Astral Projection Made Easy

Your Ticket to Infinite Possibilities

by Simon Castilloux

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Intro

Starting the astral journey

Astral projection seemed to be a myth to me before my spiritual awakening. In fact, even after awakening, I had great doubt due to the fact that most people who claim to have projections seem to not be spiritually evoled at all, slaves to their mind with no presence whatsoever.

It was later on that I started to believe because a spiritual friend of mine told me about his projection. I felt that he would not lie to me. So there must be some truth to it. Still, my curiosity was not strong enough to try it or learn more about it.

I had my first astral projection about a year later, as I watched a video online from one of my beloved gurus.

He explained the state of Turya. The state of turya happens when your body and mind fall asleep while you remain awake as consciousess, as the witness. He explained that those who master Turya have also mastered death for the reason that if you can remain still and conscious as your body and mind fall asleep, it means that you will also be able to stay conscious when you will shed the body, allowing you to go beyond the seemlessly endless cycle of reincarnation on earth. Not only this, but it is also the door to our psychic abilities, the door to making this life magical, and to explore the realm available at each sleeping session. Right away as I heard about this phenomenon, I was filled with the will to make it happen. I went to bed for the first time with the determination to remain awake as my system fall asleep, due to my strong willpower to master death as soon as possible, I succeeded on my very first try. Guess what? This is when my first astral projection took place. I wasn't even expecting to project at all, yet it happened.

It was so great and so immensely different from this limited 3D life that the longing to go back into the astral realm was quickly created. Unfortunately, it wasn't that easy to go back, the first time went smoohtly because I did not try to astral project, it just happened. Now that I was desiring to project, a part of me was forcing the event to happen, which caused much friction and challenge. It is because of my journey of going by accident and then finding myself frustrated, not able to go back, that I truly believe this book will be one of the greatest astral guides ever written.

I am not going to waste your time with beliefs and scientific experiments other people have conducted; this is not a scholar book filled with borrowed ideas. This is my spiritual and scientific journey toward mastering the art of astral projection. In this book, you will find methods to enter the astral realm, how to operate in the astral realm, what to do to not be pulled back into your body,

what can you do to make the process easier, how to return to your body by will. You'll also learn how to fly, do telekinesis, teleport yourself, and much more.

So if you are serious about this and truly wish to open up a new dimension of existence for yourself, if you wish for half of your life to no longer be wasted in unconsciousness but rather live two lives into one, allowing you to realize all your deepest desires without needing any money or extra time. This book will be your guide, 100% bullshit free, raw facts, true experiences written in such a way that even a baby could understand it. I am not writting this book to sound intellectual; I have the intent to be precise and to help my beloved divine brothers and sisters to take back their power. You will master astral projection if you truly apply and practice everything shared in this book.

Chapter 1

Where is the astral realm?

Depending on how spiritually evoled you are, what you will read might be difficult to digest, just like you might resonate with it. If you truly desire to learn, simply be open and feel the words beyond your logical mind, because no modern mainstream science talks about this; they are not advanced enough due to being a corrupted social cult controlled by money.
The astral realm is everywhere at once, to put it in simple words, everything that you can ever think about already exists in a multiverse somewhere. What is a multiverse? A multiverse could be seen as a parallel universe. For example, there is a universe where you are rich, and there is a universe where you are poor. There is a universe where the earth is round, and there is a universe where the earth is flat.

All possibilities of existence exist simultaneously in the eternal present. In fact, we are constantly shifting multiverses in our everyday lives through all of our thoughts, feelings, emotions, and inactions. We do not feel or see ourselves shifting multiverses, but it continuously happens. This is why our thoughts, emotions, and habits are so important. So in all of this, where are we, and where is the astral realm exactly? Everything exists as one, but depending on the speed at which we vibrate, we see and have access to different realities. In this matrix way of living, this current manifestation of physicality is of a 3D nature. We are also in a dance with the 4D density. The easiest way to understand 4D is to identify it as time; it is much more than that, but let's keep it simple. The astral realm is of a 5D quality; this is why in the astral realm, in 5D, time does not exist in a linear way as it does on earth. This is why in the astral realm, you can move into parallel universes that would be seen as past or future by us. But in truth, there is really no past or future; there is only the eternal now.

If you would go 5 minutes in the future, you are not truly 5 minutes ahead, you are simply in another multiverse which is 5 minutes ahead of your multiverse. Time travel does not truly exist, it is a wrong way of seeing it, rather, it is multiverse traveling. It is said that in the whole cosmos, it is only our earth that is currently living in 3D; that is what we call the matrix, the illusion of separation, the illusion of linear time, the illusion of gravity. So when we enter the astral realm, we now operate with a 5D body, which is why we can fly, teleport, do telekinesis, and use all those types of power. The reason that we cannot in our 3D matrix is because for thousands of years, we have been brainwashed to accept the same collective dream. Now that all our minds have accepted the same reality, it manifests itself as the life we are now living. Because all together, all our individual minds are also connected to the universal mind, this is what we call the colllective consciousness.

As you are into the astral realm, with your 5D body, you can travel on earth, just like you can travel in the cosmos, in other multiverses, and even sometimes in higher densities than the fifth. This might be a lot of information to take in, thus I suggest reading this paragraph as many times as you need. If you can just comprehend this, then the whole universe will be understood much better. I wrote it in the most simple way possible so that anyone can understand it.

Chapter 2

How to astral project

There exist a large variety of ways that have been used to astral project. Most of them, in fact, are mostly imaginative things, american methods. They make people use their imagination to fly around in their own imaginative cosmos, to visit places they wish to see within their mind, again, just a poor imagination of their limited mind. What happens with those types of methods is that most people will find themselves trapped into their own delusion, believing they had an astral projection while they are just imagining things in their mind. So instead of sharing with you one of those broad methods that can be more delusional than beneficial, I will share with you the true root of astral projection and the true way yogis have been using since thousands of years before this civilization even existed.

Once you master this method, now you can be assured that it is not about luck and probabilities, but rather about truly understanding what you are doing. Truly exercising the skill so that you can become a master of astral projection. This method that I will share is still alive after more than 10,000 years; this is a clear indication of how powerful and potent it is.

Every single night, we all have an astral projection going on. The thing is, we are totally unaware of it because at the moment when the body and the mind fall asleep, you are not there; you've been lost in your countless thoughts and inner images. That is why we never remember the moment that we fell asleep. we are not conscious enough to do so. Therefore, the method to project is simply to remain awake, concious, as a witness while the body and mind fall asleep. If you can simply do this, at some point it will activate a conscious astral projection, and you will find yourself in the astral realm.

First, your position is of great importance. The best position I have found to succeed is called Shavasanas, it is also known as the dead tree position. Simply lay on your back with no pillow under your head. your palms facing upward with your arms away from your body at a 35-degree angle. Both of your legs should not be touching each other, instead, they should have a little distance between each other. If you would like to have a visual image to clarify what it looks like, write down on internet "shavasanas" and you'll find it right away.

The only pillows that are ok to use are those made for the lower back, a small pillow specifically made for the neck, and another one under your knees to remove any stiffness from the legs. Still, no pillow is needed. Just make sure that you are not using a conventional pillow under your head that creates an unhealthy angle, bringing your chin toward your chest, like the pillows almost everybody uses. They have been designed to block your energy from rising to your third eye.

Position number two: I highly suggest sticking with Shavasanas, but I also understand that not everybody sleeps alone, for this reason, it is possible to lack of space. So the second best position that I have found to project is also on your back with the same science about the pillows. The changes are that your legs will be close to each other, both of your heels will touch each other as you allow your feet to naturally fall a bit on the sides, creating a shape that looks like the letter V. For your arms, lay both of your palms facing downward at the beginning of your thighs. You can also lay both of your arms on the side of your body with your palms facing upward. To my preference, I rather have them on my thighs facing down if I am sleeping with someone because when your palms are facing down, this allows you to recycle your energy within yourself and be less available to external energy of others.

Now back to the method, in order to remain conscious as the body and mind fall asleep, All that you have to do is to be a witness. Feel whatever there is to feel, see whatever there is to see, without any judgement. Allow yourself to be in the unknown with zero expectation, not even the expectation to project. You must be like a still flame in the darkness; you are just here, there is nothing you are trying to do, and there is nothing you are trying to avoid. Allow your thoughts to happen naturally, but do not give them any attention. Know that all thoughts do not come from you. They are visitors; none of them belong to you. With this total dissidentification of the thinking process, you will see that it will begin to slow down, and at some point, it will be total inner silence.

Once you realize this state of inner silence, this is when the magic will begin to happen. Before we go further, it must be understood that not only your mind must be still, your body also must be still.

Once you realize this state of inner silence, this is when the magic will begin to happen. Before we go further, it must be understood that not only your mind must be still, your body also must be still.

In fact, it is known by spiritually evolved beings that there is no body AND mind, so they call it body-mind. They are one, the body is the gross envelope, and the mind is the subtle one.
No physical movement at all must happen in order to have a projection, it is almost certain that you will end up feeling uncomfortable and desire to move, or that you will begin to have some itching sensation anywhere on your body. I'm telling you, this is a trap, do not fall for it. The feeling of needing to move a finger, a toe, to scratch yourself, or even that an insect is crawling on you is all a play of the mind. At some point, your mind will wonder what is happening because usually, you are never still like this while awake. So it will want to see if you are asleep or not.

Sending the urge to move or scratch yourself is one of the mind's favorite ways. Now that you are aware of it, you will be able to go beyond it. If you feel an urge to move or an itching, just accept it, flow with it, allow it to exist without your focus or opinion about it. Because this too is like a cloud passing by, it will not last, you will be free of it in a couple of seconds or minutes.

Now that you are aware that stillness of body-mind is a must, you are aware of the little trick the mind will play on you; therefore, you will be able to be beyond it and remain utterly still. Patience is the next attribute that will be needed. It could take 15 minutes, just like it could take 30 minutes, an hour, or even more. You must be willing to remain a witness for as long as it takes, to just be, to just experience, to see what there is to see, and to feel what there is to feel. without judging any of it and without having any expectation, because if you begin to force astral projection to happen, you will find yourself frustrated.

Remember that every night, an astral projection happens, so it isn't about forcing it, it is simply about letting the natural phenomena happen by itself as you remain still in your body-mind, as a witness. You might notice that I have repeated some things more than once, and the reason for that is because the practice itself is so simple. But the mind has trouble with simplicity, it is used to solve problems and think about this and that. Because it is so simple, this is why it tends to be challenging. For this reason, the more that you read about the method, the more that I repeat
that the key is stillness of body-mind with zero expectation, that astral projection happens by itself without being forced, the more your subconscious mind will accept this fact.

In order to truly develop the skill of astral projection, it will be necessary to practice it every single night. Some people will succeed on their first try, but those are rare. For most, it will take weeks or months.

Luckily for you, practicing this skill does not require a single second of your time, so whether you are busy or not, it does not matter because every day you end up going to bed like everyone else. So instead of lying in your bed in a destructive position, you will use the position of Shavasanas that was described earlier. I said destructive postures because most people's ways of lying down are creating damage to the geometry of their body and their organs.
This means that not only will you enhance your ability to project and to be still within, but you will also enhance your physical health as you will lay on your bed as a human being should.

When I explain that every night must be used to attempt a projection, some are scared that it will affect their sleep. that they will waste sleeping hours while trying this method. Let me assure you, there will not be a single second wasted, and the reason for this is because when the regular asleep man goes to bed, his sleep is of the cheapest quality.

In 8 hours of sleep, he actually gets about 2 hours of true restorative sleep. Why is it so? Because he falls asleep in total unconsciousness, letting the autoplot of his subconscious mind dominate, he goes on dreaming about nonsense all night long, and most of his dreams are unpleasant due to his lack of inner stillness.

So as you will lay in shavanas and remain a witness, being still in your body-mind, this phenomenon will bring great rest and energy to your system, much more than the regular asleep man's night. Even though you will still be awake, not yet projecting, just being here as nothing and everything, the frequency of your brain will change. This is even proven by modern science. You will enter into deep healing vibrations that have the potential to enhance your health, intelligence, vitality, immune system, spiritual evolution, and much more. So rest assured, not a single minute will be wasted; in fact, you will require fewer hours of sleep to have the same and even greater level of restoration.

Which will potentially give you more free time in your everyday life. So make sure to remember that this is a process, and every night is an opportunity to get better at it. Whether you enter the astral realm or not, immense benefits will be given to you.

The goal of astral projection is not even to astral project, read this again if you need to, because to understand this will save you so much time. The goal is about being present when the body and mind fall asleep. So don't end up only looking forward to the projection itself. Only thinking of the end goal will be a distraction. rather, be present, fully present, until the body falls asleep. Because in the end, it is this awareness / presence that will truly make you succeed. Remember, you are not the one to force projection to happen; it happens by itself. If you simply keep your door open for long enough, when your inner door is open, it can take 5 minutes, just like it could take an hour for astral projection to happen first.

What does it mean to "keep your inner door open"? It means that you are simply here, present, and open to all. Your openness is the key; total openness means that there is nothing and no one you are not willing to welcome. Therefore, no particular thoughts are wanted just like no specific thoughts are unwanted.

By simply waiting in presence, your mind will become more and more quiet by itself. So don't play the police game by trying to let good thoughts in and expulse negative thoughts out. None are wanted, and none are unwanted. This means that you are aware that astral projection happens in samadhi, in inner silence. But you are also aware that inner silence cannot be found by forcefully suppressing your mind. When we try to suppress our mind, our mind will fight back. So instead, we simply take away all of our sense of identification toward the mind; we understand that the thinking process is just a program on repeat, it is irrelevant. By simply not caring or bothering about it, it fades. To help you do so. There is one method that will be highly valuable. It is so simple that we cannot really call it a method, but for the sake of remembering it, I call it the inner movie.

When you close your eyes, it is almost never a fully black screen. You know when you gaze at the sun, then as you look away, you now see multicolor spots of light in your vision?

Those are also here when you close your eyes. You can see them at this very moment. If you just close your eyes and remain as a witness of the infinite emptiness. You will see that light patterns are occurring; they can take some forms as circles or triangles, just like they can have no symmetry. They can even be other things than forms, such as an energy of even a clear picture. At first, they tend to be subtle, and as we notice them, they become more and more vivid. At some point, they can become a complete environment. In an instance, you find yourself there; you are in your first astral projection. In the next chapters, you'll learn about the different ways astral projection can happen. There are many different possibilities. So for his reason, do not be attached to this possibility that I just described. Only be a witness to your inner movie, because this inner movie is created by your third eye, scientifically, by your pineal gland. It allows you to witness energy that cannot be seen or felt by the five senses; it allows you to be in harmony with the non-physical aspect

of the universe. The more you bathe your awareness of the non-physical world, the more you lose the feeling of having a physical body. As you lose the feeling of having a body, naturally, the mind will also fade away. So remember, astral projection happens by itself. I am simply sharing with you a way that you can manage to stay awake, present as consciousness, until the moment the body and mind fall asleep. Because this is all it takes, you don't have to make the astal projection happen. You just have to be present and aware as a witness until and while the body and mind fall asleep.

By practicing to be aware, present, still, and conscious, anyone can succeed to astal project. This is the only skill you truly need. If you can just master the art of falling asleep while being conscious and present, you have mastered the door to astral projection.

I will shed more information on the process of astral projection, and I want to make it clear again: all that is needed is to be present as the body-mind falls asleep. This information you are receiving is simply for you to understand it more and more, yet only one sentence is enough. There are certain key elements that indicate that you are on the right path. Those 3 elements, I call them Asan, Pranam, and Samadhi. First is asan; asana stands for position. So when Asan is taken care of, it means that you are fully immobile and comfortable, to the point that you no longer feel your physical body at all. When this happens, it is an indication that you are doing the right thing. The second one is Pranam; this one is related to the breath. Almost everybody breathes like dogs—never fully in, never fully out. The breath is extremely important for astal projection because when your breath has a great rhythm; your mind becomes quiet, your body relaxes, you become stress-free, and your energy expands. So as you are lying down in deep awareness, being present, if you notice that

your breath has become much slower, friction-free, rich, and deep, This is an indication that you are doing the right thing. You will truly see your breath becoming of higher quality as you perform the method to astral project. Finally, Samadhi, which means total inner silence, You are nobody, nowhere, yet everything, everywhere. When this state occurs, this is the ultimate indication that you will succeed if you can just keep this inner state going by not interfering with it in any sort of way. So if you can just allow yourself to be, to surrender, naturally, asan, pranam, and samadhi will become one with you. Then it is just a matter of staying in it. After a while, if you truly do not mess with your mind, do not move an inch of your body, do not forcefully change your breath or break its rhythm, astral projection will come to you. Just like when fishing, if you just prepare yourself and your setup the right way, All you have to do next is wait, surrender, and the fish will come. The same science applies to astral projection.

Once you have successfully felt the three indications mentioned above, there will be more indications of astral projection coming to you. Those next ones are the fruits of staying in asan, pranam, and samadhi. Those steps that I will share are not absolute and are not always in the same order. I'm sharing them just to give you more insight, so don't get too attached to it. Most of the time, when you'll be in samadhi, at some point, as you no longer feel your body, you will begin to feel as if you are turning on yourself in deep emptiness. When this happens, all you have to do again is surrender. After this feeling, it is possible that you will start to feel your body or your consciousness vibrating as if there is soft electricity moving in you. Again, surrender; if you judge it in any way, it will be gone, and you'll be back to the first case. After those phenonenons, what will come next can be different in every single astral projection attempt. You'll learn more about the next steps in the chapter: How does astral projection happens.

Chapter 3

How does astral projection happens

It tends to be very intriguing to know how astral projection happens. What will you feel? Where will you go? Will it be scary or blissful? One thing that I found out from all my projections is that there is no absolute way. There is an infinitude of possibilities for how the projection can happen. The most popular experience seen online explains the experience of feeling our astral body floating above our physical one, being in our room, and seeing our physical body. Even tho this is the most popular saying, this is rarely a reality for me. In fact, for my first projection, what happened was that I felt my eyes rolling all the way to the back of my head. I'm not saying it truly happened; I'm just saying this is what I felt.

As soon as this moment occurred, right away I was no longer in my physical body; I was in a totally different environment of the same earth, but from a parallel universe. I saw a bunch of UFOs in the sky, special entities that cannot be seen on earth. I appeared there right away, without flying from place to place or feeling my body levitating. On my second astral projection, when it started, I became a blue comet of light, flying at a tremendous speed into space. I was even seeing myself from outside of myself, as if I were the cameraman, and my body was really just this sphere of light. On another astral projection, I found my consciousness in a tunnel of light and energy, again moving at a tremendous speed, going through curves and seeing the infinite colors changing in wonderful patterns. Just like sometimes, nothing at all seems to happen; I just am in the astral realm all of a sudden. So really, don't expect your experience to be like what other people say, in fact, don't even expect your second experience to be like the first.

All expectations and ideologies are limitations, because the true door to mastering astral projection is the unknown. The unknown is available once you drop everything, including yourself. When you are nobody, no where, nothing. Yet you are everywhere, and everything. When you have no thought about what is going on, no desire to go anywhere, and no desire to stay where you are, It is in this divine state that you truly master astral traveling. It is also in this inner state that you realize enlightenment. So by going with the science shared in this book, not only will you gain the ability to project, but you will also transform to your highest potential. Awakening, enlightenment, and Christ consciousness will become available if you can just be. Being, without being something, just the state of beingness—this is where all the spiritual miracles and transformations occur.

Now you are aware of the mechanic and how it happens, but what is it that makes it happen? It is when your body is utterly still for a while, when your breath is naturally rich and slow, when your mind is silent. As you are the witness, not trying to do anything, as you bathe yourself in this state of being, it is only a matter of time before it happens. Because, remember, every night we all have an astral projection. We do not live it consciously because we fall asleep in unconsciousness. If you can remain awake as consciousness while your body and mind fall asleep, This is the door to the astral realm; this is how you master the art beyong pretending.

Chapter 4

How to stay in the astral realm

After achieving your first astral projection, you might believe that's it. I got it! But it is rarely the case because now you have simply entered, you are here, in this complete new dimension of existence. You are for the first time into a higher dentisty of life, where going from multiverse to multiverse is a normality. Where meeting aliens, fairies, light beings, and any other possibility you could think of is totally normal. It is even possible to meet other versions of your mother, your friends, and even yourself, because here there is no limitation like in our 3D lives; all multiverses can openly dance with each other. For this very reason, it is easy to lose our center, to become confused, to wonder, to think, to feel emotions with high intensity. Do you know what happens when you lose your center in any of the ways described above?

There are two options. The first one is that you will be pulled back to your body at a great speed, wake up, and be back in your usual 3D human life. The second option is that you will lose your sense of consciousness and the mind will go on dreaming unconsciously, without your awareness, without your presence, just like every other person. Later, you will wake up probably remembering your astral projection, but there will be blanks of memory about what happened after, and even maybe about the projection itself.

So if you would like to not only have five-second trips to the astral realm, if you are desiring to truly enjoy this hidden world to its fullest, You will have to gain a certain amount of control over your mind. Think about your everyday life. How many times do you tend to lose your center and go on daydreaming? How many emotions of high intensity do you tend to feel in a day? Whether it is anger, hatred, sadness, love, happiness, or joy.

All of them have the same effect: they kick you out of the astral realm. Because this density is usually entered as you are nobody, no where, as you are nothing, yet everything at once. It is when you are in what we call as Samadhi that you can truly MASTER the act of starting an astral projection and stay in it. Samadhi is a state in which you exist without mental chatter or physical feelings of the body. It is the closest thing to feeling your true being as the soul. It is also one of the highest goals of spirituality to realize the state of no mind. Once it becomes a possibility for you to just turn off your mind on command, staying in the astral realm for a longer period of time will become easy as you will remain centered no matter what happens. As you will have no sense of identification with your thinking process and your body, nothing will scare you because it will be known and felt that you are an infinite being, you are untouchable, unperisable, unchangeable, and infinite.

This knowing, not only intellectually memorized but also experienced, will give you the highest control into the astral realm.

In order to stay in your projection for a longer time, it will be of immense value to practice the state of no mind in meditation for two times a day, 15 minutes each minimum, I highly suggest meditations of 30 minutes, and even more if you desire, the more, the better.
As you practice to experience samadhi two times a day, slowly, you will begin to feel the energy of samadhi. You will begin to understand the mechanics behind it—how to truly let go of everything and allow yourself to just BE. Doing this meditation first thing in the morning will cleanse you from the karma of your dreams and energize you for the day, making alertness, presence, and awareness easier to maintain in your daily activities.
Then, during the day, in between your morning and evening meditation, you should be practicing once again the state of no mind all day long.

Always being aware of the content of your mind, making sure that it stays mostly silent. At work, as you drive, as you run, as you exercise, play video game, watch a movie. Whatever you are doing, you are now deciding to do it in a state of no mind. This will not only allow you to stay in the astral realm for a longer period of time, It will also make you realize enlightnement. your true presence in inner silence is one of the easiest ways to describe a glimpse of what enlightenment is. No arrangement of words can ever be perfect to describe what enlightenment is. Still, the state of no mind is something that all enlightened beings are very familiar with and at ease with. Lastly, having a meditation the night before your sleep will make the whole process much more friction-free. Experiencing samadhi before going to bed will burn karma that you have acumulated during the day, which is causing limitations to your growth. It will tune you back into a deeper state of being and greater stillness.

This is giving much more ease to enter the astral realm than to just right away go to bed with your huge backpack of memories; it is extremely heavy. Dropping it will make you lighter. The lighter you are energically, the faster you can tune into samadhi. In the next chapters, I will share a method to practice living in no-mind during your daily activities.

By now we have spoken about the mind, it is currently clearly understood that the less mental activities we have, the easier it is to astral project. But not only mind chatter will kick you out of the dream world; strong emotions will as well.
I could go on and give you a long talk about each emotion one by one, where they come from, and how to deal with them, but then, I would be no better than one of those asleep therapists and psychologists who know nothing of the true self, who base their whole life and job on the illusory aspect of the mind.

This book is for those who are serious about spirituality and the truth of the self. Therefore, I will go straight to the point. All strong emotions tend to arise because of a lack of control over the mind. Most of the time, we feel strong emotions in our daily lives, but it isn't because something dramatic has happpened, the world is not ending, nobody has died, and we haven't been hit in the face. yet we feel emotions that are so strong. An emotion is an immediate energy; it has no obligation to stay. It is rather the mind that adds suffering on top of everything as its favorite sauce. Thinking about why you are sad, thinking about why you are stressed, thinking about why you are depressed, thinking on top of our emotions is the cause of our suffering and lack of control. When you are deeply centered into your being in inner silence, yes, emotions still exist. but you are no longer identified with them, you understand that they are just like passing clouds, sadness or happiness; they come and go. It is only you, as your true self, as the soul, that is unchangeable and eternal.

Once you begin to live in this awareness, you are no longer a slave to emotions, whatever they are and why they have arised. So to stay in the astral realm and not get pulled back to your body because you felt a strong emotion, simply make the effort to stay in inner silence, to use intuition rather than the mind. As you will do so, emotions will not be in your way.

Chapter 5

How to measure your improvement

So how do you measure your improvement in a practice that is pretty much invisible? When you exercise, you're getting more and more fit, and the results are obvious. But here, there are no such physical proofs of your advancement. It is your consciousness instead that will begin to change. One of the signs that you are getting closer to mastering the skill is when your dreams are suddenly becoming more and more vivid and you're remembering them more than before. This is happening because as you learn to stay present and aware as your body and mind fall asleep, you are teaching your brain how to stay conscious even in the astral realm. So your beginning of semi-consciousness is showing itself by making your dream more vivid, and by enhancing your rememberance of your dreams. Another significant indicator that you are progressing is when you start to

question your dreams. What I mean by this is that sometimes some weird things are happening in our dreams that make absolutely no sense. Yet we do not question any of it because there is zero consciousness. But now that your awareness is growing, sometime in your dreams you will feel that something is up, something is fishy. Maybe to the point that you will ask yourself: Is this a dream? When this happens, you will either wake up directly or start to gain control over the dream and begin your first astral projection. Another sign that you are getting closer to mastering the skill is your stillness of body-mind. When it becomes easier and even effortless to be physically still, that is a big improvement because for most people at first, being still is very hard. So when your urges to move are highly diminished, when you do not succumb to the feeling of itch, when you can allow your body to quickly relax and to loose bodily sensation in a short amount of time, this is a big improvement.
For the mind, when you become able to have silence of mind on command, as you are now

losing all sense of identification with the mind because you understand that the mind's content has nothing to do with you; it's just an automatic process of the mind. This is also a great sign that you're getting closer to it. Mastering the mind and silencing it on command will help you to astral project faster; not only this, it will also help you to stay in the astral realm for a longer period of time. It will even elevate your meditation skills immensely. So watch for those little signs because they truly are showing improvement. The more improvement you notice, the more your mindset becomes positive toward this whole phenomenon, which makes the journey more friction-free.

Chapter 6

Why you MUST astral project

Did you know that every single dream you've ever had has been in the astral realm? Whether you are unconscious in your dream, semiconscious, or fully controlling, it is all the astral realm. The thing is, when we fall asleep like any regular low-conscious man or woman, as we do not cultivate any elevating energy and get lost in our thoughts and emotions before sleep, we end up entering the lower 5D astral realm. The astral realm is in the fifth density, and there are many layers to this density. What determines if you enter the lower part or the higher part is your state of consciousness and your energy at the moment the body and the mind fall asleep. This is why most people's dreams are always confusing, negative, draining, negative, and fearful. Do you even remember the last time you've had an extremely pleasant dream?! For most people, it's been years

and years since the last time it happened. In fact, their only memory of a very nice elevating dream tends to be from childhood only. So why is it that our dreams bring us down energetically rather than elevate us? It is because when we do not perform the astral projection method that I teach in this book, which is also known as yoga nidra. We end up falling asleep with zero consciousness, and we enter the lower 5D realm every night. In this realm, there is plenty of being who wants to feed on your energy. Their way to feed on your energy is to make your dream confusing, gloomy, negative, and such. This is why we tend to wake up almost every day feeling tired. It makes no sense to sleep for 6 hours and more and to wake up and desire to go back to sleep as soon as we open our eyes; it's because we truly did get our energy affected in a negative way. When you fall asleep with the method I share in this book, now you are entering the 5D higher layer, or at least the middle one. So even if you do not succeed to project consciously because you fell asleep with better inner frequency, you get to go higher than the lower 5D realm.

When you do succeed to astral project, you will usually find yourself in middle or higher 5D depending on your energy and emotions. Because in the astral realm, how you feel directly affects everything; it changes the surroundings, it changes the kind of being who are around you, it changes everything.
So once you get there, your emotions can take you back to the bottom or raise you to the beyond. It is even possible sometime to realize a higher plane than 5D. On rare occasions, we can astral project with a body that does not look like ours at all, and sometimes this body is from a higher density than the fitfh. But let's keep it simple. So this is the price of not doing yoga nidra / this astral projection method on a daily basis. This is why you MUST learn to astral project, or at least to go to sleep in a certain state of higher consciousness than the regular people of the mass. When you do this method as you go to sleep, you will start to wake up most of the time with a better mood, lighter energy, and more vibrancy. So if you want to be an astral meal and wake up like a zombie, go ahead and skip the work, go to sleep in

unconsciousness. If you desire for high energy and elevation of consciousness, make sure to perform this method every single night from now on.

Chapter 7

Why do I always fall asleep when trying to project?

If you truly wish to solve the issue of always falling asleep unconsciously, it will be necessary to be open. Because what I will say might not be what your ego wants to hear. Whether you are new to spirituality or used to it, most people have not ever seen a single day. What I mean by this is that they are constantly dreaming; they never woke up even once in their lives, or perhaps only had short awaken moments there and there. How do we know if we are asleep? It is pretty simple: mind is the absence of your presence. This means that whenever your mind is thinking, you are sleeping. Thinking is dreaming with words, dreaming is thinking with images. When I ask someone if they have constant mental activities all day long, thinking about yesterday, the future, and how the present could be different—about anything at all.

Most tell me that they are alright, they don't have a mental diarrhea. I would say that 49% of the people who tell me this are lying. The other 51% are not lying; they are simply so unaware about the fact that they have constant mental activities going on that they don't even know about it. Just like when a fan makes some noises, at first it annoys you a bit, then after an hour or so, the noise has become the background, and you don't even notice it anymore. Similarly, most people's mental diarrhea has become background noise, so they don't even notice it much. Because really, if you cannot remain conscious and present until the body falls asleep, it just means that you're not conscious during the day as well. In order to practice presence and inner silence in such a way that will bring the maximum amount of benefits and solve this issue as soon as possible, you will have to practice not only in bed but also in your daily activities. To practice inner silence at all times, the chapter "how to practice inner silence" will share all that you need.

Do not mistake having constant mental activities with stress, it has nothing to do with stress. It just means that your mind is always having mental dialogues. To find out if you are thinking all day long, which is probably the case, simply make the choice right now that you will totally cease thinking for the next hour during your daily activities, As you make this choice, become fully attentive to the content of your mind, notice every single words and sentences. You will see that, just like an annoying little insect that flies around your ears nonstop, your thinking is totally lacking in control; it is all over the place. There is no symetry or logic to it, it just goes on and on. Anything that it can use as an excuse to create more mental noise, it goes for it. It judges everything it sees, it narates everything you do. So first, be 100% honest with yourself and identify if you are having what I call as a "mental diarrhea". If you do, we can solve this by doing the right practices, Anyone can cultivate inner silence. In fact, life begins only when you are in inner silence, because without

it, even with your eyes open, you are sleeping. Once you are still in your mind, it will be easy to be fully present at any moment, which will make the process of astral projection so much easier. Because you will be used to inner and outer stillness. You will no longer be gone in the creation of your mind; you will instead be fully awake, fully aware, and present into the infinite emptiness as you close your eyes.

Chapter 8

how to practice inner silence.

Inner silence and stillness of body are keys to mastering astral projection. Every single night will be an opportunity to practice it, and if you are really serious about this, even your daily activities can become a practice to cultivate this inner silence. The interesting thing about doing so is that not only will it help you to project much easier and quicker, it will also make you realize total inner liberation, awakening, enlightenment, whatever you wish to call it. Because when the mind becomes silent, we cease to create useless suffering, without the mind always giving its two thousand opinions on everything, without the mind constantly projecting the past and future. We are left only with the present moment, with the infinite now. If you are quiet within, you will find out that your present moment is always perfect. Yes maybe you desire for more

money, a better job, more freedom, more friends or romance. But all of this is just a play of the mind. It is the mind using all of your lacks to constantly keep you in low vibration, in wanting more, and being unhappy with the present. not because it is your enemy, simply because low vibration is your usual state that you have cultivated for years unconsciously, and the subconscious mind only like the usual, it does not wish for new.

So the method to create this stillness of mind is based on two fundamental keys. The first one is the breath; simply control every millisecond of the action of inhaling and exhaling, as slowly as possible, and by the nose. That's it. The greatest issue with this method is that it is so simple, and because it is so simple, most people go on underestimating it. Yet, this method alone has been proven for thousands of years to be so potent that it can lead anyone to enlightenment. It is very simple, yes, but do not fool yourself; it is not easy at all. For the reason that you will forget to control your breath

hundreds of times a day, possibly even 10 times in just 5 minutes. This is how unconscious we are in this modern time. This method is known as the sadhana of the breath. A sadhana is a spiritual discipline that is performed with total focus, devotion, and discipline. It can be a morning routine or an evening one. or, in this case, it can be a practice that is used during all of your daily activities. At work, at home, watching TV, running, walking, exercising, anytime, anywhere. In fact, any moment where you are not speaking, you should be performing the sadhana of the breath. This is one of the reasons why it is of the most powerful spiritual practices. it is because it can be performed for several hours every day without requiring a single second of your time. It allows you to use your mundane, repetitive, meaningless routine, such as work and commute to grow spiritually. The sadhana of the breath is also proven to work by modern science. It is clearly known by now that the way you breathe is directly connected to the way you feel and think.

Therefore, to make your breath as slow as possible by the nose, yet as rich as it can be, fully inhaling to your maximum capacity and exhaling fully. This will drastically quiet your mind because 98% of people are really just breathing like dogs, hyperventilating, never inhaling fully, and never exhaling fully. That is why there is zero consciousness in them. To breathe properly, inhale by your nose at the bottom of your stomach until it is full, then continue inhaling until the middle of your upper body is full, then continue inhaling until your lungs are full. This is how we are supposed to inhale, from those three main oxygen capacities. As one long and rich breath. When it is time to exhale, slowly exhale for about the same amount of time as you have inhaled, and exhale fully, to the point that your stomach sucks itself inward a little bit. This complete breathing will create DMT in you and allow you to be stoned all day, yet, without losing any faculties, in fact, with better potential in all human endeavors. The breath is the life force; knowing this, it becomes obvious that it plays

an immense role in spiritual evolution, health, happiness, and much more. So remember, all you have to do is control the action of the breath by the nose, as slowly as possible, all day long, or for as many hours as you can.

The more you do it, the faster you will grow spiritually, master your mind, be in inner silence / liberation, and all of this will make your astral projection tremendously easier.

Chapter 9

How to make astral projection much easier

There is one thing that makes the process of astral projection either pretty challenging or easier. It is your energy body. With oxygen flows an energy known as prana, chi, and many other names. As we unconsciously breath, we receive some of it, but only the minimum amount to remain alive—not enough to grow spiritually and store it within our energy body.

When we consciously breathe, whether it is normal breathing or pranayama, which means a yogic breathing practice, at this moment, we get a much bigger amount of this life force within ourselves. Not only do we get more now, but we also store this energy for us to use whenever necessary. The benefits of feeding your energy body are so great that even if I wrote a complete book about it, still much would be left untold. It boosts your vitality,

your immune system, your health, your intelligence, your strength, balances your emotions, silences your mind, gives you inner peace, confidence, awakens you, enlightens you, and especially makes astral projection much easier. Why does it do so? Because the lighter you are, the easier it is to project. When I say lighter, it is not about your weight; it is about your karmic memory. Karmic memory is essentially created by your daily thoughts and emotions. So by using the right ancient methods to feed your energy body, naturally, your thinking system slows down immensely. In inner silence, this is where liberation is. In inner silence, there are no issues with emotions, because emotions become an issue only once you start dancing with them, with your countless mind chatter and your never ending mental diarrhea. So the heavier you are, the harder it is to astral project; the lighter you are, the easier it gets. In fact, yogis who used to astral project all the time were all performing those ancient methods. The fact

that those vital force enhancing practices are still alive and known after more than 10,000 years speaks for itself. It is the ultimate proof of how efficient it is.

In Spiritual Growth Academy, hundreds of people, just like you, got to finally allow their energy bodies to bloom by using those ancient inner tools. Some of them even had their first astral projection without even trying because their vibration elevated so much that it became that easy. To make the whole process of mastering astral projection faster and easier, explore the life-transforming methods shared in this class. Not only will it make the process easier, but you will also have greater power inside the astral realm. Your physical, mental, and energic bodies all affect your astral body. There are beings in the astral realms who are weak and some who are strong. Our way as human beings to develop power and strength in this realm is to store as much vital force and pranic energy as possible by using methods such as pranayama, kriya, tantra, meditation, and more. Definitely, the more powerful you feel,

the more confident you are. It is much more fun to explore this realm of the beyond without feeling like a possible victim, but rather an astral king or queen. I'll be waiting for you in Spiritual Growth Academy, let's master the skill of projection; it is our birthright, as so many wonderful experiences are available there.

TO ELEVATE YOURSELF IN AWARENESS AND SPIRITUAL EVOLUTION TO MAKE ASTRAL PROJECTION EASIER, CLICK HERE

Chapter 10

how to come back to your body

There are many ways that can be used to come back to our physical body and wake up from the astral realm. Sometimes one way will work best for someone, for this reason, I will share all the methods I have ever used. Because even if one method tends to be successful, it is possible that one day it suddenly does not work during a projection. For this reason, it is best to have many options.The first way to end the astral journey and come back to physical reality is to open and close your eyes repeatedly with strength. The reason that this method works is because in the astral realm, we do not need to blink at all. Usually, our astral eye is open while our physical eyes are closed. Because our astral body does not need our regular eyes to see, in fact, it sees directly by the pineal gland, by what we call the third eye. It is known by modern

science that when our eyes close and lights cease to touch our retina, at this very moment, our pineal gland is being activated and energized by various reactions. So when we are in the astral world, if we try to close our eyes, it tends to open the eyes of our physical body. As if both are two opposites, as one open, the other close, as one close, the other open.
It might not work right away, which is why I highly suggest repeating the action several times and with strength rather than softly.

Another way to come back to your body, which is my second go to, is by using your hands. Simply open and close your hands quickly, repeatedly, and once again, with strength. This will very often affect the muscles of your physical body. This will bring your consciousness back to this physical reality and wake you up due to the movement and the signal of the brain. If this method does not work, the next step is to do the exact same thing, but this time with your toes.

If you are still unable to come back to the body, then combine the two as one. Both opening and closing your hands and toes at the same time, quickly and repeatedly.

The third method that I suggest you use if the first one and second one did not work out, is a bit more intense, but still very simple. Simply start shaking your head from side to side; doing so might end up moving your physical head or it will cause confusion in your brain and bring you back to your body.

One time, in my astral projection, none of the methods above worked. This forced me to be a little more creative. To think about a solution. I had an idea, I didn't know if it was going to be successful, but I went for it, and it ended up bringing me back to my body in an instant. All that I had to do was, first of all, teleport myself to the location of my physical body, which is in my bedroom. To learn how to teleport yourself,

one of the next chapters will explain it all in detail. Once I found myself in my room, my physical body wasn't there, and that was unfortunate because I was aware that by touching my physical body, I immediately come back into it. So again, I had to think of a variation on this solution. Finally, a genius idea came to me. What if I lay down in the same position my physical body is laying in? I tried it, and right away, my consciousness came back to the physical world, and I woke. This is one of the reasons why this book will be of tremendous value to anyone who desires to master astral projection, because it is all based on true experiences rather than a wanabe who got to read some wikipedia documents and decided to make his own book. All of my issues and solutions will save you a great deal of time and energy, so I highly suggest remembering each tip and trick; they will make the whole process much more friction-free.

Finally, if none of the methods above have worked for you, Make sure to never pannick, because if you start to be stressed, your experience of the moment could become much worse. The reason is because of our emotions, how we feel, and how we think affect the world around us immensely. Therefore, if you feel afraid, it is possible that the astral realm will give you a reason to be afraid. Remember, you are the creator of your reality. So when you vibrate low in fear, which is one of the lowest vibrations of all, you might attract negative entities who wish to get some of your energy. They cannot hurt or kill you; they can just take some of your energy. The only way for those negative entities to be able to reach you is if you are vibrating as low as them. If you vibrate high, you will be immune to all those types of beings. Remember, you are protected; no one can hurt you, no one can kill you in the astral realm. Only energy transfers can be done. And even if an energy transfer happens, you can always purify yourself quickly with meditation

and energize your system back with pranayama, yogic breathing methods. Some of the most powerful pranayama to increase our energy quickly are: Simah Kriya, Pranayama Bhastrika, and Pranayama Kapalabhati. All those methods are shared with precise tutorials in Spiritual Growth Academy.

So if you find yourself unable to go back to your body, the last attempt I would make is to use willpower to send myself back to the body by simple willpower. If it doesn't work, there is no need to worry because your subconscious mind will soon understand that you are ready to wake up and go back to the 3D world, it is only a matter of time. After all, you have badly desired to undertake an astral projection. Now that you are stuck here for some minutes, why not enjoy it? Go on having an adventure, fly in the cosmos, teleport yourself to places you wish to see, test your powers, such as tellekinesis. There is no danger; you are protected no matter what.

Chapter 11

How food affect astral projection

You have many layers of body; the three main ones are your physical, mental, and energetic bodies. They are all connected and affect each other. For this reason, if your physical body is vibrationally heavy because of what you have consumed, it will be much harder to astral project. Because the lighter you are energically, the easier it is to astral project. All food has vibration, some foods vibrate fast, they are light. Some foods vibrate slow, they are heavy and come with negative karma.

The perfect example of a low-vibration food is meat. Eating meat is consuming fear and suffering, all the chaos and negative emotions that the animals has felt into their life filled with constant suffering is acumulated in the meat, this is why, when you eat it, you are actually slowing down your own spiritual evolution and inviting mental, physical, and energetic illness.

So the more that you can eat life rather than death, the more that you will vibrate high. What does it mean to eat life? It means that what you consume is still alive, thriving with life force, such as all fruits and vegetables. Meat is dead; it is literally a corpse. It is pretty disgusting to eat dead bodies. How can you wish to be alive when filled with death? Other than the energetic way of seeing it, physically, your digestive system works very hard to break down food and assimilate it. The harder the digestive system works, the less energy you have, which makes you vibrationally low and heavy.

Most fruits and vegetable are good, but garlic and onions are negative pranic foods; they are medicinal, therefore should only be consumed when needed for specific reasons. We have been brainwashed to put onions and garlic everywhere in our food. A wise man once told me: when you notice that everyone puts the same ingredient in countless dishes, it is a clear sign that it might be poison.

Consuming garlic and onions on a regular basis is just as stupid as popping Advil pills for fun and adding some to your salad; it makes no sense.

What you consume isn't only about food; it's also about alcohol and drugs. You should never attempt astral projection after consuming alcohol. Alcohol is one of the most stupid and asleep things to consume; the true meaning of its name is "'body eating spirit".
There isn't only alcohol that you should not consume before an astral projection, but also all types of other drugs and pills that have strong effects on the system. Be clean, be evolved, and don't be a junky or a drunkard before attempting astral projection.

I highly suggest having nutrition that is at least 50% raw alive food. It is not an absolute must for astral projection, but it will greatly help. To truly have your best potential for an astral projection, you should not consume any food for a minimum of three hours before bed. In fact, the longer you fast, the easier it gets to astral project. Some people who have trouble to succeed with astral projection, they often end up fasting for 1 to 3 days, and then suddenly, they finally succeed.

Chapter 12

Lucid and vivid dream as astral doors

There is a door to astral projection that you must know about, because it is possible that your practice will lead to it. Once you find yourself in front of this door, if you are unaware of what lies on the other side, you will miss an astral projection. Both lucid dreams and vivid dreams are doors to astral projection. What are they exactly? A vivid dream is when you are dreaming and suddenly you gain a certain amount of consciousness that makes you realize you are in a dream. You are simply aware that it is a dream, but you do not have control over your body; you are like a spectator watching a movie. A lucid dream is when again, you gain consciousness in a dream, you become aware that this is in fact a dream, but you are no longer just a spectator. You gain total control over your body, and you can move around just like you do in everyday life. From both of those

states, you can begin an astral projection by using your power of teleportation; this will bring you to your chosen location, and from there, you will be able to go on and do whatever you desire in the astral realm. To learn how to teleport, go to the chapter "How to use you astral powers".

A lot of people wonder what is the difference between the astral realm and the dream realm, in fact, they are both one.
When you are dreaming, you are simply having your consciousness into another version of yourself from another multiverse or into the memory of yourself from another multiverse. This is why I said that we are astral traveling every night, whether we know it or not. All possibilities of existence exist simultaneously, and when we dream, we find our consciousness into one of those realities for a moment. There is an infinite amount of version of yourself. In this 3D reality, we only feel one version of ourselves and even believe to be the only one,

but in 5D, in the realm of astral projection and beyond, it is clear like crystal that our consciousness is divided into millions of versions of ourselves. It is said that the soul is too great to be contained in a single little body. It is also said that the soul must learn; this is why it takes birth in this illusion. So, in order to learn as much as possible,
it fragments itself into millions of pieces and sends them into different multiverses to experience all the possibilities of this one life at once. And even if it would desire to be in only one body, it could not. The physical body vibrates too slow, is too heavy vibrationally to contain a complete soul. So remember, if you find yourself in a vivid or lucid dream, go ahead and try to teleport yourself to a location that you are familiar with, and from there on, start your astral journey.

Chapter 13

How to keep it safe

Is astral projection dangerous?

Is there any true danger in astral projection? The quick answer is no; you cannot die from your astral projection. What can happen is energy transfers, which, again, are no big deal. You can easily get rid of them. Most of the time, as we come back to our body from a projection, we feel elevated, positive, and joyful. Sometimes it can be the opposite; we can feel gloomy, negative, a bit depressed, and lacking in energy. It mostly depends on what you did in the astral realm, what emotions you felt, with which being you interacted. So in the next few pages, you will learn about the truth and lies connected to safety and the dos and don'ts about keeping your energy clean.

How to manifest protection

Before any attempt to astral project, you should always have a certain ritual that affirms that you are protected. Nothing truly bad can happen to you, but still, it is not a reason to not be cautious. Your ritual should always have this one action in it: Always affirm in the present tense that you are protected by God or by the universe. To my side, I always affirm this sentence: I am so happy and grateful that Krishna is protecting me in the atral realm, in the physical realm, and in all possible realm of existence. I also repeat the same affirmation with the words I KNOW rather than I AM. This is the most important thing to do, and alone by itself can be enough, as long as you truly believe your words to be true. Another thing that you can do is burn some palo santo or sage. You can be creative and create your own ritual, just make sure to affirm that you are protected in the process.

Can your silver cord break?

It is believed that we have a silver cord and that if we go too far away, it can break. I'm telling you definitively that this is nonsense.
This "silver cord" is infinite, it is not even a cord in fact. Some people see it because they believe in it and are afraid of it. To my side, I have never seen it because I don't even care about it. I know that I am protected, there is no fear, and I fully trust that whatever happens, if this cord exists, it will never break because it cannot, and if it exist, I trust it fully. If you go on and adopt this mindset, you too will be free of fear. In fact, there is no true distance in the universe. All is one; it is only the illusion of separation that makes us feel as if distance exists. With the power of teleportation, as you teleport yourself from country to country, from multiverse to multiverse in the blink of an eye, it becomes obvious that you are above space and time.

Energy vampires and sex

As mentioned earlier, no being from the astral realm can truly hurt you, but what they can do is steal your energy and share their negative energy. It rarely ever happened to me, because if you have any spiritual growth in you, you will have intuition. In the astral realm, your intuition is highly enhanced. This powerful intuition can easily let you know if a place or a being has negative intentions. Listen to your inner feelings, and nothing will be able to fool you. If they do manage to trick you and you end up waking up feeling very low energically, even this is not the end of the world. Because by simple true meditation and energy-enhancing practices such as pranayama and kriya, you can quickly elevate your energy back and also purify yourself. Meditation is the ultimate key to letting go of any unwanted energy or karma. Now that you are aware that some beings share negative energy or want to take your energy, there is another

thing that you must know. It is about sex; you have the power to manifest anything in the astral realm, so it is possible to manifest someone to have sex with, just like you could randomly find a being in the astral realm who has lusty desires and invoke your lusty desires as well. You are free to do whatever you wish, but be aware that in most cases, whenever we have sexual intercourse in the astral realm, some beings that are known as energy vampires will take this opportunity to suck your energy within themselves. Which will leave you feeling energetically low as you will wake up after this projection. What you do is totally up to you, at least now you are aware.

Univeral astral law, never break this law.

There are some universal astral laws; those are not the kind of laws our matrix has. They are not the kind that has a judge and decides if you are guilty or not. This universal law is more like a force of cause and effect. One of the most important laws to remember is the law of no interference. What it means is that you should never try to forcefully affect someone for your own ego desire, you should never try to impose an idea in the mind of someone from the astral realm. Because yes, it is possible to do so.
The FBI Knows it, and they have been doing it for centuries. They would go next to the person they wished to impose an idea on, and they would go on repeating this idea. Doing so can affect the subconscious mind of the other, and as they will go on with their daily activities, their subconscious mind will have more possibilities to make them think or take the action we imposed on them. Doing such a thing is dangerous; it could make you very sick and depressed. Those who took such disgusting

action, it is told they became sick or developed severe depression. Some of them even ended their lives. This is the price you might have to pay if you decide to interfere in people's lives for your own ego desire. So the only true danger of the astral realm isn't something that somebody can do to you, but rather YOU breaking the existential law of no interference. We all have freedom, and this freedom must be respected. The law of no interferance is known in the entire cosmos; even God himself follows this law. This is why we are free to fall as the most abominable creature, just like we are free to raise to our greatest divine potential, our enlightenment. This is also why we see so many UFOs, but never do they truly impact us in an obvious way. They don't decide for us what we do. They can sometimes give us knowledge, but what we do with the knowledge is totally up to us only. Just like the atomic bomb, it is a knowledge that was given to us to create free energy, but our greedy system prefers to keep us enslaved to a source of energy that we must pay for. So instead of giving us free energy, they

created the atomic bomb for war. Even if they are so childish and stupid, still, their freedom remains intact because of the law of no interferance. The second law is the one of intimacy: you should never spy on anyone for your ego desire, if you do so, it is possible that you will suffer from it. The moral of this paragraph is: Just be pure-hearted.
Enjoy the astral realm for your spiritual growth and for your desire for adventure. Be good, do good, and all will be fine.

Sleep paralysis.

When you come back to your body, most of the time you will just wake up like usual, but it is also possible that from time to time you get into a short sleep paralysis. Sleep paralysis means that your mind becomes awake, but your body refuses to move. You cannot move your arms, your legs, and even your eyes won't open. Yet, you are fully awake. If this phenomenon happens, there is no need to worry because it is

just a matter of time before you gain back control. There is no danger at all. It is said by many people who experienced sleep paralysis that they felt a demon sitting on their stomach or back while they could not move. Some simply felt a negative energy from an entity. If you do feel this, again, you can rest assured that nothing bad will happen because you are protected at all times. There is no true way to know if this demon sitting on us truly exists or if it is just a creation of our own minds. But in all cases, it has no power over you. Simply remain calm, no matter what you feel.

Even enjoy this moment; use it to be meditative and to generate love within yourself. This will allow you to snap out of it way faster than if you were pannicking. In fact, if you're the kind who is mentally weak and gets panic attacks over small things in life, you should not even astral project. First, you should master your mind enough to stop being a scared little cat. You are divine, you are powerful, and God protects you. Only once you truly embody this truth should you attempt astral projection.

How to escape negative entities or environments

In the astral realm, your current emotions have a tremendous impact on your environment and the types of entities that will be around you. It is all a matter of energy; you are like a magnet. If you feel light, pure, joyful, and adventurous, then your environment will be positive, and the beings that you will meet will also be. If you are stressed out, mad, negative, or sad, this will attract negative entities and dark environments. To give you a clear understanding of how your emotions are so strongly related to your experience, I'll let you know about a short story of mine. One night in my astral projection, I started to become semi unconscious, I started to forget that I was in the astral realm, and I got myself lost in it as a dream. In this dream-like mind, I somehow thought I was supposed to go to my car, but I wasn't finding my car at all, it was daytime. As my car was nowhere to be found, I started to feel stressed out by this.

Because I was stressed out, my emotions immediately changed the environment by switching the day for the night in a second. Not only this, but I started to feel that a negative entity was following me. This is when I remembered that I was in the astral realm. As I remembered, I immediately generated positive emotions of love, joy, and bliss. Just by doing so, right away the night became day, and the negative entity just disappeared. This is the ultimate proof that how you feel truly affects your experience. So do not be a slave to your emotions; create them yourself, and you will be an astral master.

Follow the light and your inner guidance.

There is a universal law for astral projection that clearly indicates that you should always follow the light rather than the darkness. In this current form, in this life as a human being, you are connected to light. Sometime, as you will fly in the comos, you will see many planets or stars far away, and you will be left with a choice to make about where to go next.

You should always do your best to follow the light, the positive feelings. For example, it is known that suns and black holes act as teleporters. Suns and stars are easy to deal with, but going into a black hole is something I would not recommend. This energy is too different and intense from the one we naturally deal with; it can easily make us totally lost, stuck, unconscious, or confused. So always remember to follow the light.
not only as you fly in the cosmos, but even if you were in a weird-looking home, somewhere in the corner there would be great darkness.

Don't uselessly go into the darkness; it is looking for trouble. Yes, you are protected, but that does not mean that you should be irresponsible. There is also a certain guidance available to us all in the astral realm. Some people, at their first astral projection, right away see their guides and even talk with them sometime. Their guide can look like their mother, their father, or someone who quitted their body in the past, an energy, it can look like anything. The look this guide takes is not its true form; it is simply the form that is most comfortable for you. They feel it, they know it, so they show themselves this way. While to somne other people, they never see their guide physically. Probably because they don't need to, but the guide is constantly here, it can be felt by a certain inner knowing or by feeling that your body is controlled by a positive force. For example, once, I was flying in the cosmos, I saw two stars far away, and I wondered which one I should fly to. Suddenly, I felt that a positive force took control over my body and decided

for me where to go. It did not fully take control; it felt like if my whole being agreed to be guided, it was effortless and pure. This is just one example of how your invisible guides are constantly helping you. Sometimes it can speak to you by words within your consciousness, by image, just like you could comprehend a whole idea in a second without the need for words. So remember, you are always guided. Be open to this inner guidance.

Chapter 14

how to use your astral power

teleportation

Many powers will be available to you in the astral realm, which so far seems impossible to use in 3D life. There is one specific power that will be of tremendous value to you due to how versatile it is. It can be used for so many different purposes. In fact, without mastering this power, you will be weak in the astral realm, very limited. It is the skill of teleportation. The reason why it is so important is because you never know where your astral projection will begin; it might start in the perfect area, just like it might start in a boring place where there is not much to be done, it could even begin in a negative environment in which you will desire to go away from. Once you can teleport yourself, you can go anywhere that you can think about, anywhere that you

have seen before, whether you've seen it in real, or by a picture online, does not matter much. Not all entities are good, you are always protected, so there is no need to worry. It still does not mean that you should look for trouble. So if you ever feel like there is any negative being or phenomenon around, by mastering teleportation, you will be able to go away from it in a split of a second and find yourself somewhere that feels good to be. This skill can be used for your fun, just like it is also your shield. For this reason, make sure to read attentively how to use this power.

There is a specific recipe to teleport yourself, no matter where you desire to go, the recipe remains the same. The first step is to have a clear idea of where you will go. This is why it must initially be somewhere that you've already been to, especially as a beginner with your first attempts. After teleporting yourself to the places you are very familiar with, you will be ready to go somewhere you've only seen in pictures.

So first imagine the place, only imagining it as a picture in your mind will not be enough. You must convince your subconscious mind that you are already there, not that you wish to go there, but really that you are there now, regardless of where you truly are at the moment. To do so, sensory data is the key. Sensory data can be created by the feeling of a touch, by a smell, by a cold or warm sensation, or by a feeling of being in a small or big environment. For example, the first place that I teleported myself was in my favorite shop, which is a crystal shop. I know the whole place by heart, so it is easier to get there. What I did was: I felt my whole body being on the stairs outside, walking the steps upward toward the door. I then felt the cold sensation of the metalic door handle. I felt my arm and body pushing the door so that it would open up to me. As the door opened itself, I felt the warm sensation of the oxygen flowing on me from inside the shop. I felt the temperature change. I then started to look around, recognizing where I was. That is it; I found myself there right

away. To teleport, remember that you must not try to teleport, trying never works. Trying is for those who are in doubt. Instead, you must know that right now, you are in the place you wish to be, and instantly, you will find yourself there. Most of the time, it will happen so fast that nothing will be felt, just like sometimes you might feel your astral body moving at a tremendous speed to get there,
or even enter a tunnel of light, the possibilities are endless. For this reason, do not focus on the how; only focus on convincing your mind that you are already there. Zero doubt must be in you whenever you use any of your powers; in fact, doubt itself can pull you back to your physical body and wake you up. Intuition must be used rather than thinking; thinking is not welcomed in the astral realm. Being and knowing are the right approaches to mastering this wonderful part of existence.

Telekinesis

Telekinesis can be very useful, whether it is just for fun or to try your capacities, just as it can be very powerful to help other beings or even fight. In order to use any of your power, including telekinesis, this recipe is the foundation: Know that what you desire to do is already done. With this attitude and this inner knowing, you will find yourself succeeding most of the time. To move an object from a distance, I suggest first using your right hands or finguer to point at it rather than only doing it mentally. It will make the action easier. As you point at the object you desire to move, focus on enhancing the energy in your third eye and feel that you, yourself, is becoming the object itself. Look at it and feel that you are it. once this is established, instead of trying to move an object that is separated from yourself, feel that you are the object, and feel yourself as the object moving in the directions of your choice. Again, with the help of your hand or finguer pointing to it and moving toward the

direction you wish to move it, this will give you more ease to direct it. The reason that I say that it is best to feel yourself to be the object is because separation is an illusion; therefore, as long as we feel separated, this causes great limitation. It makes you a different entity, and this creates more effort to do anything. Remember the existential truth that all is one, know that you have the power to use telekinesis, have no doubt, and have total faith that it is already done, and the object will move most of the time. Is there a different amount of power needed to move objects of different weights? Such as an apple or a big truck? From my experience, there is no difference at all, for everything is from the same source and made of the same energy. It is possible sometimes that you find yourself unable to move something; if it happens, I suggest that you simply move on. Because if you stay at it and keep trying, you might get frustrated or confused. Frustration and confusion are high intensity emotions,

thus, they have the potential to kick you out of the astral realm and back to your body. Somehow, depending on where you are in the astral realm, some objects, places, and even beings can sometimes be totally unavailable to you. If it happens, just let it go and move on to something else. Just like telekinesis can be used to throw a car on an enemy, it can be used to remove a rock from someone being crushed by it. How you use this power is totally up to you. Heroes have always said that with great power comes great responsibility. For this reason, I highly suggest that you always do good and never try to harm any being uselessly. Be a lightworker; be the good the world needs.

flying

Just like a manual car has different speeds that we can use, in the astral realm we have three basic speeds available. The first one that I got to experience was the most intense one; it's a speed so great that it could possibly be the speed of light.

As you move at this tremendous pace, you sometimes change the shape of your body, even totally. Becoming a sphere of light moving like a comet, or perhaps becoming a geometrical form, or even finding yourself in a tunnel that bends space and time.

The second speed has a range in between the momentum of running and a car going up to 50 km per hour. This one is useful when you wish to fly around an area without getting too far away from it.

Lastly, we can also simply float and move gently, slowly. In order to fly in any of the tempos mentioned above, we must first know that we have the power to fly; there must be zero doubt. To begin the action of flying, before it even happens, feel that your body is moving toward the direction of your desire. Before it even happens, feel that it is your consciousness that is moving, naturally, your body will follow. To control the speed, simply control the intensity of the action. To focus on the third

eye and elevate your energy or lower it from there tends to work very well as the third eye is the control panel to do pretty much anything in the astral world.

To float, it is the same recipe, but this time instead of feeling your consciousness moving in a direction, you feel like a ballon of helium. Feeling that you are so light that gravity has no power over you, feel your body slowly elevating itself, floating upward as a helium balloon surrendering to its only possibility, slowly floating upward. Once the floating has been established, you can now control the direction the same way as explained before, with a less intense energy, being more calm and still.

Passing through a wall.

By now, you should be familiar with the recipe of knowing that what you wish to do is already done, having full faith in your powers, and having zero doubt. It is once again with this inner knowing that you will be able to pass through walls.

Simply enhance the energy from your third eye, elevating it upward, and go on walking toward the wall and into it as if it did not exist. Do not feel any restriction or any solidity in front of you. Feel that you are made of energy and that the wall is as well. With this inner knowing and your third eye energizing itself, you will be able to walk through most walls. Sometimes it will not be possible; if that is the case, don't lose your time with it, just move on.

Healing power

You have the power to heal other beings, whether they are humans or any other sort of creature. The center of this power is in your heart chakra. It is a green energy of love, vitality, and health. To activate it and send it toward a subject, elevate your energy via the third eye. But this time not only by the third eye, also by allowing your heart to shine its loving and healing frequencies. Use your right hand with the tips of your finger to touch your

heart chakra, visualizing and feeling this green healing energy. Then move your right hand toward the being you are trying to help, feel and visualize that the green energy from your hearth flows all the way through your right arms and goes out from the tips of your fingers, entering the subject. It can be done at close range and even at long range; it depends on how comfortable you are with manipulating energy.

An important thing about healing and using energy in this type of way is to know that you are not the healer; it is not truly you who is doing the work. Therefore, rather than having an egoistic view of it as if you are the hero. Feel and know that it is God who is healing others through you as a vessel. Instead of saying, "I heal this person", Go ahead and affirm, "I am witnessing God's healing power restorating this person's vitality, thank you".

When you use the energy of God or any demi god, whether it is Shiva, Ganesha, Buddha, Jesus, Krishna, etc. It is always much more powerful than using your own egoistic energy. It also frees you from limiting karmic connections.

How to master all of your power.

In your first astral projection, you never know how long you'll be there; most of the time, in your first projection, it won't last for long. For this reason, I highly suggest you to already know which power you desire to learn next. So that each time you find yourself in the astral realm, right away you test one of the powers mentioned above. This will allow you to know how to use them all as quickly as possible, which will make your astral journey much more complete and fun in the long run.

Chapter 15

Hacks to make your astral projection easier.

There exist some little hack that can make a huge difference to your success in astral projection and the amount of time you make it in a week. The first one is the pinching method. Several times a day, pinch yourself and ask in your mind: Is this a dream? By developing this habit, sometime in the dream world you will do it as well without even knowing. Even as you are totally unaware of dreaming, suddenly, your consciousness might ask, Am I dreaming? After pinching yourself in the astral realm, there is a feeling yes, but there is no pain. Our daily habits, our emotions, thoughts, and all our patterns also follow us in the dream world; this is why it works, and it allowed me several times to astral project from a dream in which I initially had zero consciousness and no idea that I was dreaming.

The second hack to making astral projection easier is the power of affirmation. To program your mind with the deep belief that you are able to effortlessly astral project. With the deep belief that you already have several projections every week. To do so, simply affirm some of those sentences: I know myself to be consciously astral projecting 3 to 4 times a week and I always have a wonderful experience. I understand how to astral project, therefore, it is so easy for me to enter the astral realm. I am consciously astral projecting 3 to 4 times a week. I feel so grateful for all the wonderful astral projection adventures I'm having on a weekly basis. Those are the kinds of affirmations to use. All of them must state that in the present moment, in the now, you are already successful. So if you make your own affirmation or modify mine, make sure they never speak of the future; they must only be positive and affirm it to be true in the now. Always start with those words to affirm anything effectively: I am, I feel, I have, I love, I speak into existence, I know, I see, I undnerstand.

The third hack is Trataka. This is a simple practice where you put a candle at the level of your eyes, about half a meter away or so, and you gaze at it intensely without blinking your eyes for 5 to 10 minutes. As you gaze upon the still flame, this will awaken the energy of fire within you. It will help to energize your kundalini, making your energy from the first chakra raise to the crown chakra. The magic from this method is that at the end, when you will blow out the candle and go to bed, as you close your eyes, you will see infinite patterns of light forms. Those light forms can become a mandala, a person, a place, or just be abstract. Witnessing them will allow you to astral project much faster.

The fourth hack is yoga asanas before bed. Stretching your body will allow you to remove all the excess energy that has been stagnant in your muscles and joints. This stuck energy is creating limitations and friction. So the more free your body feels, the easier it will be to

project. Here are some parts of the body to focus on: lower back, upper back, scrapula, neck, hips, Si joint, TFL, QL, thoracic expansion, opening the shoulders, stretching the glutes, twisting the spine, Psoas, and more. You can literally write on any social media platform: Yoga or strech for glutes or any body parts mentioned and you will find plenty of yoga poses and stretches in seconds. Welcome to the age of information.

The fifth is to meditate before bed; the longer you meditate before you go to sleep, the easier it will be to astral project. Because the more Zen you are, the faster you tend to project. As you now know, stillness of body-mind is the key to astral projection. And the greatest way to learn stillness of body-mind will always be meditation. Meditation is the number one spiritual practice anyone who claims to be spiritual must do on a daily basis. In fact, anyone who desires to be healthy and intelligent should meditate every single day.

So learn to be zen, learn to become zen faster, and you'll see your astral projection skills enhance.

Sixth: pranayama. The more breathing practices you do before trying to project, the easier it will be. Because when we feed the energetic body, we become more vibrant and more light. The lighter we are energetically, the easier it is to project. The 3D manifestation of physicality is dense. The 5D realm is light, so for you to enter it, you must become a vibrational match to it.

Seven: Fasting. As you now know, the more dense your energy is, the harder it is to astral project; the more light and vibrant you are, the easier it is. For this reason, fasting will make the process much easier. It can be a 12h fast just like it can be a 1 to 3 days fast. Beyond fasting, also make sure to have proper nutrition that promotes inner vibrance and purity. Eat only positive pranic food and mostly alkaline food; this will help you in this journey and also for

your overall health. The more you eat a good percentage of your nutrition as raw food, the better it is. All meat, fish, fake sugar, process food, coffee, energy drinks, and such consuption in the mode of ignorance will make the process harder. Positive pranic foods like most fruits, vegetables, seeds, roots, herbs, and such will be beneficial. Here is some herbs that can help you to project: Mugwort, Kudzu, ginkgo biloba, and more.

Chapter 16

Puting it all together and mastering astral projection

By now, as you have consumed this book completely, I guarantee that you have all the information that you require to succeed in your astral projection. I have been frustrated before by the lack of authentic and truthful content on this subject. Which is why I made sure that nothing of the basics are left untold. From now on, it is 100% up to you whether you will make it happen or give up. Just like when we first learned to ride a bike, we must first practice, rare are those who succeed at their first attempt. With astral projection, it is possible to make it happen on your first try, but for most, it will take days and weeks. Which is why you must be willing to practice every single night as you go to bed. As you will apply everything shared in this book. Not only will you learn this skill, but you will also immensely grow spiritually

and possibly realize liberation and enlightenment. I believe in your power to astral project, we all can. Remember that your energy body is the foundation of your human system; the more this energetic body is vibrant and light, the easier it is to project. In my online program called Spiritual Growth Academy, you will find ancient spiritual practices that have been used for more than 10,000 years and are still used today. This is the ultimate proof of how powerful those methods are. If you really want to be fully equipped to make this astral journey as easy and friction-free as possible, I lovingly welcome you to join me in this online program. The fact that you are here today is proof to me that we have a soul contract for your spiritual growth; let's make the best out of it. I'm Simon, and together we grow spiritually beyond pretending.

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For specific questions or 1:1 coaching call, here is how to reach me:

Instagram: Soulofsimon
Email: Human.engineer.108@gmail.com

