focus 10, and what to watch for

The actual effects of the focus 10 state do vary from person to person. But the common factors are that you "become" within your own mind in a kind of twilight zone between the physical and the start of your own mind proper. The physical is "back there" somewhere. You are totally free of it and free to simply wander about in a kind of 3D space "within your head" so to speak. This is focus 10.

At focus 10, your body is NOT just very relaxed that you cannot feel it and you are perhaps seeing images in your mind that are grabbing your focus of attention. No, there is a definite shift, a definite withdrawal of your focus from the physical into your own mind. As your focus shifts, you feel it distinctly. The preliminary state, the feeling of being very relaxed and having your attention focused inwards is focus 3. At focus 3, you are still very much "in" the physical body but you have, in a sense, "forgotten" that you have one. Because what has happened is, your attention has turned inwards and you are now lying back looking at all the pretty patterns and things that a person typically offers themselves.

But at focus 10, there is a definite shift away from the physical. You are free to roam about within the 3D space within your mind. You have "stepped into" your mind, whereas at focus 3 you are in the position of looking into it after having turned your attention inwards. In other words, at focus 10 you have "stepped into" the area where you were looking at before at focus 3.

The other thing I think you are getting to grips with now is these focus states are something you have to mentally "reach" for. I think the modernism would be being "pro-active". You need to fuel it by looking ahead and anticipating with a high degree of expectation. But at the same time you can't force it. It's a

tricky kind of mental balancing act.

Why Use a Rundown? To get to Focus 2

The mind should not be clear of thoughts. I'm not sure where people get this idea. It's probably through some kind of meditation something or other. You need to create a mental rundown in order to make "the switch". Reason being, your imagination is held within Focus 2 of consciousness. This is the area where most people dream, or act out some other construct such as "astral projection", and a whole load of things besides. They all tend to be actions that take place within Focus 2 of consciousness.

The approach I suggest uses Focus 2 of consciousness as a kind of "launch pad" to take you to other areas of consciousness. In particular Focus 3. This is where the fun stuff takes place. Anyone wanting "proof" about "life after death" and such like needs to project to Focus 3 of consciousness. You can project direct to Focus 3 of consciousness but beginners have to begin somewhere and I believe it is far easier and far more understandable for beginners to comprehend the transition to Focus 2 first. Then use this as a launch pad to Focus 3.

So it doesn't just help to use a technique like Sarah described, the whole transition is formed on the basis of it. Otherwise how are you going to make the transition?

You can try "coming awake" within a dream and then attempt to Phase-shift to Focus 3 of consciousness, but this is unreliable due to the fact that no matter how hard you try, most people simply cannot quite "come awake" to the extent necessary to make a controlled transition. So what we do, in effect, is create a highly controlled and highly conscious "dream" if you like. Where you find yourself stepping into your "dream". But you do that fully conscious and fully knowing exactly what it is you are doing. This puts you right in the middle of Focus 2 of consciousness.

Here you have two choices:

- 1) you can go and fly around, and revel in your belief constructs about whatever it is takes your fancy. Have an astral projection experience, or experience any other belief construct you happen to subscribe to... or...
- 2) you can transition to another area in your consciousness continuum.

If you want to step outside of the typical traditional mystical experience, then you need to transition to Focus 3. This is the essential difference between what Monroe was typically experiencing in his later work, versus the people who subscribe to the more traditionalist views.

If you are having thoughts that turn into dreams then you are not creating an absorbing enough rundown for yourself. Or you are trying when you are too tired and ready for sleep, or a combination of the two. If you get bored in your rundown then simply make it more interesting for yourself.

Focus 2 is the Gateway

One of the problems with making posts to a forum is replies tend to get fragmented and people start losing the thread of the process. This is why, I'm sure, people have been calling on me for a while to write a book, and why I too have wanted to: because it presents the whole approach in a seamless

fashion.

Everyone is different, but we have events in common. Now, if you create a rundown of sufficient character for yourself you will be able to step into it. But just because trampolining works for one doesn't mean to say it will work for another.

That's the big problem with the climbing the Rope idea that was first presented by Sylvan Muldoon reiterated later by Robert Bruce. As a mental rundown, it's a great idea and it happens to work well for some people. But ever so many people have reported problems with it. This is unfortunately what happens when you adopt a one-size-fits-all approach. So as I've said a number of times, you need to adopt a mental rundown that has all the qualities of engaging the senses, but not something so simple you get bored and not something so complex you lose the thread of it. Once you hit on it just right, that's when you'll step into it.

But having said that, you don't actually have to step into your rundown absolutely perfectly. We need to take a little step back here and ask ourselves why are we creating this rundown in the first place? Reason being we are wanting to help ourselves make "the switch" from Focus 1 to Focus 2 of consciousness. The mental rundown we create is simply to aid us in doing that. But the stepping into our mental rundown is not the end point of the exercise. It is merely an aid to the transition between Focus 1 and Focus 2 of consciousness.

After a while you should be able to find your internal "connection" I mentioned on another thread yesterday. Think of the rundown as using stabilizers on a bicycle or using some kind of buoyancy aid while learning to swim. The ultimate aim is to be able to ride or swim without the aids. Well, our ultimate aim is to be able to simply relax and look for that place in our minds and make the switch.

I would say you are actually making good progress considering you have only been practicing 2 weeks. You are already at the stage where you are making your connection with your wider self. You say you got some really strong images and moving scenes. Well, that's it, you are making that connection. I've said many times there is no real difference between a dream, a lucid dream, or a typical astral projection style of experience. All these events typically take place within Focus 2 of consciousness. All that changes is your perception and the expectations of your experience.

Again, what we are attempting to do in the creation of our rundown is to formulate a highly controlled lucid dream. Only a lucid dream where we are absolutely awake and alert at all stages in the process. If you catch yourself dreaming you will typically become lucid. Someone may ask then what is the difference between having a highly lucid dream and stepping into a mental rundown? And the answer is, essentially nothing.

The problem, however, is dreaming is a slightly different action that takes place within the same area of consciousness, Focus 2, but it is not exactly the same action. You will find that in the case of a lucid dream, you will have rather a lot of difficulty becoming conscious enough to the extent necessary to make a reliable switch to Focus 3. You will no doubt have a great experience. Reveling within your own mind, flying here and there. But typically coming awake within a dream is not the way forward. If it were, everyone would be doing it already as having a lucid dream is one of the most popular Focus 2 experiences.

You need to enter Focus 2 absolutely consciously for this to work reliably. So we create the mental

rundown while being awake and alert within the physical but with the physical body totally relaxed and out of the picture. This is the Monroe MABA state or Focus 10. There is no direct correlation between the Monroe focus numbers and Focus 2 of the Phasing Model. This is one of the two main reasons why I changed to using the Phasing Model. Focus 2 of the Phasing Model I would describe as a wider Monroe Focus 12.

Once a person starts getting into this, they will realize that following the Monroe Model you more or less skip Focus 2 entirely. The Monroe focus 12 leads through focus 15 onto focus 21, which is the 3D Blackness stage. Here you are at the “junction” let’s say between your own individual areas of mind (Focus 2 of the Phasing Model) and the Transition Area, which is Focus 3 of the Phasing Model or Monroe’s focuses 23, 24, 25, 26 & 27. Or the equivalent of what Bruce Moen followers call The Afterlife area.

This does beg the question if our own goal is to switch to Focus 3 and the Monroe model leads more or less directly to Focus 3... then why not simply use the Monroe model?

You can, there is nothing stopping you.

However, as I’ve said a number of times, making that direct transition to Focus 3 is tricky. I always maintain that it is far easier for people to first make the switch from Focus 1 to Focus 2 and then decide what they want to do. Energy work is far easier within Focus 2, for example, you only have to think about firing off some energy centre and it starts buzzing away merrily. Just this morning, for example, I was floating around in Focus 2 just firing off energy centres and having them buzz merrily away, while giving myself ideas about a section I am writing in my book.

As I was saying on a post yesterday, we access Focus 2 from the physical all the time. Our memory and our imagination are contained there. So anytime you remember something or imagine something you are accessing Focus 2 of consciousness. This is why it is the easiest transition to make. And we also make this transition upon sleep, of course, although sleep is again a different action in consciousness. But it is primarily an activity that involves Focus 2 of consciousness.

Now, bearing all that in mind, you say that you were about to give up for the evening and you got a series of really strong images and moving scenes. One was of you inside a train carriage and looking out at some mountain range. Then you say you were not sure if this was the beginning of a lucid dream, or maybe a Focus 2 experience...

There is essentially no difference.

If you were still aware of being in the physical at the time of having these images then you were experiencing an F1/F2 overlay experience where you offer yourself an objective knowing of two different areas of consciousness at the same time. Typically, a person will be lying or sitting physical-body relaxed in the physical. They will still be aware of being in the physical to an extent, like, they haven’t fully stepped into their mind, but they will be having some kind of visions in their mind. This is a typical F1/F2 overlay experience where if you are seeing products of your own imagination it will be F1/F2. Or, typically, the people we call “mediums” will have an F1/F3 overlay experience, because these people (assuming they are genuine, of course) communicate to people in what is generally known as the Afterlife area.

This is what Bruce Moen teaches, for example. His Focused Attention method is essentially a method of teaching people how to have an F1/F3 overlay experience. But the way I do things is slightly different in that I teach you to actually step into F3 and have a walk around. This is a darned sight trickier but far more rewarding an experience, in my view. I'm not saying that to in any way denigrate Bruce Moen's work because his work is very genuine. He himself states quite categorically that the actual stepping into these areas is rather tricky, so he teaches people the easier option, if you like, which can be very rewarding. But there is nothing like fully stepping into the area.

So because it's rather trickier, we have to take a slightly different approach. That's why we first practice stepping into Focus 2 and we don't consider anything else until we can step into Focus 2 and then transition to Fz. This is what we call our base state and the ability to project to Fz reliably is the first main milestone in the Phasing process. In your case, you may find that the creation of a mental rundown stimulates an F1/F2 overlay experience. So the next step is to let the experience ride, enjoy it, and then learn to step into it. Simply concentrate on it and imagine stepping into it.

This is again how having a basic map of the structure of consciousness helps in knowing what is happening to you. One of my goals in publishing the book is a person having read it will be able to have any experience, or combination of experiences, and they will be able to pick out exactly what is happening to them. In other words, even though they may not be able to fully control the experience (yet) at least they will know where they are at in their consciousness continuum. Which makes the whole thing a darned sight less confusing.

Engage Your Imagination

In addition to what the Major has said, you need to be a little bit careful that you do not begin merely entering into a kind of creative visualization action. This, in Phasing Model terms, would be an F1/F2 overlay.

For example, I have an extremely vivid imagination. I can sit here now and imagine all manner of scenes "in my head" so to speak. But this is not making what I call "the switch", which is the action of transitioning your focus of mental attention out of Focus 1 and into Focus 2 of consciousness.

Your imagination faculty is situated in Focus 2 of consciousness. This is the area of consciousness where most people dream and have their basic "astral projection" style experiences, lucid dream experiences, etc. Focus 2 of consciousness is also the region where people meet all their devils and demons, and whatever else besides.

Now, knowing that your imagination is situated in Focus 2 of consciousness, what we do is create a little mental rundown that engages our senses within the rundown to the extent where it captures our focus of attention. As it captures our focus of attention we make "the switch" and kind of, go to "meet" our imagination.

So the idea is not to just simply remain in the physical creating all manner of pretty pictures in our imagination. What we want to do is to actually "step into" our imagination. Not just lie back and view it as if from a distance.

Generally, if a person is losing concentration in their rundown then they need to make the rundown more engaging, more captivating. I mean, provided your physical body is fairly relaxed. You could make

your rundown as captivating as you like, but if you were riding pillion on a motorbike then not much is going to happen in the way of making a transition. :)

That is why I tend to practice this only when my physical body is fairly relaxed anyway. After about 6 or 7 hours of sleep is my most common time and often I do it now about 2 hours before I would normally want to sleep.

If I want to be active, physically, then I get restless and give up. I can't be bothered doing it, I'll have a list of things to do and a full day and I want to get active and get on with it. So under those circumstances I would find it next to impossible because I simply want to be physically focused. But later on, when I've done all I can for the day, then that's the time to lie back, relax, and take a trip over to the other place and see what's what.

RVI and RPI

I allow my mind to become still and let my sense of conscious awareness drift upwards and forwards to what I recently named my Remote-Visual Interface (or RV-Interface for short). This is the spot on the forehead that mystics, et al, commonly call a "brow chakra". Once my sense of conscious awareness connects, I begin to see images in my mind. I found I can "step into" these images in the sense that I can walk around and look at whatever is going on. This morning I stepped into a street-scene. There was a road, lined with buildings, and populated by people. I found I could walk around and examine various bits of street furniture, etc.

In fact, it felt like I was on the Astral. But I had experienced none of my usual projection feelings, i.e. no vibrations, no feelings of shooting off at high speed, etc. Also, I did a little experiment where, during the experience, I thought about letting my sense of conscious awareness connect to my Remote-Projection Interface (RP-Interface) which I believe mystics call the "crown chakra". As I did so I began to experience familiar pre-projection vibrations - whilst I was actually within this state. So I was definitely not projecting in my normal sense of the word. What I also noticed is my physical body seemed to be in a different resting state. It was definitely more awake than it normally would be if I were projecting. To all intents and purposes it did feel like I was projecting because I could engage in my surroundings; and it felt totally different to what I would call a Training Ground experience, i.e. where the images are solely manifest from the viewer's emotional energy.

Shift focus passively to within Yourself

GS: Sorry, but I only just picked up on your last question of this thread.

I've tried all manner of different techniques and concluded that Astral projection is not about getting the right technique. What matters IMO is a person's sense of expectation; coupled with the realization their expectations are being met.

Somehow, a person has to begin passively observing what goes on within themselves. How they best begin to do that does tend to differ from person to person. This is where the "techniques" come into play. After a while, however, an automatic process takes over and "techniques" become unnecessary.

Bruce Moen explains it perfectly where he says that his Focused Attention technique is, in many ways, the equivalent to training-wheels on a bicycle.

The Astral is right on the Border of your Imagination

The place you are looking for is right on the border of your imagination. That's where the Astral begins. Discovering this was a *major* revelation for me. I used to think of the Astral as some place distant. Like I had to bridge a big load of space to get there. After all, that is what my (then) normal projection process felt like. But the connection was right under my nose all that time.

Focusing on a particular state Brings it About

I admit to not being all that well read Astral Projection-wise. The meta-physical imagery was placed in mind some time ago from a guide. Fact is, so very little of what I know has been worked out entirely by myself. Usually, all they leave me to do is fill in a few blanks.

It's like with my trying to learn how to navigate to specific areas. I was determined to work it out myself. But this morning I stood within the Astral and formally conceded defeat. Now I'm on the lookout for a guide who will teach me the ropes. But they want me to do some soul-retrieval as a trade for some juicy info.

What I am finding, more and more, is that going from Physical awareness to Astral awareness is simply a question of focus. In the sense that wherever you place your focal point of awareness, that place automatically becomes your reality. As you know, I tend to follow the Monroe ideology and I mulled over for ages about what he meant by the word Focus.

Yes, he is describing the various states, but why that specific word: Focus?

Then I realized that that is how it must have felt like to him. In that he focused his attention on that particular state and such became his reality. Then, for about a week, I was sore from the kicking I gave myself for not realizing that I use the phrase "focal point of awareness" all the time!

Monroe's term Focus is the same thing as my phrase "focal point of awareness". Then came realization that I was thinking about Focus 10 as some kind of feeling that came about from some physical-body process, and it's not that at all.

Focus 10 exists as an independent reality, it's not just a set of feelings that I create. Not only that, I found by using the meta-physical imagery suggested on the CD, I can simply project my focal point of awareness directly into the realm of Focus 10. (Rather than thinking about allowing it to rise to the top of my head and so forth.) As such, Focus 10 instantly becomes my reality.

The exciting news is, theoretically, it should be the same with *any* Focus level.

The Purpose of the Rope Trick

I think the best answer to your question might be to realize what part the rope-trick is actually playing in the general scheme of things. First, the act of actually projecting within the Astral is a natural bodily reflex. Basically, you place yourself in a particular state which activates this reflex.

The way the reflex is activated is by placing your focal point of awareness at the top of your head. Which is all you really need to do. So the question arises, "How do I get my focal point of awareness to the top of my head?" one effective answer to that question is: by using a little meta-physical imagery to kick-start the upward transition. And that is the part the rope-trick plays.

However, there is a major pit-fall, which is: if you begin to concentrate on actually climbing the rope, and visualize the process in too much detail, then what you start to become involved in is an act of Creative Visualization. Which, of course, is not Astral Projection. In other words, your focal point of awareness becomes the act of climbing the rope. Which means it will remain stuck usually at a point behind your physical eyes.

In your case, I feel you don't need the rope-trick at all. I also feel, considering the point at which you are at in the projection process, it may well be scuppering your projection attempts. I very much doubt the voice you heard was your imagination. Plus, if you are absolutely sure you saw the figure in your mind's eye, then you should definitely not be doing any kind of rope-trick at that point.

The "Trance" draws a Veil over your Outer Awareness

No, I don't like the term "trance" either because it puts beginners off by confusing them. I know only too well as it first confused me completely.

At the point of projection, you are fully aware of everything that is taking place. To my mind, you are in anything but a "trance".

Trance, to me, means being under some kind of hypnosis. A state where you are not really aware of what is going on. Then someone clicks their fingers (or whatever) and you suddenly snap out of it, wondering what happened.

The way I would describe it, it's like a veil has been drawn over my sense of outer awareness.

What happens is I'm lying on the bed, deeply relaxed, such that my surface thoughts are non-existent. However, there is still a portion of my conscious awareness that can sense the physical world outside my body. Even though my mind is still, and all is calm, there is just this fraction of a tiny something that is aware of the physical surroundings.

Then, a veil is drawn over this "something". At that point, there becomes a fixed point of consciousness that is entirely within myself and I am no-longer aware of the "outside world".

This fixed point of consciousness absorbs every ounce of my attention. It seems like everything I am experiencing or thinking stems from or is concentrated upon that fixed point inside myself. But I am still fully conscious. At this point, I've stopped rope-climbing or whatever method I'd been using to bring myself to that state. Then, an instant later the vibrations begin; followed by a feeling like being in an elevator; then off I go.

The Subtleties of Projection

I imagine if you were forcing yourself to arise by use of an alarm clock then it would perhaps be beneficial to get out of bed and have a small cup of light tea. This would raise your awareness enough so that you don't just fall back to sleep. The reason I say this is because on the rare occasion that I do go to bed late, I still seem to awaken at around the same time due to sheer force of habit. But when I start to try and project, more often than not, at the later stages in the process I automatically roll on my side and go to sleep without realizing it.

Okay, so I naturally awake, have a little stretch, then lie on my back, arms by my side with elbows slightly bent, and hands resting naturally either side of my hips. Please understand you don't need to follow this robotically! If your hands feel more comfortable with your elbows straight, say, then fine. What I do feel is important, however, is that you are lying on your back and your head is supported. Reason being I've found it virtually impossible to project when lying on my side.

Then you let your eyes roll back and imagine your sense of consciousness floating upwards. Or use the ROPE method if you find that easier. All you need is a little meta-physical imagery to kickstart the process. But do please always bear in mind that it is not the meta-physical imagery, in itself, that makes you project. As fantastic and as surreal as it may appear, the act of projection is a natural bodily function. Just as we have natural powers of sight, taste, smell, hearing and touch: the body does have the seemingly magical power to naturally detect a level of existence we term the Astral. Not only that, we also contain within us the ability to project our sense of conscious awareness into it.

With me, depending on how I feel, I can project in 5 minutes or sometimes it may take an hour. This morning it took about 20 minutes. But around 3 times in 10 attempts I either get bored trying; or the dogs start barking at the foxes; or some other disturbance comes about, like, heavy rain pelting against the window, strong winds, or whatever.

The important thing is to concentrate on keeping your mind firmly affixed on the process. But don't think so hard! In analyzing what I am doing, on a step-by-step basis over the past week, I found that there is definitely a point where you can use TOO MUCH concentration.

What happens is, the harder you concentrate the more "it" resists you. Keep on doing that and all that happens is you get into a downward spiral. Which is where I suspect most people who try Astral projection and fail, end up. Please understand you don't need any kind of harsh concentration coupled with any real degree of fixed determination. We are not fighting a war here! Yes, you do need a little concentration, obviously, else your mind would simply drift. But, again, the key word here is "little".

Let's just say, for a moment, that the key to successful Astral Projection was imagining the right kind of "dancing" in your mind. But, let's also say, we had no concept of the act of dancing in the physical world. When I say dancing I mean simply human-beings dancing to music.

If you could imagine that one particular way of dancing in your mind... whoosh... projection would be ignited. But with no visual concept of dance, in the physical world, the only means of communicating the actions would be through words.

So say the correct kind of dancing you had to imagine was classical ballet. Now, the problem would be, we'd have a large number of people all thinking along the correct lines alright... but they are imagining being in a nightclub dancing to Rock 'n Roll.

Dealing with Blackouts is hard

This step, which entails switching from 2D vision, i.e. merely looking at the blackness behind the eyelids, to 3D vision (the switching on of Astral Sight) is a very tricky mental balancing act. Even now this step frustrates me. Like, the other morning I merely only had to think about the step and it almost right away came about. However, this morning I couldn't make the step at all after about an hour of trying... why?

That's the question I'm currently seeking the answer to. Why is it that some mornings it's virtually instant, where other mornings it happens but with varying degrees of difficulty. And there are times like this morning where I couldn't make it... why?

quote:

One thing I also noticed: I had these black-outs seem to hit me. This feeling where you start to black out, but then within a split second, your awareness returns back to where it was. Any particular comments on this?

Yes, I recognize your description and it is caused by failing to keep the right kind of mental focus (well it is with me). It happens to me when I let my sense of mental focus shift from a point that I sense is about the middle to upper of my head. If I just let it drift then I'll fall asleep. In a way this is a signpost that tells you the body is on the verge of sleep, and right at this point comes the tricky part.

As the body sleeps, out of sheer habit, it wants to shut down your sense of awareness. But you are lying there wanting to project. So you get this little tug-of-war going on where the body is trying to take away your sense of awareness, and you keep trying to snatch it back. Eventually the body will give in, drift off to sleep, and then you are free.

Confusion while Projecting

quote:

It may seem simple but I really don't know where to go or how to go about finding a locale where I can visit on a regular basis. Maybe part of it is the fact I still think I'm dreaming, but even then I often find myself searching for something I don't remember finding in MOST projections.

Chances are highly likely the reason for this is because you haven't yet brought your degree of realization ability, and sense of conscious awareness up to the requisite levels. At the very minimum, these two factors need to be at least at the same level a normal person would experience while awake and alert on the Physical.

3D Blackness

Problem is, experiences often differ between individuals and there sometimes isn't such a clear distinction between the various mental focus levels which Monroe tried to isolate and attach labels to.

I think I once went through a phase of thinking the 3D blackness came about at the Focus 12 state. But as I gradually slowed down the phasing process and got more familiar with what was happening, I realized there was a distinct shift in feeling between Focus 12 and the 3D blackness. Whereas, when it first happens, one moment there's a perception of all kinds of abstract shapes and then suddenly you are within the 3D blackness; not actually realizing you've just zipped through several inbetween states that each have their own characteristics.

My current line of thought, based on quite a lot of research I've done on this, now strongly suggests the 3D blackness comes about at the Focus 21 state. Which is what is generally termed the Astral bridge zone. Basically, at this point, you are right on the border between the 3 dimensional Physical realm and the 4 dimensional Astral realm. It is also the point at which thought starts to equal direct action.

I also found it interesting to note that many people from the Moen school think of the 3D blackness as a kind of portal where you can access anywhere within the Astral by the use of Intent. Which to me makes perfect sense as Focus 21 *is* the border at which thought begins to equal direct action. Which further reinforces the notion of the 3D blackness coming about at the Focus 21 state.

General Musings on Projection Technique

1) I like to have a couple of beers or a few glasses of wine in the evening which scuppers any chances of projection (well, for me at any rate). My projection time is early in the morning. Anytime from, say, 4am. But I tend to go to bed early. It's unusual for me to stay up beyond 10pm. I suppose you could try it anytime, provided you could relax fairly comfortably.

2) You are an amazing visualizer, Adrian. I couldn't even begin to do a tenth of the visualization actions you describe and with SUCH clarity and accuracy too!

All you do is let your awareness drift upwards. It will tend to follow the eyes anyway so please do practice allowing them to roll back. The idea is to give it an initial nudge, then it will continue of its own accord... if you can let it. But the ability to do that comes with practice. Which is fun to do because at least you know you are on the right track. There is nothing more soul destroying than doing a whole load of work and then realizing it was all to no avail.

It helps to use a little meta-physical imagery just to set the process off. Please see my new post where I talk about how I manipulated Mr. Bruce's ROPE technique to good effect. Also, I do not wish to appear rude, but I honestly would not know a "brow chakra" from a hole in the ground and I haven't got a psychic bone in my body. I've heard of these chakra points or areas. But I could never get my head around all the more esoteric mystical stuff. I find it all rather too complex to unravel, I'm afraid.

As your consciousness plugs into the area of the brain that connects with Astral matter, you should start to see visions in your mind. These visions are distinct from the stray energy you pass through at first. Last time, I saw was a golden coloured building. Other times I may just see wondrous colors.

Understand that, at this stage, the process is largely out of your control. So you do not have to think about questions such as, "How high do you visualize your consciousness rising?" And so forth. You only need the initial visualization "technique" or visualization anything... just in order to set the process off.

It's like DJ said in his post to this thread that he felt a rising sensation. That's the start of it.

If you can just let that rising sensation continue, it will mainly be automatic from then on. As you feel that rising, chances are you will begin to see all kinds of mental imagery. Stray energy, colors, shapes, anything. In other words, there will be lots of distractions that will almost certainly snap you back at first.

Once I could have sworn there was the head of a wolf pressing against me. It looked like I was staring into its left eye from about 5cm away. So I just looked at it, curious as to what it was and/or what it was doing. Sometimes it can be beneficial if there is some stable visual "thing" close by that you can concentrate on. That way, whatever is going on in the background is far less distracting.

3) My other post about my experiences with ROPE touches on the reliability question. You will remember more if you keep the experiences short. Which you must do at first. But before considering all of that, you need to work on getting to the vibration stage. Which is what happens if you can teach yourself to allow your consciousness to keep drifting once you feel it start. Then you can take the next step which is to learn to control things from then on.

Jo made a valued contribution to this thread about potential difficulties you have yet to face.

Thank you for your kind comments, Adrian, both in this and other posts. Myself, I am grateful that people have found my contributions useful.

It is the first time I ever made any contributions to a BBS on this topic. It was Mr. Bruce who put me in touch with you all. And I sincerely wish those of you who have yet to experience it, every success in your first projection.
