

Astral Projection

The Astral Projection Method I will be teaching from is the one in The Anointed, The Elect, and The Damned! Chapter 41 <http://theanointedtheelectandthedamned.com/chapter41.htm>. Be encouraged to read it. It isn't a requirement for our purposes, but it will help.

This method is the method Immanuel taught his disciples during his tour as the Anointed of the Generation. The practice of AP using this method is just that – THE PRACTICE! This practice is not to discuss religious issues; however, it is generally important to provide you with enough information so that you can have a foundational understanding of where it came from. Should you have religious questions, it is always my great pleasure to answer them PRIVATELY and not as a part of this training.

For Astral Projection purposes, we will limit discussion to Astral Projection and successful techniques to accomplish it. This method will work for everyone with a soul. While I am CLEAR, I do not desire this to be a religious discussion, this issue is likely to inflame many people. Those who do not have souls cannot project. If this is a problem for anyone, contact me privately and I can direct you on the necessary instructions on HOW to obtain a soul. The requirements to obtain one are EXACTING and then it also becomes a religious issue. This rule cannot be bent. Again, message me privately if you have this problem and you desire my assistance specific to this matter.

There are many methods to do successful Astral Projection, but this method is one that will work for everyone IF they will practice and do it. It is the one we will use and stick to it. For other methods and related questions, please address them to me privately so as not to have undue influence with others who are also motivated to Astral Project. The discipline is difficult enough. There is no reason to make it any harder.

This method is one that doesn't require anything else except you. I teach this method in this manner because there could come a time that all you will have is you and only you. This method is also all about having an Astral Projection under your own control. If you become dependent on anything else to help and for whatever the reason it is unavailable, your dependency will likely inhibit your ability to Astral Project. Learn the method by following the instructions and you will forever be safe and secure with your OWN skill and knowledge and nothing else.

I have experimented doing AP with a Partner and found some excellent results. It is my intention to be your practice partner should you desire/require. What I would like to do but I don't know how practical it is given people are in different time zones, is to have a conference get-together. If this is something that you would like to do, please advise me. I already have access to a conference room available that can be used. The one that I use has recording capabilities. If there is sufficient interest, this is something we will figure out a time that will work for most people. The recordings would be available ONLY to those who will be dedicated to the practice. They will not be open for just anyone to mock, scorn, or jackass.

The process would require about 15-20 minutes at least 5 times per week. If this time requirement isn't something you can do, you will need to re-think your desire to Astral Project. It like everything else you've ever learned successfully, required time to learn, time to practice, and time to apply.

Things you will need:

1. A notebook and something to write with.
2. An object/thing for each of your senses – Touch, Hearing, Vision, Smelling, and Tasting.
3. A place to practice comfortably – one that minimizes any and all interferences/interruptions if possible.

The notebook is something that you should limit to Astral Projection AND dreaming. For AP purposes, it is a place to write down problems, solutions, and experiences. It is also HIGHLY recommended that you jot down dreams or as much of any dream that you can remember.

It is possible that other things may come up and we will address them as the team requires. An example of something that might come up are things like suggestions for better eating and better sleeping. It is true that good food and good rest will facilitate Astral Projection.

The Practice

This method involves a route that you place an object in a stop for each sense. You will have a starting point. Your starting point should be in a comfortable chair because it is easy to relax and walk your route. When you are in your chair, this position is “home”. This route method is also training and development of your astral senses. They must be trained and developed just like everything else.

I’m going to tell you what I used to facilitate ideas for your own stops. Do not involve anyone else but me should you have questions as to what object for what sense. The reason is simple. This practice should not involve anyone else’s mind over what you are specifically doing because even if they are well intentioned, their thoughts can contaminate and pollute your stations and slow your progress down. AP is difficult enough without making it harder.

The objects I used were:

1. A quartz crystal for touch.
2. I used a hand exerciser for hearing. The way I did it was to squeeze the hand exerciser and shake it. The sound of the thing in the middle is a unique sound. I realize this is a rough explanation, but anyone who has ever seen a hand exerciser can grasp the idea if they squeeze one and shake it.
3. I used a piece of tape on the corner of a freezer for my sight stop.
4. I used one of those inhalers for smell. I would open it, put it in each of my nostrils, and then I closed it up.
5. And I used Carmex for taste. I put some on my lips and tasted it.

The order I did things in was touch, hearing, seeing, smelling, and tasting and returned to home.

When I worked out my route, from my home chair, I always started on my right foot for consistency. I counted my steps from home to my quartz, from quartz to my hand exerciser, from the hand exerciser to the tape on the freezer, from the tape to the inhaler, from the inhaler to the Carmex, and from the Carmex to home.

My steps between each stop were about 3-6 steps. When you develop your routes, make your steps between stops about the same number of steps. I am being clear. You must have a stop for each of your senses. There are no shortcuts.

Now because I didn't have my own dedicated space, the objects I picked were things that after I did my practice, I also collected them to keep other people from interfering and/or their influence. I worked in my garage to do my practice. My space wasn't very big and didn't need to be. Had I had my own room, I would have practiced in my own room. I was married at the time and now I am a widow.

Some rules

1. Do not use a MIRROR in any way specific to your practice! If you project into a mirror, unless you KNOW the exact point you went in, you will be trapped and I cannot get you out of it. I don't have the skill. This is one thing easier to avoid than undo. Do NOT jackass this!
2. This AP practice is not for you to abuse and spy on others. You'll have enough trouble getting to know yourself FIRST. Again, Do NOT Jackass this!
3. Do NOT practice or project around a woman of child-bearing age. There are entities out there that would like to incarnate. Were we to have the instrumentation to measure, many children that have problems are children that someone jackassed their projections and entities infused into them. Again, this is easier to avoid than it is to undo.
4. DON'T INVOLVE ANY ONE ELSE'S MIND! If you do, you have your own energy to overcome and theirs. You will have minimally doubled the problem for yourself. When we discuss things as a group, you will have to exercise caution in your comments. Group endeavors are a little different because we are all on the same page with the same objective. My advice is to be cautious anyway. AP is hard enough without making it harder. Of course, if you have any problems, please message me privately.

Your Journal

Get your notebook and jot down the day you start. ALWAYS make sure you date your entries. Include dreams, questions, problems you encounter, and also make a note of solutions. Your journal is your own business. When you write, my advice is write enough so that you can read your own writing and understand what you wrote. Don't be afraid of drawing pictures either. And when you run out of your notebook, get another one. As time goes by, you will find this an incredibly valuable tool as well as documentation. Sometimes you will get an idea that is an amazing revelation or prophecy, your journal is going to be your Proof; sometimes it will be your only proof. Sometimes you will get things and it will take you YEARS to understand. Your own documentation will be of significant importance to you as you gain knowledge, wisdom, and understanding. This will be a most important thing you will want to keep up with.

Preparation for Practice

One of the most important things to help you AP is to relax. If you cannot relax, it is likely you will not be able to get out under your own control. Learn a good relaxation process. There are many things out there to help. The one I use is to tighten and loosen from the toes up. I will tighten my toes and then loosen them with relaxation. Tighten my feet and then loosen with relaxation. Then go up the body. Tighten and loosen your calves, knees, hips, abdomen, stomach, fingers, forearms, chest, mid arms, neck, face, etcetera. Practice relaxation ON YOUR OWN FIRST. If it becomes necessary, I'll make a relaxation script OR find one that you like that works for you. The KEY is to relax.

Group Practice

When I've worked with a Partner, the way we did it was over the phone as I've mentioned before. The first thing we did was asked each other if we dreamed or noticed a problem or something that helped. As a note – get into the habit of recognizing that you dream. Do as you must to see if you dream and can remember any of it. There are some excellent resources to google for dreaming and remembering dreams. Important – DREAM! If you have done everything recommended and still have problems, contact me privately. If there are enough of the same problems with everyone else, I will address the problem openly so everyone can benefit.

We started our route by getting as relaxed as we could given the circumstances of group practice. It isn't possible to totally relax when you are working with another person. So we got as relaxed as we could and walked the route physically two times and then visually/mentally/spiritually two times. When you do your practice visually/mentally/spiritually, make effort to see yourself do these things as if you were doing them physically. At first, it will seem like you're watching yourself. With practice, you will transfer your consciousness and when you do, you are Out of Body/Astral Projecting.

If there was something that we noticed that might could help, we finished our session by sharing the information. Without us being able to walk through as my partner and I did over the phone, it is a little harder to do, but I'm certain that as practice develops, good suggestions will help.

This method will enhance all your senses if you consider AP thoughts throughout your day. These thoughts are considerations you will give seconds at a time and it really won't require much more unless you want it to. Perhaps your sense of touch will increase. You might notice rough or smooth, hard or soft, wet or dry, as you live your life. You might notice sounds differently – things you like to hear more than you don't. You might find your sense of smell and taste enhanced. Colors may be brighter or duller. Be sure to make note of these things in your journal.

Ok.... So let's begin!

1. Practice relaxing
2. Get your route established
3. Walk your route physically at least 2 times and walk it visually/mentally/spiritually two times.
4. Note items in your journal
5. Ask questions and get answers. Note – sometimes it takes me some time to figure out the answers. I might have to do research and it will take time.
6. Be patient with yourself.

This whole thing should not require you much more than 15-20 minutes per day. If you desire to spend more time, that's OK too.

Final things

This thread is for Astral Projection and nothing else. Questions specific to this post and method are welcomed. Please keep it to this method. This particular group is about Astral Projection. This post is about ONE method. Please do not post other methods; that creates problems for beginners. Beginners, HOLD YOUR GROUND to this method and do not create for yourself two problems – this method and

their method. You cannot effectively learn two methods at the same time and get any success. Some people will be successful quicker than others and that's ok.

As you practice, it is highly likely that other spiritual skills will come forward. If you want AP, do not be swayed by other things that come forward. Astral Projection IS the King of ALL spiritual skills. STAY ON AP. Once you get AP, the other skills will still be there.

If there is too much interference by others, I will start a secret group and approve only those who are serious students.

It is likely that people will come up with things that I do not know the answer to right off. Sometimes I will have to think about your question, do some research and study, and sometimes it will take time to get back to you with the answers. Sometimes questions fall into the realm of Holy Ground. I will not venture into your Holy Ground and it is ALWAYS advisable NEVER to enter into anyone else's Holy Ground! This is another of those problems that are easier to avoid than to undo.