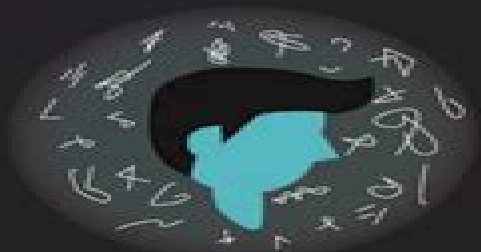


# The How and Why of Astral Projection



**Step one:**  
I would like to find a comfortable place. The space should have minimal distractions. This is so you aren't tense for the next steps.



**Step three:**  
Try and meditate, this is the biggest step. I recommend focusing on breathing in and breathing out. Meditating is what leads to astral projecting.



**Step Five:**  
Cleansing step. Imagine a light, any colour, and picture it around you and inside you cleaning the negativity away. I picture a magenta light, and this step is to reinforce that there is no negativity.



**Step Seven:**  
When you feel almost the full separation of your body and mind, with no rush, just get up out of your comfortable position. You should see your're body just laying there.



**Step two:**  
I recommend getting into a comfortable position. This is because you don't want to move for 15 - 20mins. This is so you can focus on meditation.



**Step four:**  
Create a protective shield by visualising a white light around you. Breathe in positivity, and shake negativity. Immerse yourself, body and mind, in the white light. This is because negativity can sense up the body and we want the body as loose as possible.



**Step six:**  
For this step I like to think of it as the body vibrating. What you want to do is keep your mind awake and permit your body to sleep. How you do this is by breathing in tranquility and out disarray. To keep focus have a mantra. I use "my body is relaxing", however you can use whatever you want. By the end, your mind should feel light and your body heavy.

"you control where you are and what you are doing with your thoughts, rather than your body or speaking"

# Astral Projection Modus Operandi

**Lingsheng Yao**



## **Astral Projection Modus Operandi:**

Astral Projection (Modus Operandi) John Mittl,1993-03 The author claims a simple method of instruction whereby the sincere student of the occult may readily learn to project his astral body and learn some of the deep secrets of the spiritual phase of existence as well gain a deeper insight into the realm

**Qabalah - the Complete Golden Dawn Initiate** Steven Ashe,2008-09-22 This is a mammoth work of monumental importance to the student participant s understanding of the Golden Dawn knowledge system An insightful approach to the evolved Golden Dawn tradition that will delight the intermediate to advanced student of the Qabalah whilst providing the serious enquirer with a detailed insight upon the bare bones of the GD system revealed by Regardie Crowley and Francis King The threads of ancient Hermetic tradition with relevance to personal initiation History of the Golden Dawn Tradition Full text of Qabalah of 50 Gates Self Sentience within the Astral Plane The zodiacal talismanic magic of the 72 Angels of the Shemhamphorash the Birthchart Key Texts from the Zohar of direct relevance to Golden Dawn s philosophical model of the Tree of Life Initiated Tarot Lore and detailed history of symbolism Appendices Detailing the Symbolism of the GD teachings illustrated

**PROJECTIOLOGY** Waldo Vieira,2023-09-27 A comprehensive post materialist treatise on the out of body experience and psychic phenomena Projectiology is an authoritative technical and scholarly volume that provides definitive information on the out of body experience OBE and paranormal and psychic phenomena It is a detailed work that orients the reader in their understanding and development of energetic self control and psychic awareness As such it is an invaluable source of information on the interaction between the physical and non physical worlds

**700 Conscientiology Experiments** Waldo Vieira,2018-08-22 A reference work on conscientiology this treatise with more than 5 000 entries in the bibliography first published in Portuguese in 1994 presents the reader with the bases of the neuroscience conscientiology The author proposes 300 tests for self application dealing with topics of great relevance such as assistance the theory of thosene thought sentiment and energy and the theories of inversion and existential recycling among others The work presents conscientiology as the science applied to the study of consciousness ego personality in an integral approach with all its vehicles of manifestation bodies previous existences and attributes The content being deepened and presented in a theoretical and practical way so a reader understands the importance of this knowledge to their life The science of conscientiology utilizes the best of the main lines of human knowledge common sense religion philosophy political ideology and conventional science and is based on multidimensional self experience having consciousness as both the instrument and object of research

**Forward to Divinity** Igor Leon Maximilian Biskup,2020-07-20 Following a near death experience an O G Surgeon began integrating complimentary medical practices into his mainstream work with amazing results In recent years he has acquired an even wider range of further energetic methods Transcending from the average he improvised on his treatments using the holistic approach thereby empowering not only self healing but also a transformation of lives And all of this without infringing on the

most stringent of professional effectiveness Forward to Divinity will change your lives [The Place of Enchantment](#) Alex Owen, 2006-12-15 By the end of the nineteenth century Victorians were seeking rational explanations for the world in which they lived The radical ideas of Charles Darwin had shaken traditional religious beliefs Sigmund Freud was developing his innovative models of the conscious and unconscious mind And anthropologist James George Frazer was subjecting magic myth and ritual to systematic inquiry Why then in this quintessentially modern moment did late Victorian and Edwardian men and women become absorbed by metaphysical quests heterodox spiritual encounters and occult experimentation In answering this question for the first time *The Place of Enchantment* breaks new ground in its consideration of the role of occultism in British culture prior to World War I Rescuing occultism from its status as an irrational indulgence and situating it at the center of British intellectual life Owen argues that an involvement with the occult was a leitmotif of the intellectual avant garde Carefully placing a serious engagement with esotericism squarely alongside revolutionary understandings of rationality and consciousness Owen demonstrates how a newly psychologized magic operated in conjunction with the developing patterns of modern life She details such fascinating examples of occult practice as the sex magic of Aleister Crowley the pharmacological experimentation of W B Yeats and complex forms of astral clairvoyance as taught in secret and hierarchical magical societies like the Hermetic Order of the Golden Dawn Through a remarkable blend of theoretical discussion and intellectual history Owen has produced a work that moves far beyond a consideration of occultists and their world Bearing directly on our understanding of modernity her conclusions will force us to rethink the place of the irrational in modern culture An intelligent well argued and richly detailed work of cultural history that offers a substantial contribution to our understanding of Britain Nick Freeman Washington Times *The Heart of Listening, Volume 1* Hugh

Milne, 1998-06-18 Originally published as a single volume *The Heart of Listening* has been re issued as two separate volumes because of public demand for a more concise portable edition Milne a third generation Scottish osteopath begins by explaining the visionary approach to healing and how it may be applied to the realm of craniosacral work He explains the importance of meditation centering and the cultivation of heartfulness in the development of compassionate practice Milne introduces the reader to the story of visionary work its genesis evolution philosophy and practice and explains how a grounding in meditation sensitive touch and intuitive perception can lead to a remarkable unfoldment in skill development

[Overcoming Familiar Spirits](#) Kynan Bridges, 2022-04-19 Have You Unknowingly Invited Demonic Enemies into Your Life Many Christians are being tormented by unseen demonic powers called familiar spirits that operate inconspicuously within the fabric of people s thoughts emotions and mindsets working so secretly that they usually remain undetected These demonic spirits can be attached to specific individuals families or bloodlines Familiar spirits hinder believers lives in numerous ways diminishing their spiritual vision and seeking to prevent them from fulfilling their destinies They may block people s ability to overcome negative patterns attain lasting success and even marry and conceive children Without realizing

it we can invite such unseen enemies into our lives We may have left open a door to their influence due to personal trauma unforgiveness bitterness or false thinking Then we become trapped in a type of spiritual debt We are restricted from being fully free in Christ so that we constantly live with frustration worry anger or a feeling of hopelessness Overcoming Familiar Spirits by pastor and teacher Dr Kynan Bridges powerfully exposes Satan s demonic agenda so you can be set free You will learn to detect the presence of familiar spirits such as the spirits of sabotage calamity rejection jealousy fear infirmity oppression premature death prevention perversion and more You will gain a fresh revelation of who you are in Christ and your authority as a believer and be equipped with the tools to enjoy lasting freedom Through his books preaching and counseling Dr Bridges has shown thousands of believers how to address hindrances in their lives Discover how to eradicate unseen familiar spirits and be released from spiritual bondage and debt

**Nature's Symphony, Or, Lessons in Number Vibration** Sarah Joanna Balliett,1968     *Whitaker's Book List* ,1987     The Enigma of Out-of-body Travel Susy Smith,1965

**X-Treme Possibilities** Paul Cornell,Martin Day,Keith Topping,2013-10-31 Open your mind to extreme possibilities Scully s desire to be recognised as a medical doctor ooze mouthfuls of difficult dialogue and the tendency for characters not to make it through the pre titles sequence were just a few of the tragically underexamined elements of THE X FILES phenomenon until the first edition of this book Now the authors take their study of televisions weirdest show through to the end of series five and THE X FILES movie X TREME POSSIBILITIES presents a unique analysis of the programme that transformed US television While sometimes witty and light hearted this volume is also a serious study of the elements that made the show such a success As well as a detailed episode guide of the first five seasons the book pieces together the nature of the series Conspiracy and attempts to discover just what the truth is Never before has THE X FILES been put under such focused affectionate and bizarre scrutiny Please note this new release of the second edition has not been updated

**The Occult Review** ,1917     **Subject Guide to Books in Print** ,2001     **The Technique of Conscious Evolution, Incorporating Self and Superman** Leon Ernest Eeman,1956     **Journal of the Royal Society of Arts** Royal Society of Arts (Great Britain),1911     **Journal of the American Society for Psychical Research** American Society for Psychical Research,1918 List of members in v 1 6 12     **The Theosophist** ,1887     **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09     "Are These Things So?" Eugene Nelson Sanctuary,1934

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