



**My Astral Projection Truth: What is Astral  
Projection and how to do it! By: Ryan  
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### **Introduction**

This document is your first step in learning to explore the non-physical environment through the use of a type of projection called “Phasing”. Phasing can be best described as falling asleep, but remaining consciously awake and aware while doing so. My goal for this book is to provide you with the basics of what you need to know to successfully perform this “shift of consciousness”.

To begin, there’s one thing you will need above all else, and that’s an open mind! I may say things which you don’t agree with or which may go contrary to what you believe, but please do keep an open mind with what I tell you. I don’t want you to believe anything I say as fact, nor do I want you to outright dismiss it immediately either. At the very least, I ask that you try out the exercises I provide and see if you can have your own non-physical experiences.

The concepts and ideas I speak about in this book are my conclusions that I’ve drawn from my direct experiences with the non-physical. Unfortunately, what this means is that the most my experiences will ever be to you are “beliefs” until you have your own experiences that either confirm or deny mine. Both stances

are more favourable to simply believing. That is why my goal is to get you to have your own experiences, so you may begin that journey.

Before we start I just want to say that my reason for writing this book is to provide you with information regarding astral projection which is as straight-forward with all mystical/magical connotations removed from it as possible, as I believe these old world concepts only muddy the waters and make learning astral projection extremely difficult.

I own and have read quite a few books on the subject of Astral Projection and the Non-Physical. Suffice to say that there is a good reason why it took me over 10 years to begin to gain a greater understanding of the wider reality and to see any progress at all. That's because those books are really, really confusing. They teach you the mystical, "old world" ideology of Astral Projection. It's an ideology that I feel isn't easily taught to modern people, especially to us Westerners. It's an ideology steeped in magical traditions and mystical hyperbole. I can tell you right now, you won't get that in this book.

What you will get in this book are direct answers, straight-forward exercises and the knowledge to know what you're doing, where you're going and how you're going to get there. I don't beat around the bush. I wish a book like this was around when I was first learning, that way I'd be much further along than I am now. However, I'm definitely no expert at this either. I'm learning alongside each and every one of you.

While practicing your projections you'll eventually run into some people saying "But you must be special in order to do this stuff!" I don't believe that for a second. I believe that Non-Physical exploration (aka Astral Projection) is not something magical or mystical. I believe it's something everyone is born to be able to

do. It is not part of being “human”. It is part of being a “consciousness”.

What do you need to bring forth this ability that we all have? You only require the desire to do it and the dedication to practice it. Once you have those, I can promise that you will succeed.

Before we start I am going to go into a few terms and ideas that I believe you should have a basic understanding of before going any further.

## **Basic Concepts of Phasing**

### *“Phasing”*

It was Robert Monroe who first coined this phrase and brought to light this method of projection. He began his experiences in the more usual way with what I’ve come to call the “classic separation OBE”. This is when you project yourself, seemingly out of your body and into the physical world with all the usual “separation” symptoms and feelings along with the possibility of experiencing the well-documented “Vibrations”.

There came a point after many years of projecting in this manner that Robert found that instead of going through all the trouble of having to separate himself from his body, that he could lie there and shift/phase his consciousness to focus it away from this physical reality and towards the non-physical. It was done in such a seamless fashion that he would be lying in his bed, he’d feel the shift, and then he’d be experiencing the non-physical.

You definitely don’t need any experience in order to experience this kind of projection. Fact is, as I mentioned in the first section of this book, you do this method of projecting each time you fall asleep at night, we simply call it sleeping and you do it unconsciously aware, meaning that when you experience the

non-physical in such a manner, you usually aren't aware of that fact.

Robert Monroe was an electronics engineer, so he tried to explain what he was experiencing within that paradigm. This is when he came up with the term "Phasing" to describe the action he was accomplishing. Along with Monroe, there was another man I stumbled across when I first joined an astral projection related forum called "The Astral Pulse" ([www.astralpulse.com](http://www.astralpulse.com)), his name was Frank Kepple. He's relatively unknown in the wider world of the astral projection community and I'd like for him to get the credit that he so deserves. It was directly due to his many posts on the Astral Pulse which was the catalyst for my own progress. Over the many years he posted there, he selflessly helped many members, teaching them how to access the non-physical.

*Here are a couple paragraphs that Frank, who coincidentally was also a retired electronics engineer, once wrote explaining the relationship between Phasing and electronics:*

*"Monroe was an electronics engineer by profession, and it so happens that I too graduated in electronics, so I understand where he was coming from when he talks about phase relationships. You can have two voltages present on the very same wire (you can have many numbers but for this example we'll have just two). To all intents and purposes, those two voltages are mixed, but at the same time they are separated. What separates these two voltages is the phase-angle relationship between them. Monroe used this phase-angle relationship idea as an analogy to describe the relationship between the physical or objective layer of consciousness, and the non-physical or subjective layer of consciousness. Each respective area of consciousness occupies the same area in "space" and to all intents, they are mixed but at the same time they are separated. So Monroe figured there was a 180-degree Phase Relationship*

*between the two areas of reality. To him, projection became a case of "switching phase" between the physical and the non-physical."*

What he is saying here is that, in essence, Phasing is described as you being "here" (here being the physical), you then feel a shift in consciousness of some kind, and then you are "there" (there being the non-physical, or as some call it the "astral", or as I call it "somewhere other than this physical reality"). The shift is usually so seamless that the only thing you'll perceive between here and there is what we call the 3D Blackness and even then you might not directly experience it. It'll be like the blackness you see when you close your eyes, only it will have a quality of depth to it. It's also referred to as the Void, Focus 21 (in the Monroe Focus Model), Point Consciousness State and many other terms, but more on that later.

Another way to describe it is that anytime you shift your Focus of Awareness from "here" to "there" while remaining consciously awake and aware, that would be considered Phasing. An example of Phasing would be, as I mentioned above, falling asleep at night and dreaming except we want to fall asleep and dream, but do it and remain consciously aware before, during and after the shift. Some people might refer to this as a WILD (wake induced lucid dream), these people don't realize this, but for all intents and purposes it is a full astral projection.

### *States of Conscious Awareness & The Consciousness Continuum!*

"Awareness" is a property of Consciousness, not the result of the reality you are experiencing. What I mean by this is that the "kind" of experience you're having (dream, lucid dream, astral projection, OBE, etc) isn't dictated by where you think you are. Let's use an "astral projection" as an example. It's not an astral projection because you're gallivanting about on some "astral

plane”. It’s an astral projection because you’re aware you’re experiencing the non-physical and you have a full waking awareness while doing it. I’ll get into a bit more detail about that in a second.

First, allow me to explain a term called “*waking awareness*”. The awareness you have right now is what I call a waking awareness. It’s when you feel and remember exactly like you do right now while reading this book. You know who and what you are, and you have all the memories associated with being you. I view our experiences in the non-physical as different states of conscious awareness and those different states comprise a consciousness continuum of sorts. It’s easier to think of it as a spectrum that looks kind of like this:

**(Note:** Keep in mind that these are my metaphors/labels/categories which I use to better understand my experiences. I ask that you try to identify these labels in comparison to the ones you use. I try to make the comparison as obvious as I can using words and terms which people “mostly” agree upon, for example: everyone has some kind of basic knowledge about what the words “lucid” and “astral” mean.) On the left side of this spectrum (Dream Awareness), you have the experience which you don’t realize you’re in the non-physical. Essentially, this is what humanity, throughout the ages, have commonly referred to as dreaming. What differentiates this from an astral experience is that you simply aren’t aware of the fact that you’re experiencing the non-physical. To put it into perspective, it’s best described as you being the actor in a play, but being unaware that you’re in the play. It’s just you experiencing the non-physical while having a dream awareness. However, you require a base level of awareness in order to experience this, otherwise you won’t directly experience the event, and if you don’t directly experience the event you’ll have



almost a zero chance of remembering it (which would be any experience taking place to the left of this point).

If you've ever awoken in the morning with brief flashes of symbols and images from the dreams you had during the night, then you had a dream awareness experience, but you were just on the very cusp of having the bare minimum level of awareness in order to remember the experience.

On the far right on the spectrum (Astral Awareness), you have the experience which you do realize you're in the non-physical \*AND\* you have a waking awareness (I explained what a waking awareness is above). This experience is what most people (and myself) would consider the "holy grail" of projections. It's what most people refer to as an Astral Projection. It's you experiencing the non-physical with an astral awareness. To put it into perspective, it's best described as you being the actor in a play, but being fully aware that you're the person playing the part, not the person in the play. I should point out at this point that your awareness can move both ways along this spectrum. You can gain awareness, and lose awareness. This is represented by the double arrows on each section.

So far I've described the two ends of the spectrum. Where does a "lucid awareness" fit into all this then?

In the middle of the spectrum (Lucid Awareness) is the point where we have become "aware" that we're in the non-physical, but that's really all we're aware of. Anything to the left of this point is a "dream awareness experience". It's important to point out here that the further right you move from the far left (dream awareness), the more "clear" and "vivid" your experience will become until you actually become lucidly aware.

It's at this point that the only thing you have is a base awareness that you're in the non-physical. The closer you can bring your

awareness to your full waking awareness, the further to the right you'll move along this spectrum towards the "astral awareness" (aka, full astral projection).

I have some techniques which I'll get to later in this book to detail how you can do this.

So, as you can see, an astral projection is just a dream where you realize you're dreaming and you have a full waking awareness. However, don't let the "just" fool you, what most people consider a dream, as I mentioned above, doesn't exist. There is no such fundamental experience called a "dream". There is only you experiencing the nonphysical unknowingly, and you do this every single night of your life!

You're more adept at astral projection than you think you are. You've also had more experiences in the non-physical than you think you have!

The line between Lucid Awareness and Astral Awareness can be very blurred. Your awareness can float between that range at any time during an experience. You'll start off with Lucid Awareness, then muster up an Astral Awareness then after some time, you might lose focus and concentration and drop back down to Lucid Awareness. You could shift right back into a Dream Awareness too! From this point, it can be kind of hard to get back to a Lucid state.

For myself, I'll start off with Dream Awareness, then something will trigger a Lucid Awareness, then after that I'll do my conversion technique (which I'll also explain later) to bring forth my Astral Awareness. Usually after that, I'll just wake up.

So yeah, this is my Consciousness Spectrum and "States of Conscious Awareness". Hopefully they'll help you recognize what

experiences you're having as much as they have helped me progress.

An easy way to find out what section your experience belongs in, answer the following questions:

*1. Did you realize you were dreaming? (just that single objective, did you know you were dreaming?)*

**A. Yes**

**B. No**

*2. Did you have a "waking awareness", in that you had all your physical memories and knew who and what you were?*

**C. Yes**

**D. No**

*Answers:*

**B & C** = Dream Awareness Experience (false awakening)

**B & D** = Dream Awareness Experience

**A & D** = Lucid Awareness Experience

**A & C** = Astral Awareness Experience

You're probably asking yourself now how did I come to these conclusions? How did I figure this out?

When I first started attempting to explore the non-physical, 10+ years ago, I was bombarded with terms like "out of body experience", "astral projection", "lucid dream" and more all from the many books I've read on the subject. The only experience I

had originally known about were lucid dreams, as I've been having those for as long as I can remember.

It wasn't until I really started putting the puzzle pieces together within the last 2 – 3 years that I figured out the actual nature of these experiences.

I found that there is one constant, one commonality, that linked all of these supposedly separate experiences. There is one factor which everyone seems to completely ignore: YOU! Well, more to the point, your Consciousness! You ARE consciousness. This is why these experiences all feel “different” and “separate”, because the “YOU” is technically different in each state of awareness.

YOU are not only the label. YOU are the definition. I came to these conclusions because I, as a consciousness, have directly experienced the full spectrum of “levels of awareness” within a single non-physical experience. I have started an experience with a dream awareness (normal dream), then became lucidly aware (lucid dream), then initiated a technique and brought forth my full waking awareness bringing me to an astral awareness (full astral projection). “Awareness”, to me, is a point along the above Consciousness Spectrum. At each “level”, it feels like a different and completely separate experience. I can completely understand why people feel this way, but these aren't experiences which you “have”, they're experiences which you “are”.

There is a big difference between those two statements. Comparing Your Physical Awareness to Your Non-Physical Awareness Wouldn't it be interesting if we could derive a direct comparison between the awareness we have while we experience this physical reality to the awareness we have while we experience a non-physical reality? Well, guess what! We can! Why don't you take a look at your awareness when you first wake up in the morning? It feels groggy, drowsy and unclear. Now

compare that to how your awareness is after your first coffee? ... and then again several hours later?

They're all varying levels of awareness within our recognized physical reality and the key point is that they all feel like very different, unique experiences. However, nobody really pays much attention to that because they know better, right? We know that when we wake up in the morning that it's the physical reality we're experiencing! It's just obvious that we're in the "real world" and throughout the day, we know what is really going on, right? It's something we just don't question in our lives, because we're taught that this physical reality is all that there is and all that is real.

Well, all of those varying levels of conscious awareness take place in the SAME reality. I experience these same varying levels of conscious awareness in the non-physical as well. Everything from the "Groggy, drowsy" (dream awareness) feeling, to the "just had a coffee" (lucid awareness) feeling to the "wide awake" (astral awareness) feeling.

After reading this, I wanted to make one point clear. Don't worry too much about labeling your experiences. If you've read this far, hopefully, I've established that an astral projection is just a "dream" where you have a full waking awareness. This is why labeling an experience is, for the most part, a waste of time, because they're all the same experience anyway. The only thing that differs is how consciously aware you are during the experience. This is why I don't really worry too much if I had a lucid awareness experience or an astral awareness experience, because I know that what's important is that I was consciously aware in the non-physical! I have a set of goals which I always keep solidly in my mind, so even if I'm only lucidly aware, I still remember enough to do them, such as meeting a guide. Sometimes it works out, other times it doesn't, but as I said, in the

end, I'm happy that I had an experience outside this physical reality.

You should now have a basic understanding of what Astral Projection is along with some of the associated concepts of consciousness. I've also provided you with my rough map of consciousness which you can use to gauge your progress, but don't get too hung up on them as you'll probably end up ditching mine at some point and begin the creation of your own map.

Next, I'll attempt to teach you a couple exercises to get you to have your own experiences, because the only way you're going to learn is through direct, personal experience with the non-physical.

## **Projection Exercises!**

The question we're going to answer now is, "How do I go about Phasing into a non-physical environment with an astral awareness?" Or in other words, how do I project into the non-physical with a waking awareness?

In an effort to get you to practicing right away and not waste any time, I'll just jump directly into a couple exercises that you can practice Phasing with, after which, you should go practice one of them and then continue on reading. The next section will be about some of the problems you might encounter. Try to do the exercises before continuing on though to see if you run into any of the listed problems.

The three exercises I'm going to teach you are called "Noticing" and "Mental Rundowns" and then I'll tell you about a slight twist to the "Noticing" exercise which has worked well for me. Afterwards, I'm also going to add in some notes on how to convert a Lucid Awareness Experience into an Astral Awareness Experience and some further notes on the importance of Meditation to learning the art of Projection.

## **First Exercise, Noticing!**

The first one is an exercise called “Noticing”. I’ll put Frank’s explanation here and then attempt to expand on it a bit, because he has a great way with words:

*“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.”

At first glance, certain aspects of Frank’s explanation can seem to be a bit confusing to some people. Frank does give the general basics of it, I’ll try my best to fully explain how the process relates to me and hopefully you can apply some of this knowledge to your own practices.

First, the entire point of the noticing exercise, as Frank puts it, is to “become fixated within”. That’s really the end goal, as that is where the non-physical lies, within us. It is nowhere exterior that you “go to”.

So, how does the noticing exercise help us to become fixated within?

That’s where the actual noticing part comes in. You can’t just sit/lie there and “look” at the blackness, because that will do absolutely nothing and you’ll eventually become frustrated thinking that it’s not working for you which will end up with you quitting. You need to actually do something for this to work. This is a problem that I hear people complain about a lot. They say stuff like, “So I sat there for an entire hour staring into the blackness but nothing happened!” Simply put, you won’t phase using the noticing exercise unless you actually notice!

Now, here’s the confusing part, “to notice” is something you have to actively do, however you have to remain “passively aware” while doing it. I know, that sounds confusing, but let me describe how “I” notice and I’ll go from there.

When I actually get to the part of my routine when I begin “noticing”, I stare into the blackness. It’s the same blackness that you see when you close your eyes (however non-uniform it may look). My goal is to notice any changes that happen within that blackness. It can be literally anything. As Frank put it, it could be a flash of something, or perceiving some kind of movement within the blackness. When you begin to see anything (again, do not outright dismiss anything you see) consciously zero in on it. Your goal is to “passively observe”, this means (and this is very important) to keep an air of curiosity about what you’re seeing. As I see this stuff, I kind of talk to myself while observing it, but I do so without actually talking verbally or thinking it, “Oh, there’s something moving, swirling around.”



To explain that last part, take a piece of paper. This piece of paper is going to represent the “blackness behind your eyes”. Draw a single dot in the middle of the page then hold the page up to your face and stare at the dot (it is okay to allow the dot to become unfocused, actually that’s encouraged as it allows your eyes to relax). The dot represents your fixated gaze within the blackness (or in this case the whiteness of the paper). Now, consciously take in the rest of what you can see of the paper, but don’t actually look around, use your peripheral vision. Try to see any irregularities in the paper. There might be a speck of something somewhere, or a small crease somewhere else that you didn’t notice before and you might be noticing that the paper isn’t uniformly white and you begin to focus in on these new-found items of interest. Notice these irregularities and retain that air of curiosity regarding them.

Become more and more curious and take your consciousness deeper and deeper with each and every aspect that you notice in the paper. The more you do this, the more you will begin to forget about the physical world around you and the more your consciousness will shift within that which you are gazing at. This is the act of becoming fixated within.

Alternatively, you could also do that exercise without the dot in the middle and just allow your eyes to slowly drift around the page. This also works well as you’re not too focused on sticking your eyes to a single place and the slow movement of the eyes still feels natural. Then translate that over to the “blackness behind your eyes” and just allow your eyes to slowly drift around. Either should work just fine as long as you’re actually passively observing.

So now that you’ve done that with a piece of paper and with your eyes open, close your eyes and visualize that dot in front of you (or don’t use a dot, up to you, I like to use a small swirling vortex,

but that's just me) and do it again. This time, though, you will be staring at the blackness behind your eyes instead of the whiteness of the piece of paper.

Remember to never verbalize or think about the things you're seeing and noticing. Try to keep that "air of curiosity" about it all.

One more thing I have learned about noticing that I would like to share. You don't just "notice" something and then move onto the next thing. It's not an exercise in "Oh, there's something... and there's something else... oh and over there is something again," it's a kind of "build-up" exercise. Each time you notice something, it builds upon the focus that you've already put in moving into the blackness. The more you notice, the more you move within, and the more you move within the more you phase your consciousness away from this physical reality and push it towards the non-physical.

If you're noticing properly and your focus is fixating more and more within, you'll no doubt start to see what we call "visuals". This will be anything from the slightest sense of movement within your field of vision to seeing what looks like swirls within the blackness to seeing full objects. When you start to perceive these visuals, just continue doing what you're doing, as you're getting close to projecting.

To continue directly into the non-physical from here, it's a matter of allowing the shift to naturally occur. This part can take some practice as most people find it hard to "allow" themselves to do anything like this, but it should come almost natural, like a snowball rolling down a hill, it naturally gains the speed it need until "pop!" and you're there. Just keep doing what you're doing and don't impede yourself by trying anything more than noticing. The shift towards projecting can be a gradual thing where some non-physical environment will seemingly melt into place in front of

you slowly or it could, as I said, pop into existence in front of you kind of abrupt.

## **Second Exercise, Mental Rundown!**

Our “imagination” is an aspect of the non-physical. What we imagine becomes real for as long as we’re imagining it. We can use this knowledge to our advantage. We do this by creating an imagined scenario, which we call a mental rundown. This mental rundown acts as a primer for our consciousness and gives it something to “step into” in order to project. To put it simplistically, your goal with a mental rundown is to eventually step into your imagination, in full techni-colour 3D! This means you’ll find yourself, hopefully, in the very scene that you’re visualizing. It’s also possible that you’ll end up somewhere completely different, but that’s just fine as well.

### **There are two kinds of mental rundowns you can do:**

1. A short rundown that you can repeat over and over again. For example, “jumping on a trampoline” was a favourite of a few people on the Astral Pulse. The rundown would include the sensation of movement as you bounce up and down on the trampoline. Perhaps add the air rushing past you. You could place this trampoline in a backyard with trees and birds around. Someone in the distance could be barbequing something and the smell of it wafts over in your direction. This is a good rundown because it engages several of the physical senses within the scene.

2. The other rundown is a longer, predetermined scene which is more akin to a guided meditation. You can write this one out beforehand, trying to get the details just as you want. Most people on the Astral Pulse used this particular version of a mental rundown along with Wave 1, Track 2 of Robert Monroe’s Gateway Series. You can write a rundown that follows along with Robert

Monroe's voice in that you follow the steps in a visual manner which engages all of your senses. You can also do this to just plain relaxing music too if you wish. The choice is yours. I have a couple of short, repeating rundowns that I like to use. First is a forest setting that opens towards a small lake with a waterfall. This is a scene that is most appealing and desirable to me so it works well as it engages my hearing through listening to the birds chirping and the leaves rustling in the wind along with the flow of water from the waterfall and lake. I can smell the fresh air of the forest and I can view it all, taking it all in.

Another rundown I use takes place at a lakefront pathway nearby where I live. I walk by the beach, enjoying the view and taking in all I can see, hear and smell. This one is really effective because it's a place that I visually know very well, so I can "see" it easier.

With the mental rundown, you don't want to create every single thing within the scene. Allow your mind free reign. For example, as I'm walking along a beach in my rundown, I don't have to consciously create the sound of the birds or the waves crashing on the sand. They just come naturally. They're experiences which are filled in by your mind. Just be open to whatever your mind wants to create. Because of this, you don't want the scene to be too perfect or too detailed or complicated.

A mental rundown is really a case of the less you visualize, the more your consciousness will fill in the gaps to make the experience happen. The more it fills in the gaps, the more you'll get enticed into the scene and the greater chance you'll then have of making the shift.

It's important to note that, as with the Noticing Exercise, you can't "force" this shift to happen. You have to allow the shift to occur. The job of the mental rundown is to provide your consciousness with something more enticing to shift into than the physical

senses it's currently processing, but that shift has to be allowed to happen.

I've been asked what it is like when you've successfully made the shift and stepped into your visualization. It's the difference in visualizing yourself in your mind, to actually being there in full Technicolour 3D.

When the shift happens, you'll know one of two things will occur. You'll either immediately snap back to your physical body wondering where you were or you will gracefully make the shift and be in your mental scene (or perhaps even somewhere completely different) as if you were physically standing there.

Have you ever been sitting somewhere, doing some work and your mind starts to wander? You begin to day dream. You get absorbed into the daydream so much so that you didn't notice your co-worker coming up to you. You were probably even "there" in wherever or doing whatever you were just day dreaming about. This is what you're aiming for, the total removal of your awareness from this reality. A mental rundown is very much like a day dream, so if that is something you find yourself doing a lot of in your waking life, then perhaps mental rundowns are best for you.

Once you "step into" the scene, you're now projecting. You can then go about and do whatever you want! Enjoy.

### **Third Exercise: A Variation on the Noticing Exercise**

This is a slight variation on the Noticing Exercise that I mentioned above. Instead of "passively observing" try "actively creating" in the blackness behind your eyelids. Look at the blackness and the swirls of changes that you usually see and instead of noticing the patterns as they generate, try to find and make patterns in it. Become the creator of the patterns. Although, the point here isn't

to actively create, just kind of allow things to 'form' until you recognize something (ie: a wolf howling, a person standing there, or some basic object/shape), then try to focus upon whatever it is. The object will get stronger and take on more life or it will just fade away, at which point the process starts again with you allowing something new to form.

Now, the trick here isn't to see a pattern and think to yourself, "Oh, I see "so and so"!" or anything like that. You still want to remain passively observing, yet focused upon the image you're seeing and try to strengthen it if you can (don't try too hard, remember to stay relatively passive). Bring your full attention towards it.

You might even see more than one pattern at a time! Try to bring them together if you can by using your Intent. To take yourself a little deeper into the exercise, try interacting with whatever you've created. Try making it move. If it's a person, have them move an arm by using your Intent. If it is, for example, a ball, try rolling it around the blackness.

Your goal here is the same as the Noticing exercise: the total removal of your conscious awareness from this physical reality and place it entirely within the blackness (viewing the blackness).

### **Eyes Closed / Body Still (EC/BS) State**

Another method for projecting can be done while waking up. I mostly utilize this technique to jump from lucid / astral awareness experience to experience. I've had upwards of 6 experiences in a row with this. I discovered this one before I had read anything online or in any books about it. The first time I managed to do this I was already in a lucid awareness experience (the experience was me in this room full of toilets and urinals... I know, strange, don't ask) and I began to feel that usual sensation of "about to return to the physical". My vision went to black and I felt the shift.

At which point I knew I was back in the physical, lying in my bed, and it happened so smoothly that I didn't bother to open my eyes and I also tried to not move a muscle. I figured I would try to just lie there, staying as still as I could while keeping my eyes closed just to see what would happen, if anything. My curiosity was well rewarded and within what felt like five to ten seconds I slipped back into my lucid dream at the exact point I had left. After a couple minutes into this lucid awareness experience, again, I felt myself waking up. I tried the same thing again. I kept my eyes closed and my body still upon shifting out of the experience, and I immediately shifted back into it. I kept doing this over and over, four times in total. Although, each time I entered the non-physical my time there was shorter and shorter.

You don't need to already be in a lucid or astral awareness state to take advantage of it. It will take some work, but you can program yourself to learn to wake up slowly enough to realize to keep your eyes closed and your body still. You do this using an affirmation while falling asleep each night. Keep using the affirmation each night for as long as it takes until it starts to work for you. Then you'll have an easy time to project.

The only hard part about this technique is training your consciousness to recognize when it's coming out of sleep and to wake up slowly.

## **How to Increase your Lucid Awareness into an Astral Awareness**

The problem with non-physical lucid awareness experiences is that while you realize you're in the non-physical, you sometimes don't have enough awareness to make specific and pre-determined choices on what you want to spend your precious non-physical time doing, because you're still acting out as being in part of the scene. You'll know you're dreaming, but you'll still react to the situations you're involved in.

For example, my lucid awareness experiences are mostly spent flying around, because I really do love doing that. So much so, that it's usually the first thing on my mind when I find myself lucidly aware.

There are two ways to get beyond this. The first way is to increase your consciousness up to an astral awareness so that your critical faculties will come forth to allow you to make better choices towards any particular goals you might have.

Doing this doesn't require anything special. You don't need to ever "return to your body" like some other techniques teach you. For all intents and purposes, you're already out of your body! Why would you want to waste all that time of going back to your body only to have to roll or jump out again! That makes no sense to me. You also don't have to worry about anything to do with vibrations different planes of existence or any of that mystical mumbo jumbo. None of it applies. Actually it's really simple to turn your Lucid Awareness experiences into full blown Astral Awareness experiences (not that there are many differences to begin with). It's so easy and simple to do you're going to be asking me if it is a real experience. Can something this easy work? It sure can and is! Here's what you do:

To increase your awareness from being lucidly aware to being astrally aware you simply stop what you're doing in the experience, focus your attention upon yourself or some other aspect of the environment you find yourself in and ask yourself the following questions:

1. "Where am I?"
2. "Where am I going?"
3. "How did I get here?" and



#### 4. “What am I doing?”

The point of focusing your awareness before asking the questions is to give yourself the full attention that these questions deserve. They need to be answered by you honestly and completely. Asking these questions while physical will give you obvious answer that you are wide awake in the physical reality. Asking these questions while in the non-physical will make it obvious that you are NOT in the physical. Doing this will bring forth your astral awareness, at which point you can then choose, with a much clearer mind, what you want to do that’s in the best interest of the goals you want to attain. I’ll mention that I have never failed to bring forth my astral awareness when asking these questions to myself.

If you’re serious, true and give it an honest effort, it won’t fail. The only trick is remembering to do this in the first place.

If you happen to have trouble with that, then the other way is to just keep the lucid awareness, yet condition your consciousness to remember the goals you want to achieve. For myself, flying is my number one thing to do, yet I also have other goals which I attempt from time to time. Things like meeting a guide, or going somewhere specifically. To do this, you only have to flood your mind with the goal you want. Repeat it to yourself while falling asleep each night, or meditate on the thought you want to remember.

#### **How to Increase your Chances of having Lucid Awareness Experiences (Lucid Dreams)**

Another way to have a non-physical experience is becoming aware during a non-physical dream awareness experience (aka, a normal dream). There are certain things you can do to increase your likely hood of becoming aware during an experience. The following are ideas you can use to make such occur.

1. Practice Reality Checks throughout your day
2. Keep a Dream Journal
3. Repeat Affirmations while falling asleep at night
4. Practice Mindfulness
5. Have the proper Intent

The first way to try to increase the number of Lucid Awareness experiences you have is to practice doing Reality Checks throughout your day. What this means is that as you're going about your physical life, stop for a second every so often and check to see if you're actually awake. If you're awake in the physical, the check should be obvious.

Likewise, if you do a reality check while you're non-physical, it should also be obvious. I tend to use the same questions as in the above section:

1. "Where am I?"
2. "Where am I going?"
3. "How did I get here?" and
4. "What am I doing?"

You can ask yourself these questions in 10 seconds or less. Then, when you get the result you either continue going about your physical life or fly off into the sunset in the non-physical to have some amazing adventure.

It's important that the timing of your reality checks happen when you're doing something that you usually do while you dream. For example, you might do a check when you hear a beep on your

watch. Or perhaps when you look at your hands, or maybe when you go to the bathroom.

Timing is everything with reality checks. You'll need to do them for at least a couple weeks before they'll carry over into your non-physical time. Just keep them up and be persistent, they do work!

The next thing you can do is to keep a dream journal. This is probably one of the best things you can do as the benefits are twofold. It helps you to remember your non-physical experiences by programming your subconscious mind into remembering as much of them as it can. Also, we tend to dream the same stuff over and over. The more dream experiences you can actively remember because of your journal, the greater the chance that you'll notice one of those experiences happening while you're in the non-physical. If you can recognize certain dream elements that you tend to dream about a lot, you can use that knowledge to trigger a lucid awareness within your consciousness. For example, say you dream a lot about walking down a side street in a city. This is a dream element that appears in your dream journal quite a lot, then one night you have a dream that you're walking down a side street in a city.

As you're having this experience, you might stop for a second and remember your dream journal entry regarding it. This might trigger your lucid or astral awareness. Another way of having more lucid awareness experiences is to program yourself while you're falling asleep at night by repeating an affirmation.

The affirmation should always be kept in the present tense and should allude to you recognizing that you're dreaming. Something like, "I am recognizing I am dreaming". Try not to use future tense such as, "I will recognize I am dreaming", because your mind will always look at that as being "in the future" and will never apply it to your present self. That's just how the subconscious mind

works. Try coming up with your own affirmations and see which works best for you.

Next method to increase your lucid awareness experiences is to practice always being mindful. Always be fully aware of what you're doing and when you're doing it. That level of awareness will travel over into the non-physical with you if you do it enough while awake. It will become part of who you are and you'll naturally realize that you're in the nonphysical.

The last thing is your Intention. Command your subconscious on a constant basis by saturating it with Lucid Dreaming and Astral Projection content. Read as much as you can on the subject. Read books, websites, forums, talk about it with other people. Just keep your mind completely on the subject to the point where your subconscious mind can't ignore it.

These are but a few things you can try to increase the frequency of lucid awareness experiences you have. Once you find yourself in the nonphysical and lucidly aware, you can then initiate the Lucid to Astral Awareness conversion that you learned above.

## **Other Helpful Projection Tips!**

### *The Key to Most Astral Projection Techniques/Methods*

After you've had many experiences using many different techniques, you'll probably begin to realize something about the techniques you've been using. Well, that is, the ones that you do from a consciously awake state.

I think it's important for people to understand why and how these techniques work, because once you figure that out you can apply it towards creating your own techniques which will focus more upon exactly what you feel will help you best.

I'd encourage people to take a bunch of techniques they read about (here or wherever) and try to break them down into their base parts. Try to figure out what makes the technique tick. Here's a hint... they're all asking you to do the \*EXACT SAME THING\* just in slightly different ways.

Ok that wasn't so much of a hint as telling you. LoL

Just about every technique incorporates Visualization or Mental Concentration/Focus in some way as a method of fixating your awareness away from the Physical. That's it... that's the entire secret. That's what took me over 10 years to figure. I use this concept to create my own visualizations and you can use this knowledge to further help yourself to project.

There's nothing mystical or magical about any of this and most importantly: ANYONE CAN DO IT.

## **How to Stabilize and Strengthen Your Projection Experiences**

This is one of many techniques which I'm aware of, and actually use, in order to stabilize my projections and strengthen my awareness to keep it within the reality frame I'm experiencing. In effect, I use this technique to extend my experiences for as long as I can.

First, think about what we do to "help" others stay awake in this reality. We shake them, we yell at them to stay awake, we use chemicals like smelling salts in order to bring their awareness "HERE". What is this doing? It's our attempt at focusing their attention within this physical reality. Now think about how YOU keep yourself physically awake! We listen to loud music, we drink a stimulant (coffee), we even slap and pinch ourselves! All of these things do one thing, they bring our attention more towards this physical reality and more away from the non-physical reality.

How we do certain things in this physical reality can provide to us hints as to how to stabilize and strengthen our connection to the non-physical. To stabilize and strengthen your non-physical experience you have to attempt to bring as much of your awareness into the environment as you can. Just as the person shaking you and yelling at you (sense of touch and hearing) in order to bring your awareness into this physical reality, we can use the same “technique” to keep our awareness within the nonphysical.

What I mean by this is use your 5 senses to REALLY explore your environment. Look at things in minute detail... touch things.... hear the sounds... smell the smells... even taste things! Do this as intensely and with as much focus as you can. This will bring your awareness into the reality you're experiencing and will LOCK it there. This has become my main method as of late and I've been experimenting with it over the last few non-physical experiences I've had. You can read them by clicking on my experiences at the top (or right side) of my website. I've had lucid/astral experiences which have gone on for 30 – 60 minutes doing this.

### **This is my explanation for it...**

What generally happens when we begin to wake up from an experience like this is that the projector will begin to feel their physical body and they'll start to pickup on the sensory input from that physical body.

What I explain above causes you to ignore those physical senses and further heightens your non-physical senses which are already active in that reality. Eventually, and if you do it intensely with enough focus, this begins cutting off the physical senses altogether and leaves you experiencing just your non-physical senses and keeps you nice and stable in the non-physical reality.

Once you become more experienced, you'll quickly learn the sensation that occurs when you're about to return to the physical. It can be hard to catch fast enough, but when you do, try to quickly initiate this kind of technique to stop it from ending with you returning to the physical.

However, it's best to just not wait for that sensation to occur. Do this technique every few minute while you're non-physical. This will keep you locked into the experience, because if you wait too long and begin feeling that usual waking sensation, then it's usually too late. In which case, you can then do the Eyes Closed/Body Still technique I mentioned earlier in the book.

Practice this in your waking physical life and it'll translate nicely into your non-physical experiences as well!

## **How Your Non-Physical Perception (what you experience and how you experience it) Works**

I'm going to explain how I think our perception (what and how you experience) works in the non-physical. Your non-physical perception actually works in much the same manner as your perception in this physical reality works, but because of how the non-physical is malleable to your thoughts/expectations/beliefs/snap judgments/etc it can play havoc on the true nature of the things we see and experience.

First, I'm going to tell you an anecdote that shows how my perception fooled me while physical. I was biking home the other day, and off in the distance I saw what I thought was a dead squirrel lying on its back and its legs sticking up in the air. Now, I was about 50 feet from it and at the time I was absolutely positive that's what it was. As I biked closer and closer to the "dead squirrel", I saw it for what it really was: a folded up piece of fabric, however up until that point, it was "to me" for all intents and

purposes a dead squirrel, literally and figuratively. I fully perceived it as such. The object's true nature came through eventually because that's how our physical reality works. I was able to distinctly identify the truth because in our reality an apple is an apple.

Now, let's investigate how this same scenario would end up when played out in the non-physical. All the same stuff would apply, I'd be biking home and in the distance I'd see something. My initial impression was that it was a "dead squirrel". This initial impression (snap judgment) would then become my reality, and because of the malleable nature of the non-physical and how our assumptions / expectations / beliefs react with the reality we find ourselves in, even if I got closer to that "folded up piece of fabric" it would have retained that "dead squirrel" perception because I had formed the belief and expectation that that was what it was. In the physical this isn't a problem because our perception, as such, doesn't directly affect/change that which we see, but in the non-physical it's a huge problem because our perception does change what we perceive and how we perceive it.

Now, how do you stop this kind of perceptual filter from being applied? How do we see the TRUTH behind what we see and not allow our perception to colour/filter our experiences? Well, it's VERY hard and requires a lot of practice. In some cases you just might not be able to see the Truth behind what you're seeing due to the very nature of what you're experiencing. The first step to reducing this kind of perceptual filter from occurring is to learn to not make snap judgments upon what you experience. This is usually the first thing people do when they see something. As you can see it's the first thing I did in relation to the above anecdote, I made an immediate snap judgment of what the "folded cloth" actually was instead of staying passively engaged and holding my assessment of the situation until I got a closer look.



This is something you can practice even in your physical (waking) life. Try to catch yourself making these snap judgments, then work on slowly stopping yourself from doing it until you're in that state of passively observing. A by-product of teaching yourself this is that it will also help you to control your emotions and thoughts. That's the next thing you need to learn to control. Learning to control your emotions and thoughts will keep that bit of fuel from influencing your environment and in turn, will keep the experience as pure/true as possible.

Let's look at the perils of what would have happened in the non-physical scenario above and how it could have quickly caused a down spiral of the experience. Seeing the dead squirrel up close might have brought forth some sad emotions of me feeling sorry for the poor creature. This would have added fuel to what I was experiencing whereby something "sad" would have occurred. Then that scene might have further fueled more emotional sadness which would have added more fuel to it. In the end, if I didn't nip the original emotional outburst in the butt, I would have been caught in a never ending emotional filled loop. The only way out of it would have been to wake up and start over. This one snap judgment might have been the end of a fine non-physical experience.

The more you keep your snap judgments, thoughts and emotions under control, the easier time you'll have directing your non-physical experience and making the most out of it.

Here is another example I came up with to further illustrate how your perception works in the non-physical. Meaning, as a consciousness, you can only experience that which you experience within the paradigm of the sum of what you've experienced previously. It also illustrates the subjective nature of our non-physical experiences. For example, you're gallivanting around the non-physical in some alternative reality and you run

into a “Dadipladie”!!! (That’s completely made up, by the way). How will you know it’s a Dadipladie? Now, “I” know what a Dadipladie is as I’ve run into one before (since this is made up, duh obviously I haven’t). So when I run into one, I have something from my experiences to draw from so that I perceive it as a Dadipladie.

If I didn’t have the experience to draw from, my consciousness would have to scour my experiences for something that resembled it as closely as possible and then display that. That’s the interpretation factor of the subjective nature of our non-physical experiences. It would then appear to me as whatever it was that was the “closest representation” to what it was that my consciousness could find.

Say this Dadipladie was some kind of “big scaled creature”, it might appear to me as a Dragon or a Dinosaur, since that would be the closest matches that my consciousness could make in order to “define” it and make it “understandable” to me. The key here is “make it understandable to me”. You can’t experience something if you cannot in at least in SOME SMALL WAY understand it.

You might find yourself in a reality frame and all you experience while there are flashing white lights. That’s not because that particular reality frame is made up of flashing white lights, that’s just because “flashing white lights” was the only way your consciousness could interpret that which you were experiencing so that it made some kind of sense to you.

Now, say you have two people experiencing the “same reality”. It’s very possible that they will each perceive that reality in completely different ways. One person might see the “flashing white lights” as freefloating orbs of light randomly dispersed about, whereby the other person might end up having an experience of rows upon rows of car headlights pointing towards

him/her. They both experienced the same reality, but the source of the lights and the nature of the lights are perceived completely differently.

What you experience in the non-physical (be it dreams, lucid dreams or astral projections/obe's) IS REAL. Although, how you experience it is a metaphor. It's an interpretation based upon the sum of your previous experiences as something that your consciousness can draw from for that interpretation to take form.

### **Best “Time” to Practice**

There are, in my opinion, two periods during your day at which practice in phasing can be done. They're not specific times of “day”, per se, but rather they're from different initial states of consciousness. You either have slept first (“after sleep exit”), or you do it from being wide awake (“conscious exit”).

The first, the “after sleep exit”, is arguably the easier of the two to learn to do as a beginner. You engage a phasing/projection method/exercise right after waking up from sleep or a nap. The length of the sleep doesn't matter here, what matters is that you fell asleep for any period of time. Upon waking from sleep, your consciousness and body are in the “best primed condition” and state for initiating a phasing attempt. You are generally completely relaxed from sleeping and your consciousness is in that slightly groggy, yet awake/aware state teetering on the edge of sleep. This would be the best opportunity to initiate one of the three exercises I listed previously.

The second, the “conscious exit”, is much harder because you initiate a projection from any point during the day from any initial state of consciousness. This is generally what most people immediately try to do when they first learn about Astral Projection/Phasing and usually ends with frustrated failure, because they haven't learned some of the pre-requisite training

down first. In any case, remember in the last paragraph we talked about that “best primed condition”? Well, that’s what you have to be able to achieve through the use of meditation before you’re able to phase/project.

If you want to master astral projection and be able to do it anytime/anywhere, then you’ll need to learn to meditate towards that “best primed condition”, which I’ll explain later. You need to be able to place your consciousness into that slightly groggy, yet awake/aware teetering on the edge of sleep state. Then you can begin one of the three exercises from above (or any other method for that matter really).

So really, what it comes down to is that the only differences between those two periods are the initial state that your consciousness is in and if you’ve slept or not slept before practicing it.

## **Physical Body Disassociation**

I tell people that to do Phasing it requires one to disassociate from their physical body and surroundings. That’s really easier said than done.

How do we actually go about disassociating? The very act of doing the above exercises, if done correctly, is enough to begin this process. So, it’s really something that should happen naturally as you progress through those exercises, but it also helps to have an understanding of what’s going on.

There are two parts to Phasing. First, you need to keep your consciousness focused upon something/somewhere that isn’t “here”. This is what our Phasing Exercises do. In the case of Noticing, we’re placing our conscious awareness into the blackness we’re viewing. In the case of a Mental Rundown, we’re placing our conscious awareness in the scene we’re visualizing.

That's all fine and well, but there's another half to the story and that's the point of this article.

Disassociating is something that I've been doing automatically without even realizing it and it wasn't until lately that I figured it out. Disassociating from the physical is all about reducing the physical input you are processing from your physical senses. We do this by desensitizing them. Usually this is done very naturally and gradually over the course of our practice session. However, sometimes it doesn't work out too well and it's our physical senses that end up locking us into this reality. So, how do we go about desensitizing our physical senses and break that hold that physical reality has upon our consciousness?

We have five physical senses which connect and lock us here in this physical reality. To Phase, we need to reduce the processing of that physical input and increase the processing of our non-physical input.

Our five physical senses are Taste, Touch, Seeing, Hearing and Smell. Taste and smell are kind of a non-issue. Unless you're eating and smelling things while you're projecting, you shouldn't need to worry about these.

Desensitizing your sight begins the moment you close your eyes. Actually, you can even do this with your eyes open. If you stare at something that isn't moving and if you manage to keep your eyes relatively still, you'll begin to see a fading effect happen. What's happening is that your eyes are becoming desensitized to the visual input being presented to them, because nothing in your field of view is changing. This is what begins to happen when we close our eyes. The blackness isn't visually appealing nor is it constantly changing like our physical vision does, so our physical eyes begin to shut down on us. If you do this with your eyes open you might actually recognize the pattern of the fading you're seeing, it's usually going to look exactly like what you experience

while looking into the 3D blackness. Lots of swirls of movement and such, but it'll be overlaid on top of your physical vision. It's hard to explain until you experience it for yourself.

Our sense of touch can be a little more difficult to desensitize. To do this, we keep our bodies perfectly still. That way the input we're receiving eventually becomes familiar and then begins to get ignored altogether. This causes the numbing and heavy sensation that most people notice.

Hearing is probably the hardest one to ignore, unless you wear earplugs or use an audio device of some kind that provides some white noise. If you're sensitive to sound then you'll just need to make sure you're in a quiet area.

You should obviously not have to consciously worry too much about these things while you're practicing as that will probably be distracting.

However, note something that I haven't talked about yet: Relaxation. I'm slowly coming to the conclusion that relaxation isn't a primary requirement for projecting. You might need a base level of relaxation to remove any tension you might have in certain muscles, but as long as you're comfortable and free from points of stress, it shouldn't be a problem. It certainly does "help" to fully relax your body and mind though. Please do so if you feel you need to do it.

You can practice this physical disassociation while going about your day to day activities. For example, next time you find yourself just sitting at your computer or watching TV, take note of your five physical senses and see if you can't reduce their input slightly using the ideas I put forth above.

## **Problems You Might Encounter**

One of the major issues you'll run into has to do with your physical eyes and their inability to give up control while you're conscious. Frank made an excellent post on the Astral Pulse regarding this very issue, so I'm going to put it here, because he said it much better than I ever could. He mentions the exact problem, what causes it and a nice solution to minimize its effects upon our practices.

“One of the \*big\* hurdles people generally need to overcome is the sudden unwelcome intrusion by the physical eyes. Such intervention almost always has the effect of zapping you right back to your physical body. The reason this happens is because your focal point of consciousness normally resides behind your physical eyes. When I say “resides behind” what I mean is your primary focus of attention is mostly based on what the eyes tell you.

The ears may transmit to you a strange sound... then immediately the eyes will go to look. Someone may touch you unexpectedly from behind... then immediately the body spins around so the eyes can see. Which reminds me of an old playground joke where we'd come up to someone from behind and tap them on the opposite shoulder to where we were standing. So the person would immediately look and see no-one there.

If you think about all the various human-response actions you will see that – almost always – the physical eyes are the primary information providers that determine whatever comes next.

On the Physical, this process works amazingly well. However, it can put a big spoke in the works when it comes to projection exercise. Difficulty being, the eyes are not used to just rolling back and relaxing while the consciousness is awake and alert. Having an awake, alert consciousness and taking-in input from the physical eyes is about as natural as it comes.

It used to happen to me all the time where I'd just be settling into a really relaxed state; where it is natural to perceive all manner of outline shapes and shadows, or whirls of colour, and so forth, and the moment I'd see something definite it was like my protective sense of awareness would shout, "What's that!" And my physical eyes would immediately go to look, which, of course, brought me right out of it.

The only way around it is to practice all you can to the extent where your protective sense of awareness regards everything that is happening as normal, and your physical eyes have got into the habit of switching themselves off during practice.

I think this problem can never be eradicated entirely, and it still affects me now and again. Just this morning, for instance, I drifted into the relaxed state fairly quickly and the 3D blackness suddenly loomed into view. The thought crossed my mind, "Wow that must be the quickest to-date." Next moment my protective sense of awareness slapped the brakes on, and my physical eyes immediately became restless, like they were scanning from side to side on the lookout for any danger. This zapped me right back to my physical body."

Another problem that can come up is generally due to lack of experience. I've been telling people lately that they shouldn't read too much into other people's experiences, especially published authors, because what these authors either don't know or fail to tell people is that their experiences are individual to themselves. This means that what they experience, generally, will not be what you will experience. With this said, I've seen people throw out perfectly good experiences on the basis that they didn't match what their favourite author has experienced.

That is why you won't read any of my own experiences in this book, as I don't want them polluting your experiences and expectations. You can, however, read my limited, logged



experiences and many other articles on my website ([www.unlimitedboundaries.ca](http://www.unlimitedboundaries.ca)).

When you're practicing these Phasing exercises, it's very important to remain open to whatever might come to you. For example, with the noticing exercise, you'll want to make sure you keep an eye out for literally anything that might change in your field of view. It doesn't have to be something completely obvious, it can be something very small. The point is to be aware of everything that's going on no matter no insignificant it may seem at first.

Another problem that a lot of people are is when bodily distractions occur. Those times you get a mouthful of spit and/or those dreaded interrupting itches! How you deal with them can ensure you have a good practice session or a big waste of time.

People always ask what they can do about things like itches, dry mouth, likewise or even intruding sounds. I generally start by asking people to consider how they fall asleep at night, because the process between that and getting comfortable to meditate or practice phasing/projection are really the same. So ask yourself that: How do you deal with these obstacles so you can fall asleep.

Personally, if I'm just sitting down to meditate or practice my phasing, I'll attempt to take care of whatever current distractions that there might be. If I'm already in the middle of practice and an itch occurs, then I'll calmly and slowly move towards the area and scratch it. You should be able to move slightly without losing too much of your relaxation and focus. If this is a problem for you, then I suggest practicing something to that effect because it truly is a good skill to utilize.

By treating your practice sessions as a mini-sleep, you can effectively learn how to handle any distraction that your body might come up with. You can try pure will power and not pay

attention to the itch or other problem, but in the end, it's just easier to deal with it calmly than it is to not pay attention to it.

For "spit" problems, try drinking only water before you practice. If you tend to drink a lot of soda pop (Coke, Pepsi, etc) you'll find you generate more spit than usual.

Now, say the distraction is sound related, say it's something external to you (dog barking, cars driving by, etc). You have only so many options. You can try to stop whatever is making the sounds by, once again, calmly and slowly moving towards whatever is making the noise and quell it. My personal favourite is to listen to some kind of music or something that'll apply a bit of white noise to the room you're in. For me, I use my iPod with various sounds and music files on it. Just make sure your ear buds/headphones don't cause a new distraction for you.

Another technique for dealing with "sounds" is to visualize the sound washing over and past you. This works very well and if you're like me and want to learn how to deal with sounds without them becoming an obstacle in the first place, then this is the one to practice. Visualize the sound as a wave of water washing over your entire body, going around you and then leaving you forever. It works great.

## **Meditation – A Requirement for Phasing**

A lot of people first learn about Projection/Phasing and metaphorically try to run before they learn to crawl. This causes large amounts of frustrations when they, no doubt, fail at it. They fail at it because they read the myriad of methods/experiences/techniques that are available out there, yet they don't know how to implement them properly.

With that said, it's very important that you build the foundation of your upcoming non-physical experiences so you'll be successful.

This starts with learning to meditate. I explained above in the “Best Time to Practice” section that you can practice upon waking from a sleep/nap or you can choose to practice at anytime during the day, or even anywhere you want. And I explained that in order to do that you need to learn to put yourself into that “best primed condition” state of mind. If you can’t get to this “best primed condition” with meditation, then you’re probably best to stick with taking a nap first or practicing in the morning.

First step in learning to meditate is to learn to quiet your mind, this means quieting the surface thoughts you have throughout the day. These can equate to the internal dialogue you have going on in your head. I call these “mind interruptions”. To learn to stop these “mind interruptions” you need something to focus your mind on to push those interruptions out. What you use to accomplish that goal is entirely dependent upon what’s best for you. The two most common are using your non-physical hearing and nonphysical sight to do this.

For hearing, you’re going to construct a mantra, which is simply a nonsense sound that you come up with which has no meaning that you’ll repeat in your head. Its job is to push the internal dialogue out of your head and replace it with uniformity.

For sight, you’re going to visualize an object within the blackness in front of you. This object can be whatever you want, but it should be something fairly simple, like a candle or a geometric shape. Your goal is to keep this object there, and examine it as closely and in as much detail as you can. This will push the internal dialogue out of your head and replace it with uniformity.

Now, you’re probably not going to get good at this quickly. It’ll take a bit of time and a bit of practice. Your goal is to first learn to focus. Focus towards quieting that inner dialogue. When you notice that you’re not doing it anymore, gently and casually nudge your awareness back to what it was you were focused upon (the

sight or the sound) and continue. As time goes on and you get better and better, you'll notice that you won't have to nudge as often and your focus will stick to what it is doing. Once you get to that point, you will be meditating... and you'll also probably notice some strange things which I'll allow you to explore on your own.

Also, feel free to scour the internet/books for other meditation techniques. There are LOTS of them, and they're all valid. These two listed here simply might not work "for you". So find one that does.

Remember that the goal is the same, to quiet the inner dialogue. Once you've learned to meditate for extended periods of time, you might notice some strange effects occurring. For example, time might seem to fly by and you might feel some new and odd sensations. These are all normal. Eventually you might even feel like the physical reality around you has melted away and you'll be floating in a sea of nothing. This is also called the Void... or Point Consciousness. It'll be just your consciousness in a sea of nothing. You've phased. From there, you can place your Intent to do whatever it is you want.

## **A Little About Myself**

Most people might not believe this, but people such as Robert Monroe and Frank Kepple didn't influence my beliefs much at all, they simply filled in some of the blanks I had and further reinforced that which I already knew was true.

They opened me to a world where what I have been experiencing and the questions I've been asking myself all my life, I now had definite answers for. The thing is that, I knew these answers all along, I just didn't know I was allowed to believe them.

Questions like, "Where do we go when we dream?", when posed to my parents they would tell me, "well you go nowhere obviously,

it all happens in your head.” Alluding to some kind of well known fact that dreams are something that are “not real”. I somehow knew this was wrong. I somehow knew there was more happening during my sleeptime than “just dreams in my head”. I might not have had the terminology and understanding that I do now thanks to Robert, Frank and others, but the basis for my beliefs were formed back then when I began asking myself these questions.

We can fast forward to June 22nd, 2009. That’s when I stumbled across some postings on the Astral Pulse regarding Frank Kepple’s work on Phasing. At this point I had already read a lot of stuff on the subject and had been attempting astral projection for well over 10 years with little to no success. I had managed to feel the so-called “vibrations”, but little else. I still hadn’t made the connection that dreams were astral projections of a lesser awareness nature. Finally, as Frank says, the penny dropped! I had my link... finally the puzzle pieces started to come together.

Dreams, lucid dreams and astral projections were all the same experience! It made so much sense to me. My own experiences gave me the proof I needed. At the time, my known majority of experiences were what I now refer to as “non-physical lucid awareness experiences”, I have no idea how many of those were actual full blown astral experiences. It stood to reason at the time that if dreams and lucid dreams are intricately linked, then the next logical step would be that, in some way, they were also linked to astral projections!

Then I started remembering experiences I’ve had in the past where I wasn’t sure they were projections or not and now I had the answers for them. A good portion of them definitely were astral projections! They were just like my lucid dreams too, except I knew exactly who and what I was and I retained what I now call a “waking awareness” during the experiences.

As I go back to re-read all the books I've read previously, I find that I'm able to gleam so much more information out of them. When one understands what is going on, it becomes easier to understand and interpret your own experiences better, but also those of other people as well. Although it's very important to realize that everyone is going to have slightly different experiences because we're all different people. Everyone is going to perceive things differently in the non-physical.

This book is a reflection of my desire to assist others to have their own experiences and to answer their own questions they have about their reality, physical and non-physical.

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