

## **ASTRAL PROJECTION/UP IN THE SPIRIT**

As Chylon mentioned in the Blast Session January 4th, 2012, Antonio and Chylon have been working the Astral Projection Method/Up in the Spirit as explained in The AED for a few months with GREAT results.

NOTE: This Method is similar to The Little Method as delineated by Ophiel and it is protected by Copyright. Therefore, we will not use the term "The Little Method" for our practices or purposes. Ours is simply, "Astral Projection/Up in the Spirit".

Those who want to join the AP Group Practices are welcomed to do so. We will be doing them most nights after our Blast Sessions. The practice should take about 15-20 minutes. Nights that are intense like they were January 4<sup>th</sup> 2012, we will not practice. Generally, we will practice Monday thru Thursday and Saturday. Nights you can get in, GREAT. Nights you cannot, that's OK too. Some people have to work the next day and until we can unlock other time for Group Practice, this is when we'll do it.

We are also going to make every effort to keep our Blast Sessions under 30 minutes or so. We must get much more proficient/efficient in our Blast Sessions and leave Teaching to Sundays, email, and personal contact with Chylon or Bobby as necessary. It is understood there will be exceptions to the nightly Blast Sessions and that's ok.

The practice is going to be Astral Projection/Up in the Spirit ONLY! If you use another method, fine; we're going to STAY on the Astral Projection Method in The AED for Group Practice and none other. Do not bring in another method into this practice, the problems with another method, and/or the successes of another method into this practice. Neither Antonio nor Chylon will put up with any jackassing of this issue whatsoever.

### **The Goal of our Practice is:**

1. Successful AP
2. Consistent AP
3. Be able to teach it to another EXACTLY as instructed from The AED
4. Be able to help a newcomer develop their AP Skills
5. AND BE ABLE TO INVOKE OUT OF BODY

### **To Prepare:**

You'll need 5 objects - one for each sense.

A notebook and pen/pencil.

We use this website: <http://fullmooncalendar.net/#calendar> for the moon cycles

Review Chapter 41 of The Anointed, The Elect, and The Damned!

Review a Relaxation Method

Review the Mind Chatter Lesson

Get your route together prior to Monday. Do not make your route where the steps between Station Stops are too far to walk to or take that long to review. It will frustrate the rest of the team to wait too long for you. If you already have your route established and cannot make the necessary adjustment, this Group AP Practice may not be for you. It is understood and it is OK if you cannot make the adjustment.

*Note: if it is difficult for some to make the adjustments with this particular route due to your own rightful practice, maybe there is another with whom you can work with as partners. That would be VERY much encouraged. Whatever it takes to get AP down is of importance.*

### **Actual Practice – the Steps**

The order we'll walk through is Feel, Hear, See, Smell, and Taste. The order for our route is Alphabetic as Antonio and Chylon decided it to be (we understand you can use synonyms to get something different and or your own order). Antonio and Chylon established these words between them so they would be on the same page for their team practice. This is the order we will use. If you've practiced another order, make the adjustments for this Group Practice to accommodate this order. It will simplify things for everyone. If this cannot be accommodated, it is very likely this Group AP Practice may not be for you. It is understandable and it is OK if you cannot make the adjustment.

Generally, we will start out with very minimal discussion limited to problems and or concerns with AP and/or the practice of it as a matter of individual practice. We are not likely to be able to address some problems at night because they may require research and/or guidance from Bobby that will take some time to get (This is our practice, up to us to do it, he will not be present). If there are specific problems that need to be addressed individually, Antonio and/or Chylon will address them with the person who has the problem outside of the Group Practice time. Be advised, Antonio's time is somewhat limited due to his work schedule.

We will allow a couple of minutes to get as relaxed as we can with all of us on the phone. Total relaxation will require more of your own practice and personal time outside of Group Practice. Note: if you cannot get properly relaxed, you will have massive problems getting out. Many AP failures are the result of not getting relaxed enough. The other interference is mind chatter.

We will walk through the route physically two times.

We will walk through the route spiritually/mentally two times. One time eyes closed and the other eyes open.

The goal for the walk throughs (Both Physically and Spiritually) is for us to be within a couple of seconds for us all to reach the starting point which Antonio and Chylon call "home".

Initially Antonio or Chylon will say the sequence so that we can proceed from one station to another as a group - both Physically and then Spiritually to get the timing between us a little tighter. Our goal is to do the practice Physically and Spiritually (and match Spiritual to Physical) so that when we get home, we are within a second of each other of reaching home which each of you will say "home" when you get there. This will become very clear with actual practice.

Lastly, we might have opportunity to discuss limited General Successes. More importantly however, the last thing is to document the practice, your own personal successes, and have some time to write it in your Journal. Also in your documentation, you might want to document your dreams. It is of value to make an effort to remember them. Take the time to write them down. This will help TREMENDOUSLY as you learn to digest your Astral Projections. It will help tremendously overall with ALL our Akurian skills. There will be much encouragement with respect to Dreams and Dreaming.

### **Specific Preparation for Starting to help with Timing Prior to Group Practice**

To help establish the guiding forces of the timing, below is Chylon's route from her home base:

Feel is 5 steps from Home and it is a rock. What Chylon does with feel is touch each of her fingers and rub the rock between her hands.

Hear is 6 steps from Feel and it is the sound a hand exerciser makes. She does her hear two times - once with the right hand and once with the left.

See is 5 steps from Hear. Her See is a piece of tape on her freezer - She looks at her see for two breaths.

Smell is 2 steps from See. Her Smell is a nose inhaler with the essential oil of eucalyptus - she smells with her right nostril and then with her left.

Taste is 5 steps from See and her taste is chapstick - She puts it on her lips and sticks out her tongue to taste it.

Taste to Home is 7 steps

Note: Chylon always takes her first step on her right foot.

### **Other**

We don't want to know the specifics of each other's route or the items used for specific stops because we don't want to interfere. The reason Chylon shared hers is so that you will get an idea of what's involved to help with the timing of your own routes prior to Monday's Group Practice. Antonio's is a little different and that is OK; they are still pretty much within a second of each station stop and over 1/2 of the time, they get home within a second of each other. We're not so sure the difference is phone delay.

Note: there are additional recommended AP Materials Online. Both Antonio and Chylon have used: Mastering AP in 90 Days. The book is an excellent resource.

The URL you can find additional recommended materials is <http://www.theakurians.com/AP>

**VERY IMPORTANT!!!!**

It is VERY likely that with our group efforts, we are VERY likely to experience the next latent skills come on like GANGBUSTERS! We are NOT going to indulge these skills as a Group and/or go off in half-cocked tangents; it is advisable not to do so individually. Such will not be permitted in Group Practice.

As you'll also note, there are some interesting tools available online like the binaural frequencies. It is Antonio's and Chylon's experience they help. IF you use them ON YOUR OWN, it's perfectly OK to do so as long as you stay on the Astral Projection Method from The AED for Group Practice. DO NOT EVER BECOME DEPENDENT ON THEM or anything else for that matter! This will NEVER be acceptable. We must ALWAYS be able to do ANY ENDEAVOR by ourselves with NOTHING but ourselves!

The time allocated will be to Practice walking the route with consistency. This is not a time to discuss actual Astral Projections. Since we're all learning, ALL Astral Projections will be subject to PROPER DISCERNMENTS that will take time on an individual basis and that is as it should be. It is OK to bring it up as a success point but nothing else during Practice.

Hopefully all will work out to start next Monday, January 9th, 2012.

Please be prepared prior to Monday with your 5 items and the fundamentals of your route in the prescribed order so we can have effective Group AP Practice and do the walk throughs.

If you have any questions, comments or concerns, email or call Chylon.