

ACHIEVING ASTRAL PROJECTION

v4



COURSE FOR DEVELOPING THE ABILITY TO ASTRAL PROJECT

This booklet contains the theoretical-practical information necessary for achieving **CONSCIOUS CONNECTION** with our astral body, this way we can achieve success in this practice and we can investigate for ourelves nature's secrets and the mysteries of life and death.

This booklet is not only to be read, but to be put into practice, since it is a practical manual, for synthesizing all experiences of how to achieve success in the practice of astral projection.

We need much practice and patience to achieve it and to comprehend each one of the postulates of this booklet.

We should study in a didactic and orderly manner, to be able to have positive results.

1. PRINCIPAL OBJECTIVE OF THIS COURSE

- To learn how to **RECOGNIZE** and to stay conscious at the precise moment when we have to get up from bed and enter the astral world.

- To carry out the indirect and **COMPLIMENTARY PRACTICES** that will allow the development in the ability to stay conscious at this crucial moment, which lasts from **3 to 5 SECONDS** only.

- To comprehend that the moment of transition between vigilance and sleep is the **DOOR OF ACCESS TO ALL THE DIMENSIONS OF THE UNIVERSE.**

- To achieve astral projection to **LEARN TO FOLLOW OUR OWN BEING.**

2. WHAT IS ASTRAL PROJECTION?

It is the exiting of our astral body into the world of dreams, or eternity where weight, or distance does not exist and our astral body moves at a great velocity, as does thought, capable of investigating all that is wanted from the Universe.

It is urgent to enter consciously into the Astral World in these times. In the Astral world, we can visit Temples and converse with Great Master Guides of Humanity that, from this dimension work tirelessly for us all.

This operation is done unconsciously every time that we fall asleep. The only difference is to leave consciously instead of asleep.

Some methods to achieve it are: Concentration, imagination, Vigilance of sleep, Dying from instant to instant, or through Mantras.

For the practices with the Mantras, we recommend the following steps:

1. Do the conjuration of Belilin and the Magic Circle (see the last chapter of this brochure).

2. Implore Assistance from the Father and the particular Divine Mother and propose an Objective.

3. Relax the psychic and physical body.

4. Begin with one of the following Mantras (Pronounce these magic words around 3 to 5 times, verbally and then we continue repeating them mentally):

* FFAAAAAA RAAAAA OOOOONNNNN

* LAAAAA RRRAAAAAA SSSSSS

* OOOOOOOOOOOOOOOOOOOOOO

* OOOOOOOOOOOOOO OMMMMMMM

* RRRRRRRRRRRRRRRRRRRRRRRRRRRRRRR.

5. Periodically confirm if we have already come out of our body, by getting up with great care and jumping to see if we can float, or pulling a finger to see if it stretches.

We may feel that the body is inflated, that we are floating and that the body rocks slowly, that the legs and arms rise and float; we can feel a small current, and that we turn with great velocity, feel a sound on the side of the ears, the sensation that we lose strength, or idleness takes hold, or we can appear consciously inside a dream.

The secret is to **PRACTICE** with much patience until we achieve it. This is how we can acquire true Knowledge that is not written in books, or taught in the universities, or any where else. Hopefully we can do this every night.

We must learn to decipher whether what we have learned in the astral world is for sharing, or only a merit for our own soul and thereby should be kept as **ESOTERIC SILENCE**.

3. THE IMPORANCE OF ACHIEVING ASTRAL PROJECTION

When we learn to astral project, we can investigate our past existences speak with our own Being, know our Karma, and learn many things; it's a practice that opens **INFINITE DOORS**.

We can scale what we can achieve with astral projection. What can inspire us, for example, is what **MASTER SAMAEL** relates to us and could do in in the astral.

People who do not have this faculty of conscious astral projection; they should accomplish conscious preparatory work and ask for help from their Being, he will help us if we practice, so in synthesis one **CREATES THIS FACULTY**.

In the beginning we have few experiences; during a week; or during one month; but further along we begin to have various experiences weekly; until the day comes; in which we have experiences every day and in a much more advanced level; a person can use the astral whenever they wish.

A very practical person can sit, or lay down and can generate the conditions for astral projection with great facility, rapidly achieving the state between vigilance and sleep thus astral projecting. Since they already **DOMINATE THE PRACTICE** and the comprehension of what to do, they utilize each **CYCLE OF SLEEP** to do so and that is what we want to arrive at in this course, that we develop in ourselves the understanding and the **WANTING TO PRACTICE**, which can take us to that level of astral projection, to do it when ever we want to.

It's marvellous the sole act of being able to speak directly with a Master and that he can teach us special and specific practices for ourselves, or humanity. To know directly the seven **PLANETARY GENIUSES** of the solar system, to know the **FOURTH DIMENSION** directly, to know the **DEVAS** of nature, to know **SHAMBHALA**, to know the planets of **NIRVANA**. We can investigate our own **PAST EXISTENCES, OUR KARMA, INVESTIGATE A PLANT** in the event that we have a family member that is sick, or we are sick and that such a plant is in the patio of our home, or on the edge of a road with the cure for the illness. Let's scale this great opportunity; the **GREAT TOOL** that is to achieve astral projection.

THE WORK IS NOT EASY, BUT IT'S ALSO NOT IMPOSSIBLE.

4. CREATING A HABIT IN 21 DAYS

In twenty-one days we can create a habit whichever it may be, the **ARCANUM 21** is transmutation; to transform one thing into another. Three times seven equals twenty-one; therefore, this means do three times the order of three.

In the same way our physical body resents it, when we never workout, our psychic system can also resent in the form of insomnia; difficulty to acquire sleep; discomfort. Everything is part of the process **NEW PSYCHIC CONNECTIONS** are being created and once created we will be able to use our astral vehicle.

It is good to choose a specific time in order to do these practices and to begin getting used to them; generating the habit of doing them. The ideal thing is to do them as a preparation exactly before doing the practice of astral projection.

A person who works steadily and hard to achieve these practices, within the first, or second week, begins to have experiences, sometimes astral projecting, other times recognizing the perceptions. It could be that they get up too soon, or they get frightened of seeing, or hearing the sounds, returning to the state of vigilance; all of these are already experiences.

Some **GOOD REFLECTIONS** are a cure for the lack of strength and motivation in this and any other topic.

One is the force of curiosity that makes us try; the other is the force of inspiration that allows us to prove it and the other is when we have the desire and we comprehend the necessity of **BECOMING PRACTICAL**.

5. THE CONSCIOUS USE OF THE ASTRAL VEHICLE

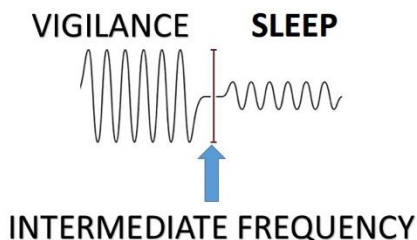
All of us have our astral vehicle, be it solar or lunar, but we use it unconsciously, now we will learn how to **USE** our astral vehicle **CONSCIOUSLY**. With our lunar body we can leave and make important investigations, with our solar, or fire body, once created it's a great advantage. It is comparable to running barefoot, or to run with good tennis shoes.

To achieve the practice of astral projection is the result of all the practices that we do from day to day. When one does not have the ability to astral project, practice is needed; one needs to create all of those **CONNECTIONS** with the astral vehicle, all of those **SENTIMENTS**, all of those **PSYCHIC PERCEPTIONS** that one needs, to be able to enter the astral. In this course, we will learn all of this.

For the first astral projections, we will begin in the bedroom because it may only last a few seconds. If we achieve conscious outward astral projection, it could be for just a few seconds, that is why we will do it in the bedroom and pick up the largest quantity possible of information that is in our bedroom, or wherever we are doing the practice.

6. THE STATE BETWEEN VIGILANCE AND SLEEP IS THE DOOR TO ALL THE DIMENSIONS

We do not project consciously because **WE DO NOT KNOW HOW TO RECOGNIZE THE STATE BETWEEN VIGILANCE AND SLEEP.**



When we are arriving at that moment, a series of **IMAGES, SOUNDS, OR TACTILE SENSATIONS** appear on the screen of the mind, which submerge us into a dream during the lapse of 3 to 5 seconds.

The state of vigilance has a different vibratory frequency from the state of sleep and when we go between one frequency and the other, we pass through an **INTERMEDIATE FREQUENCY** that happens to be in the precise moment that one enters the other dimension.

It is urgent that we begin familiarizing ourselves with the **ASTRAL PROJECTION MECHANICS.**

Sometimes by simply relaxing the first toe, one enters the state of vigilance and sleep, but since we are not focused on recognizing this, we fall asleep rapidly. When we recognize this intermediate state well, before entering the process of sleep, the projection will be as Master Samael said; like **DRINKING A GLASS OF WATER.**

To emerge conscious into the **STATE** between vigilance and sleep and to recognize it, we need to increase **AUTO-OBSERVATION** and **CONCENTRATION**.

In the state between vigilance and sleep we gain access to the **JINAS** world, to the **ASTRAL** and we gain access to the **SIXTH** and the **SEVENTH DIMENSION**, therefore it is important to learn how to pass consciously between the state of vigilance and sleep.

The fourth and fifth dimensions are heavier; one needs more effort than the sixth and the seventh dimension. Let's see, the first and second serpent are only forty-eight percent of the consciousness, we are practically talking about **HALF OF THE WORK**.

From here onwards, we begin to diminish considerably more, the grades of the consciousness.

For example, for many people **SAMADHI** has become a very elevated state to achieve, but in reality we need to learn, to see these states as something natural.

SAMADHI is the outcome of having a sustained thought for a certain amount of time; **MIXING CONCENTRATION WITH SLEEP** that is all. When we mix concentration with sleep, we sustain that thought and we are relaxed, the moment arrives in which we enter the state between vigilance and sleep, and we can enter Samadhi. So in reality the higher dimensions need much less effort than the dimensions that are closer to the physical, these need much more effort. That is why it is more difficult to leave in the Jinas state; in the astral and to meditate than to receive information from the sixth, or seventh dimension.

Some people that meditate forget their bodies and this should not be so, when we meditate and maintain the sentiment of the body, the presence, meditation arrives with much ease and profoundness.

In this way we can begin to awaken the **PLANETARY OR SPATIAL AWARENESS**, we can begin to perceive what is happening at planetary level and this is not something advanced. All of us have

this ability and it comes to light, if we can learn to meditate feeling all of our body.

The development of the **SPATIAL SENSE** is fundamental to arrive at the awakening of the consciousness (See the annex **DEVELOPING THE SPATIAL SENSE**).

Remember that our physical body is made with the same elements that make up the entire universe. To forget our physical body, is to **DISCONNECT FROM THE DIMENSIONS** to disconnect ourselves from consciousness.

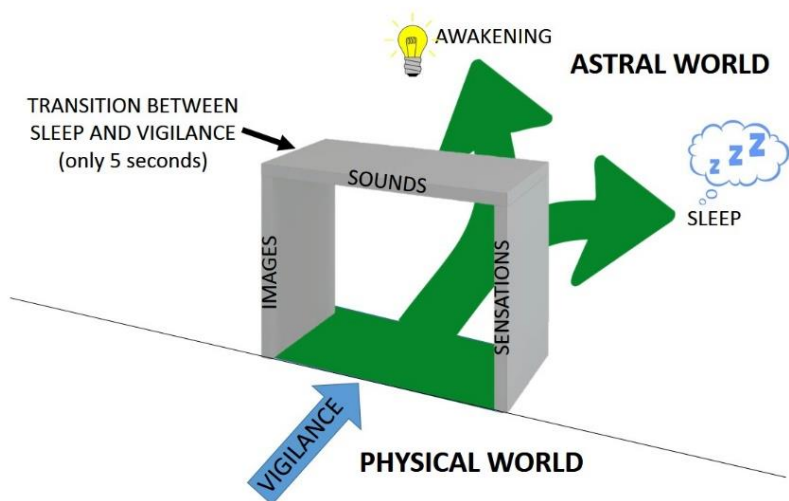


It is fundamental to recognise the state between **VIGILANCE AND SLEEP**, to be able to note the dimensional change: If we learn to train ourselves well, we can utilize this state to project, or to receive direct information without the need for astral projection.

When we want to project, it is not so much to fix the attention on, now I am relaxing, but in that we are practicing relaxation and **OBSERVING CONTINUALLY**, when entering the state of vigilance and sleep.

The problem is that we do not know how to recognize the state between vigilance and sleep, one gets up from the bed without knowing wether one is in the state between vigilance and sleep. This

is what this course is for, to guide us to **GET UP AT THE CORRECT MOMENT** through training and practice.



7. CYCLES OF SLEEP

Normally one of our cycles of sleep lasts between **NINETY MINUTES TO TWO HOURS**. This is the norm, but once we are getting closer to recharging all our energies, sleep becomes lighter and lighter until the moment we awaken completely, without feeling sleepy.

We should take into account that when we finish one cycle of sleep, the following will be very light, therefore we can separate easily from the body and we will have more possibilities for the practice.

Once we interrupt the cycle of sleep, normally before interrupting it we began awakening each hour and a half, or every two hours, more or less every 90 minutes. It has been already stipulated by science who have studied this whole process of sleep, that starting from here we enter the **REM** phase, which is the rapid eye movement and our sleep becomes relaxed lighter. Our cycles of sleep will become much shorter

they will no longer be one hour and a half, but we will begin to awaken every 30 or 40 minutes, and sometimes even less.

Therefore, we will have more options and possibilities to astral project. We should form the habit not move once we awaken from a cycle of sleep, because that is where we have a window opening to enter the astral with the indirect techniques.

When we go to bed we make the first attempts, if we fall asleep when we awaken from that cycle of sleep, if we do not have a physical necessity, we should remain still, and concentrate on the last thing that we perceived from the previous sleep, or, if we do not remember, we rapidly scan our body by relaxing it and quite rapidly we'll enter the state between vigilance and sleep. We should make another attempt; this way we keep trying every time we awaken from each cycle of sleep. We need to stop the bad habit of waking-up and turning around to continue sleeping. We could resolve to get up and check to see if we are in the astral, at least ten times per night.

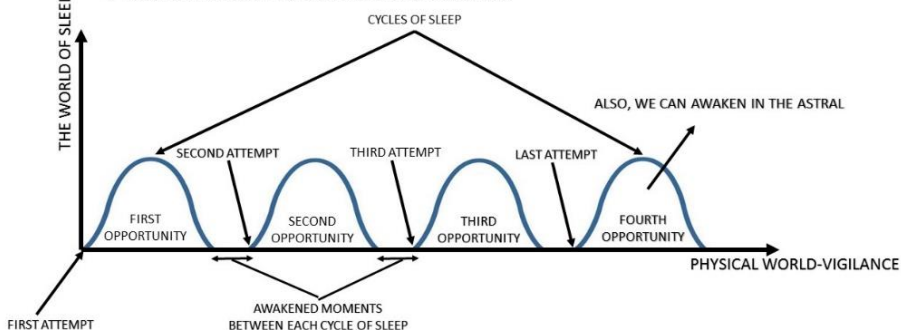
When we feel a **STRONG IDLENESS** that impedes us from getting up, it's because we are at that critical moment and we should make the super effort to get up and enter the astral. It is important to remember that when the images and sounds arrive, that we ought to make the effort to relax even more.

When the first images appear and the astral body is beginning to vibrate, if you stop there, one will remain with that sensation, as when one is frightened. That scare is because the astral body did not come to the precise moment that it should have to leave. When we

begin to perceive the sensations in the state between vigilance and sleep, we should wait 3 to 5 seconds, feeling even more relaxed, airy, to give time for the astral body to vibrate adequately, so it can project into the astral in a conscious way.

TAKING ADVANTAGE OF ALL THE CYCLES OF SLEEP

- ❖ ALL ASPIRANTS IN THE FACULTY OF ASTRAL PROJECTION MUST MAKE THE EFFORT TO PRACTICE AT EVERY OPPORTUNITY. (
- ❖ WE SHOULD LEARN TO RECOGNIZE WHEN WE GO FROM ONE CYCLE OF SLEEP
- ❖ AND WHEN WE ENTER ANOTHER TO PRACTICE, AGAIN.
- ❖ WHOMEVER DOES THIS HAS GUARANTEED SUCCESS!



8. MORE ATTEMPTS MORE POSSIBILITIES



We have the possibility of creating various opportunities for astral projection at night, but laziness wins so much, by the sole fact of enjoying warm blankets, a pillow, or a television program or by filling our head with

ENTERTAINMENT; we postpone our possibilities for advancement and that is too lamentable.

For some it will be easier to achieve astral projection, because they bring with them experience from prior existences, but all of us can achieve it.

The sole fact of not falling asleep, so fast is already an advantage, one will feel afterwards the sensations of the projection, a pull at the

feet, or any other; one may feel some vibrations in the body, this shows already some advancement, one will listen to some distant voices; this is another, better advancement, then one will see dreamy images, etc, like this we advance, until the moment comes in which we get up in the exact moment and we achieve it.

The majority who practice, are within the cycle of **TRIAL AND ERROR**, they practice the keys for astral projection and since they are not practical, comes **SUCCESS** and **ERROR**, when we solve why it is, that we do not project, we are going to notice within ourselves our own progress and once we apply ourselves, it will be more difficult to fail at astral projection.

9. THE DEATH OF THE EGO AND ASTRAL PROJECTION

The death and astral projection go hand in hand. When we are working on a defect of lust for example and we have not been able to comprehend it deeply, we are stuck. This event generates a **SENTIMENT OF FRUSTRATION**, of wanting to know the answer, as to why we cannot eliminate it. That sentiment of wanting to comprehend the defect can be utilized for astral projection. It's possible that we receive an answer, or even a result of us speaking with that defect, with that 'I', specifically within the astral. That defect will tell us how it's nourished and with that, part of the battle is already won.

But we must begin to become practical and to utilise that sentiment, as a force that will allow us to achieve astral projection.

It would be recommended to do a reflective Meditation on the defect that does not allow us to astral project. Meditate on it and discover the different ways and the times that it has impeded the practice. (laziness, fear, frustration, etc.) To see how it associates with the defect of fear, of doubt, of failure, of idleness, ie, maybe tomorrow

I'll try it, etc. Confront all the weaknesses in order to practice daily until one achieves the practice.

10. ACT AS IF YOU HAVE IT, UNTIL YOU GET IT

This is a motto that will serve us a great deal in the development of this ability, faculty.

If we do the practices that are indicated here, imagining and feeling as if we had left the body, that imagination and feeling, will convert itself in a short time into the ability to astral project.



If you cannot attain it, **IMAGINE THAT YOU ACHIEVE IT.** The imagination is fundamental to have the will to achieve it. If one cannot use the imagination, our will is unable to create. If we do not have the ability to astral project, we will imagine it happening, until we

possess it. **FIRST WE IMAGINE IT, THEN WE CREATE IT,** make it happen. The best form of learning is **BY DOING AND NOT BY THEORIZING.**

11. PRACTICES TO ESTABLISH CIRCUITS WITH OUR ASTRAL BODY (Practice 1)

We must do the 4 practices that are described, hopefully every day before practicing astral projection, or at any hour of the day, the more we practice the better and it's indispensable that when we do these practices, whilst reaching a sleepy state.

We can do the conjuration of Belilin first and the magic circle to seal the space and protect ourselves, or we can do them at the end, when we are ready to actually do the practice of Astral Projection.

- a- **BREATHING CONSCIOUSLY.** The first and most important thing, is to learn to relax and to have the physical body well relaxed. For that we will concentrate on 21 respirations, observing and feeling the in-breath and the out-breath, when we finalize each inhalation and exhalation we continue with the concentration and feeling our nose, if we do it this way we will learn to have a continuous consciousness of our body, and we will not forget it.
- b- **SENSE OF TOUCH.** Concentrate on feeling the whole body, from the feet up to the head. We can vary the sequence, but the idea is to feel the whole body. Repeat the exercise 21 times.
- c- **IMAGINE THAT WE LEAVE THE BODY.** Imagine that we are between sleep and a dream appears (*). Then we imagine that we leave our body, feeling our astral body, we then grab something and we look at our body asleep, we can imagine our **SILVER CHORD** to also familiarize ourselves with this.

Let's focus on the sense of touch and its sensation; let us not abandon it for one instant; at the same time, we are learning to be very calm when we look at our physical body, using our will, feeling all our whole body and what we grab. Do 21 repetitions. This practice is done with the objective of auto-programming ourselves. Once the dream begins to take over us and traps us, at that moment we will rise from the bed and touch something, and look at our body, so that it does not attract us, because we'll remain quiet with a calm respiration. This exercise, in the long run, will allow us dominate very well the instinctive force that there is, when we look towards the body.

If we want to make this exercise a little more intense; we imagine leaving and observing all around us well, we then leave the room, we go around the house, and then we imagine flying at the velocity that we want. We can observe the very planet from afar and then we can return flying back at a great velocity towards the room where we were; observing the body and **VERY CALMLY** return to it, this is where we end the exercise, we can repeat it in the moment we perceive, that we are almost enveloped within the scenery of sleep; we are seeing it imaginatively, we get up from the bed and then we grab something, this way we are preparing ourselves for when we are truly doing the practice of astral projection. The time will come, when the images will truly appear and this is when we will be able to do the exercise as such.

d- **IMAGINATIVE TURNS.** In a comfortable position we imagine that we turn, imagining we are seeing everything in great detail, as best we can, make 21 full turns with the imagination. We can make an imaginary turn (of 360 degrees, feeling how our body changes position) and then consciously breathe before doing another turn, we continue successively until we do the 21 turns. In this manner, we are going to activate all the very important **SENSITIVITIES** of the astral body and **FEELING OUR OWN ASTRAL BODY.** Once we are more practical, we will be able to turn in a very natural way, but in the beginning, there are difficulties, and that is normal. (**).

We can do these turns in two ways, sitting down, or standing at the side of our bed, in the same imaginary position we begin to turn without changing the body, or shifting the imagination else where. We can also do this whilst lying down, ready to enter the process of relaxation, begin to turn as if you were the axis itself,

If the liver chakra is contaminated, it can produce dizziness (as in the turns of the Dervishes). Once the liver is clean, the dizziness will stop.

It is good to clarify that these turns are done with the imagination, it's one of the **MOST BENEFICIAL PRACTICES** and it can influence directly the ability to project, because the turns are the **FORMULA THAT THE ASTRAL BODY USES**.

When we pass from one scene to another imaginatively, we are forming a link with the way the astral body works.

With these four practices we are creating the perceptions and the connections that we need to make with our astral body, so that the practice of astral projection is the most effective possible.

All of these exercises are for creating **CONSCIOUS CONNECTIONS** with our astral body. The day will come from practicing and practicing in any given moment, between vigilance and sleep, we leave consciously and very naturally.

It is recommended that we do these practices sitting down, not lying down, so that we do not fall asleep.

We can benefit from these exercises, by visualizing and feeling all that we are doing, **VISUALIZE WELL** that our body is turning while feeling it. This is very important because developing the sense of touch is of great importance.

It is important that when we are practicing exercise C and that we are visualizing that dream; in the moment that we take out our astral feet, or we move a hand that **WE COMPLETELY REMOVE THE IMAGE** of what we are visualizing and we concentrate mostly on the astral environment that we are stepping into.

(*) It is to imagine that we are in a state of relaxation and with imagination and we see for example that there's a tree in black and white, a very diffused tree. This tree begins to change into color and it

becomes clearer; getting closer and closer, until we see all of it's surrounding environment, once we see that we are TRAPPED like BY THAT IMAGE, and we begin to see many things around us, at that moment, in that STATE OF CALMNESS with imagination and will, we are going to stand up and we are going to cling to a solid object in the room, an object close by, as a lock on a window, a chair, the bed-head, etc, we grab it with the intention of holding on to it, with the sense of touch, with the hand or hands. We then look imaginatively backwards, to see our physical body; where we left it; we visualize it; we stop looking at ourselves; we let go of the object and consciously return to our physical body.

(**) If we find the turns too difficult, we can do one physical turn and observe very well how the space and the objects are turning, as we swing round, for example; if we are in front of a window, soon follows the other walls and everything in the surroundings, until we reach the initial position. We record this, we sit and do the turns imaginatively visualizing the surrounding objects, as best as we can.

Basically turn like a table-top turns. The idea is to capture the greatest amount of detail, for this one begins in a slow manner, as we increase our practice we begin to acquire the skill to do it in a faster way, capturing all of the details. With practice we can make the turns more fluid and rapid.

The imaginative turns have the same effect of detoxifying the liver, as the Dervish turns do.

The turns are done clockwise; the same way, as when we do the turns for the dervish practices, but without extending the arms. Once we have done this practice, we can lie down and begin as such, our astral projection practice; the one that we like most.

This exercise greatly develops the concentration, as when we are in the middle of a turn there tends to be problems in visualizing well, what is in our surroundings and how to continue turning.

12. PRACTICE FOR RECOGNIZING DREAMS AND TO ESTABLISH AN OBJECTIVE (Practice 2)



EVERY THOUGHT IS A DREAM. Every time that a thought enters our mind, if we are not alert, it converts into a dream and that dream drains our energy and imbalances out centers.

After asking for the death of such a thought, it would be beneficial to ask ourselves if we

are in the physical, or in the astral (stretching our finger, or doing the little jump) and we tell ourselves the **OBJECTIVE THAT WE WANT TO ACHIEVE** if we were in the astral. We should do this at least 21 times a day, with this we are fortifying our principal objective which is to astral project.

We are so asleep and so poorly related to our astral body that to establish an objective only 3 times results very weak; we need to fortify the will of wanting to do something and achieving it. This is where we want to take **ADVANTAGE OF THE MOMENT IN THE DEATH IN MOTION** to discern what dimension we are in. Only when we have a very strong intention of achieving the objective, will the 3 times be enough, sometimes it's possible, even without proposing it.

It is convenient to make a **WRITTEN LIST OF DIFFERENT OBJECTIVES** to investigate in the astral and to dedicate the necessary time for each one successively. This way we can begin improving our capacity to investigate. We repeat this objective various times throughout the day until we obtain the response.

All of us can be assisted by the Masters since we are all equal.

The problem is that we do not have, or do not know how to be disciplined.

Sometimes we are going to investigate various objectives in a day, as a **GIFT FROM OUR BEING**, but it is always good to follow the order of our list, from a simple investigation to one that is more complicated. We can investigate our own personal progress, the ascent of our energy, study a defect, the karma that we owe, a recurrence, a business, etc. Something important that we can investigate is; who of those giving themselves the title of master is real, or not? We can contact Master Samael and ask him many things, or whoever we wish, we can investigate who our Being is, what our internal name is, or what ray we belong to, etc.

It is always good to write down the important part of the experience and what will serve humanity. He who writes will get more, he who doesn't write will get little.

One of the principal goals of this course and the **DEVELOPMENT OF OUR FAITH** to astral project, is to arrive at that moment in which we can observe all of those dreamy images; those sounds pertaining to sleep, when we arrive at the observation of those perceptions, we are ready to astral project.

Each dream begins with a diffused image, a small image, or a small sound; then that small sound, that small image starts developing more elements and the image starts to fill with colors, and more sound, until we see ourselves enveloped in that environment and then, finally we are in that environment that belongs to the dream.

The objective of these practices and exercises is to achieve getting to the moment where the dreamy images begin; waiting a little for them to get stronger and it's in that moment when we are going to get up from our bed and **WE WILL ASTRAL PROJECT** consciously.

In the beginning we can say that we do not see images, or hear sounds when we fall asleep that is very logical, but once we begin doing these exercises, we will notice that this is not the case, that the moment comes when we fall asleep and an image, a sound, or some perception appears and there, we end up trapped living that dream.

All of the images that appear on the screen of the mind are projections, the majority of them by the defects and some others are from the Being.

13. ACHIEVE AS A MINIMUM 10 MINUTES OF CONSCIOUS PRACTICE (Practice 3)

Sadly we do not have the sufficient quantity of continuous consciousness, of continuous observation, that allows us to arrive with lucidity at the precise moment where we should get up.

Practice 1 demands a continuity of concentration, to imagine consciously what we are doing. Practice 2 demands that we auto-observe ourselves to stop dreaming and the practice from this point, will demand we develop a continuous consciousness, even if it's only for, as long as 10 minutes.

Each one of us can choose freely to do an exercise of concentration for a minimum of 10 minutes, without interruptions, with the consciousness totally focused and alert in what is being done, If a thought appears, **RECOGNIZE IT AS A DREAM OF THE EGO** and we ask our **DIVINE MOTHER** for its death and we continue practicing.

It is very convenient that we find a way to lie down, where we don't fall asleep easily; this is with the means to begin training ourselves. We will notice that when we are practicing a lot in the day, whatever position we take will be useful to achieve astral projection.

14. THE CORRECT UTILIZATION OF THE MANTRAS

We should take into account that the mantras and the other techniques for astral projection that the Masters have taught us in knowledge of oneself are very effective and have the objective of **INDUCING** possibly the most rapid state between vigilance and sleep.



Since we do not recognize that state, we arrive at the idea that we are doing the practice incorrectly and the moment comes where we have to get up and we don't do it. That is why we have to catch that moment; we have to know how to recognize it to have success. When we understand something well, we can play with it and become practical with it.

A mantra is a word or a play of words that generate an effect, a help. The mantras for going into the astral are a help to enter into the state between vigilance and sleep in a controlled manner.

A mantra has the power of **CUTTING THE PROCESS OF IDENTIFICATION WITH THE "I"** while it is being pronounced, but such ability only manifests once the state between vigilance and sleep begins. This is why the Master says: "Disciple become sleepy whilst pronouncing these mantras", so that we could learn how to utilise them.

If for example we pronounce the **MANTRA FARAON** as soon as the process between vigilance and sleep begins, we would be perfectly projected into the astral plane, after having pronounced it just the once.

That is why some Masters would call the mantra **A CRUTCH** and that is in reality what they are, it is just like the person that limps, or the person that doesn't walk well, who is aided by crutches whilst walking.

Also similar when we are learning to project; we need the aid, the small help of a mantra.

We will utilize the mantra when we achieve a good state of relaxation and as soon as a sensation in the physical body begins, if we are already trained to begin feeling a sensation, as soon as it begins, any sensation, or perception at all, right there call-out the mantra. In that manner **THE MANTRA WILL BE SUPER-EFFECTIVE.**

If we still do not discover the precise moment; we should do it by weighing up the situation; I observe my practice; I notice that I am relaxing my right foot and hardly ever reach the hip; so I note, gather that when I reached the knee, I must have arrived at the state between vigilance and sleep, as that's where I fell asleep. Knowing this in the next practice when I am reaching the calf, from here onwards I begin to pitch out the mantra.

It often happens that those who enter consciously the state between vigilance and sleep, as soon as they see or hear something they get scared and there they lose the process, returning and remaining in the state of vigilance, therefore we should keep utilizing the mantra, until we become accustomed to the sensations and perceptions, there are between vigilance and sleep.

As soon as we awaken from a cycle of sleep, we are to remain still; we are not to move from the bed and since the body is already relaxed we simply shut our eyes (if we haven't opened them yet, that's even better), we remain in that state and we count one, two, three seconds and we pitch-out the mantra, in this manner we can access **MULTIPLE ENTRIES OF ASTRAL PROJECTION** in one night.

When we discover that with a mantra and in a determined position it does not allow us to acquire sleep, that **IS A CODE** that we can utilize to control sleep, when we are very sleepy and we know that we will fall asleep very easily.

It is good to put ourselves through trials according to the experiences we have had, with a certain mantra, or a position that can give us insomnia, to help us find a gradual way towards sleep.

The **GRADUAL STEPS TOWARD SLEEP** not only serve for astral projection, but can also help us have various answers in one single meditation practice.

When we are practicing a mantra, we ought to feel very relaxed and apply the feeling that we are going to become very light, that we are going to float.

15. PRACTICE FOR THE DEVELOPMENT OF THE CARDIA (heart)

The cardia practice, that was given by Master Samael in his book “The Perfect Matrimony”. He specifically gave this practice for people who are very intellectual, due to their studies in colleges, universities, with a great deal of literary culture. all of which has cost us to become separated from the cardia.



The cardia comes to be a feeling and is located in the heart; this chakra allows us to HAVE A SENSIBILITY towards nature, toward the esoteric, toward the dimensions, nevertheless with intellectualism we have lost all that connection with the

SPIRITUAL REALITIES, with the planet and with our own physical body due to becoming cold in our ideas, in our thoughts, in our reasoning. Until becoming only **SOLVERS OF MENTAL PROBLEMS**.

This practice helps to re-establish that sensibility, to be able to achieve once more astral projection. The development of the cardia is very necessary and very important.

Very intellectual people need a good dose daily of internal meditation in the cardia.

Master Samael says: *“The devotee should concentrate on the heart, imagining that there is thunder and lightning, clouds that float losing themselves in the sunset impulse by the strong hurricanes. The Gnostic imagines many eagles flying within the infinite space that is inside, very deep within his heart, imagine the profound forests of nature, full of sun and of life, the singing of the birds and the sweet and peaceful whistle of the forest crickets. The disciple imagines all of this whilst falling asleep; imagining now that in the forest there is a throne of gold, where a very divine woman sits **THE GODDESS KAKINI**. The Gnostic should go to sleep meditating on all this, imagining all of this. Practise for one hour daily, and if you practise two, or three or more hours daily, even better. You can practise sitting in a comfortable chair, or lying on the floor, or in your bed, with the arms and feet open from right to left in the form of a of five pointed star. The sleep should be combined with meditation. There should be much patience; with infinite patience you can achieve all those marvelous abilities of the cardia. The impatient, those who want everything rapidly, that do not know how to persevere in life, it is better that they withdraw because they do not serve at all. The powers are not found playing; everything costs. Nothing is given as a gift”*. When we are imagining all this, we are leaving intellectualism by one side, we are entering the level of imagination and inspiration and utilizing the abilities of the consciousness. If we do it during a moment, we will feel that we are truly there, that we are enjoying our real Being and he will put us in places that inspire us, such as seeing angels, Buddhas, symbolologies

of this Knowledge and this will give us much inspiration, and it will lead us to astral projection.

When one achieves a high level of inspiration, it leads us into astral projection, when the inspiration is small, it does not open the door of access to another dimension, or to obtain the information that we want.

16. THE SENTIMENT METHOD

The sustained sentiment (as in awaiting a response from the Being, or of a Master) potentially multiplies the **VIBRATIONS OF THE SUPERIOR EMOTIONAL CENTER**, allowing that our astral consciousness connects with that, that we want, with what we await to resolve, with the Master we wish to speak to. Remember that the astral body is the **EMOTIONAL BODY**.

To better understand this, regarding the sentiment: let us pretend that we say hello to a person and that, that person does not respond; before self-love, anger and everything else negative sets in, there exists the sentiment of awaiting for the person to respond. This is exactly the same, as to what we need, for this type of practice to work. That **SENTIMENT OF AWAITING** for a response with attention, with all the sentiment that leads us to ask a question and to await their response. This is exactly the same as to what is needed, for this type of practice to work.

If we learn to sustain that sentiment, for at least ten minutes we will **RAPIDLY INDUCE THAT STATE IN BETWEEN VIGILANCE AND SLEEP**.

To connect well with the sentiment, it is good to concentrate on it and to feel it various times; at specific times we should verify that the sentiment is still present and if we lose it, we reconnect with it again.

There exist two types of relaxation; one is of idleness and the other of the consciousness, but usually many times over the emotion that we have when we are projecting is of idleness.

Many times we need the help of that “I” of idleness to fall asleep. That “I” of idleness has the detail of how one can relax.

We should pass from idleness to the feeling of being even more relaxed, because we feel that we are floating and this adds much more relaxation, than idleness can provide for us.

Emotions are **LEVERS FOR ASTRAL PROJECTION**. Remember that the astral body is a **BODY OF EMOTIONS**.

A person with tremendous anger that attains falling asleep, is capable of going into the astral to commit an act against the person that they are angry with, and another one who is very lustful, that wants to have sex, is capable of going into the astral to have relations with that person in that dimension.

A person that has a very intense desire to speak with a Master, or to receive information regarding a plant, because there is someone sick in his family, that desire, that emotion is so strong, of wanting an answer, that it **MAKES THE PERSON ASTRAL PROJECT**. This sustained emotion makes us very conscious of what we are seeing and perceiving.

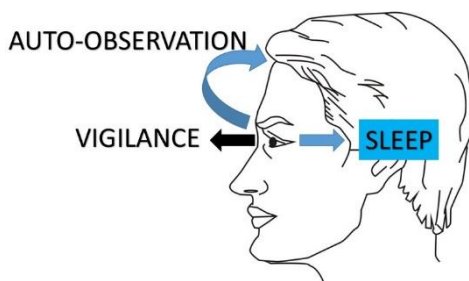
This strong desire **IS PURE FUEL FOR ASTRAL TRAVEL**. If we want, for example to speak to Master **SAMAEL**, or Master **RABOLÚ**; during the day we should be inspired by these Masters and give them thanks for all the things that they have done for us, feeling happy that we have this kind of **KNOWLEDGE** and how much it cost them to obtain, so that they could give these teachings to us, for free and on a tray. We should give them thanks, for this and at the same time also pray to them asking: *“Masters help me, with this thing, or that thing...”* as if they were by our side, as if we were speaking with the Being of that Master.

It will help us a great deal, at the moment that we are about to do this practice, to concentrate on these Masters, **REMEMBER THEIR VOICES**, the verb of these Masters. It will help us a great deal because sometimes in that state between vigilance and sleep, these Masters can speak to us through **CLAIRAUDIENCE** that we all have; they can share some information in 3, 4, or 5 seconds and they can give us super important information, without using too many words, because they are very precise with the verb.

If we have sufficient energy and we have worked during the day and have merits, we are going to be able to go to the place where they are and meet them personally. Always appealing to those superior emotions we will be able to speak with the Masters and even with our own Being.

17. THE SENSE OF TOUCH AND AUTO-OBSERVATION

The sense of touch is one of the **MOST IMPORTANT SENSES OF THE ASTRAL**. The sense of **TOUCH AND AUTO-OBSERVATION** (remembering oneself) are closely related.



In the same way that we normally know that a place is hot, or cold, in the same way that we know other forms of perception, we also know if we are in the physical, or in the astral world. That is why Master Samael says that we

should ask ourselves whether we are in the physical, or in the astral and pull our finger.

Imagination and will means to recreate the entire environment of where we are; including the sensations; including the climate, whether it's cold; feeling everything; gathering the greater amount of information, visualizing and feeling it.

During a conscious astral projection, the sense of touch is activated while **FEELING CONSCIOUS IN THE ASTRAL**. To feel the body completely (physical, or astral) is done through utilizing the touch. The **SENSE OF TOUCH ENVELOPES OUR BODY** from head to toe

To activate the entire sense of touch, is to **FEEL THE BODY COMPLETELY**, from head to toe at the same time (that is why we practice 1b).

We can practice opening and closing our hand imaginatively (astral hand). We are going to notice that as we practice opening and closing our hand imaginatively, this sensation will become, stronger and stronger, thus we will create very strong connections with the astral body.

We all perceive sensations in our feet and our entire body. That is why when we are conscious, from instant, to instant, we appeal to that sense of touch, so that we can feel present wherever we are.

A great part of **AUTO-OBSERVATION** has to do with the sense of touch.

We have said that the sense of touch is the most important sense for astral projection. This sense is intimately related with the **SEXUAL-MOTOR-INSTINCTIVE** center.

When we practice being conscious, we are observing our psyche and at the same time, we are **OBSERVING, OR FEELING** our body. To feel our body is to use the sense of touch, if we did not use it, we would not be able to feel.

Our sense of touch covers and involves our entire physical body, the other four senses are also covered by the sense of touch, we could

say that the physical senses are derivations from the sense of touch, as a **PRIMARY SENSE; THE BASIC SENSE IS SENSATION.**

When we are prepared to astral project; the **FIRST STEP IS TO RELAX**, meaning to say; to activate the sense of touch; feeling each part of the body.

We can do the exercise of sitting down; feeling and perceiving what we feel in our entire body, or that a light runs throughout our whole body. If thoughts should arise we can ask the Divine Mother for their death. We will see that the first 3 minutes are frightful; we must make a great effort and if we continue for a few more minutes, we will see that the effort begins to ease off; if we are able to prolong it; sustain it during half an hour; we can obtain what Master Samael calls a **CONSCIOUS SHOCK.** The feeling and the clarity that one is left with, after an exercise of this caliber will never be forgotten and our Father who is in secret, observing what we do, will compensate us; by helping us to remember more dreams; that we astral project and that we receive information, etc.

To feel present at every moment is to utilize the ability to feel ourselves; to feel alive within an environment; sitting, or lying down; everything arrives through touch. When we are aware of ourselves; we are utilizing the sense of touch a great deal. Reflect on this and you will notice it.

Since the astral dimension also has a body with its own physiology; over there the sense of touch also envelopes the entire astral body; whether we have the solar, or lunar astral body. Therefore; the manner in which we make ourselves conscious of this astral body within the astral world, is also through the sense of touch.

When we prolong a state of awareness in the physical world, we are also generating a **WEALTH OF CONSCIOUSNESS** that will help us in the astral world.

It is important to comprehend that success in the astral projection practice is the result of **PREVIOUS PREPARATIONS**.

We should always be **FEELING THE COMPLETE BODY, PERCEIVING THE ENVIRONMENT AND PRACTICING THE DEATH**. Those three aspects are fundamental in the awakening of the consciousness. The death in motion helps us to not identify and begin liberating the consciousness of the "I's" (defects). Feeling the body helps us to **PERCEIVE WHICH DIMENSION WE ARE IN**, to perceive ourselves and the surrounding environment, helps us to capture the details of all that is happening. These three attentions are fundamental; they are the ones that help us to reach the awakening of the consciousness; when one begins to have contact with the different dimensions and when one feels their astral body. All of this arrives through the sense of touch.

If we observe our physical body we will notice for example, that the eyes can see, but at the same time they can feel, if we pinch an eye we will feel it, the ears allow us to hear, but the ears can also feel, an ear ache, or whatever touches them; we can perceive the sense of touch within the ear, with the sense of smell we can feel smells, but it also has a sense of touch; we can feel nose pain, or anything.

We realise that the sense of touch is covering all our senses, even the sense of taste, on the tongue we can feel flavours, but if we burn the tongue; it hurts. The sense of touch involves our entire physical body. In the same manner the sense of touch is involved in all the internal bodies that we have.

Remember to feel the physical body constantly, as much as possible; as it will connects us to the superior planes. **TO FORGET THE SENSE OF THE PHYSICAL BODY DISCONNECTS US FROM THE PHYSICAL WORLD AND THE SUPERIOR PLANES**.

We should reflect very well on this because, when we comprehend that **THE SENSE OF TOUCH** is the most important and it's what

MARKS THE LIMIT OF ONESELF with the exterior world; therefore great part of our daily practice whatever it may be, we are going to be **FOCUSED ON FEELING IT, FEELING OUR BODY COMPLETELY,** during any of our activities.

Because here we are exercising all of the dimensions in ourselves, or all of the capacity of our consciousness is being exercised there.

We could be doing the death in motion, on and on, but that amount of consciousness, if its not utilized correctly with the sense of touch, we will lose the opportunity of being able to utilize it correctly, If we learn to feel the complete body, the consciousness that we are liberating from day to day, we will be **ABLE TO USE IT AT NIGHT.**

18. MEMORY OF EXPERIENCES AND AUTO-OBSERVATION

There are people who do not remember their dreams; although it is normal that a person can remember one, two, or maybe a maximum of three dreams that they had during the night; moreover, if one becomes practical they could amaze themselves, in remembering more than twenty dreams in one night.

Remember that if we sleep a minimum of six hours, since in our dreams we repeat what we do during the day, we will also dream hundreds of things.

A great part of the memory that we have in our dreams, is the different activities that we do in our day to day, but what we remember as dreams are those activities, or different projections that we normally do during the day. But for most of the time, we are doing



the same thing, as we do in our daily routine: we go to the office, or if we work in the countryside, we go there to manage the property etc. What is lamentable is that we are so asleep, that we don't take advantage of those marvelous hours we have in the astral dimension, to do the things that allow us to grow, learn, but instead we waste it.

We do not remember the dreams for lack of practicing vigilance.

AUTO-OBSERVATION IS PURE MEMORY AND IT'S DEVELOPED

Another cause of not remembering dreams may be the larvae we carry and this blinds us completely. The consciousness remembers everything and even though it is asleep and trapped in the ego, it continues having an excellent memory, that will serve it later, upon awakening. One loses the connection with the consciousness, but the memory is always there.

The memory comes to be something similar to Karma; meaning that all action has it's consequence and part of the consequence, is **THAT EVERYTHING IS REGISTERED** and this registry is inside of the consciousness, inside of the "I" (Ego).

For example, the fornicating "I" for being one of the oldest defects has the memory of many, many things.

19. THE LAW OF STABILITY IN THE ASTRAL WORLD

When projecting into the astral, it is very important to observe very well the environment in which we are, so that the environment **MAINTAINS IT SELF STABLE** and does not convert into other dreams, or into incoherent things.

When we want that space and that environment that we are investigating, to maintain itself stable, we appeal to the sense of touch. It could be rubbing the hands, or touching anything close by, focused on perceiving that **SENSE OF TOUCH**, which is to feel the entire body completely.

In this way we will note how it fills with **LIVELY COLORS**, how everything seems to take on a much clearer and a more beautiful form than what it's seen on the physical plane, we will be amazed at the sharpness of the colors.

As soon as that environment becomes unstable, as if it were about to change, we again apply the sense of touch and in this manner, we will maintain that stable environment. When you achieve that everything is stable, one keeps walking or flying, and being very alert as to how the environment is and how one feels.

If we are doing an investigation, speaking with a Master, in a temple, we need that the environment remains stable, in order to investigate well and to be able to take in details.

Therefore; we will be aware of rubbing our hands, rubbing the environment, and utilizing all the senses to recollect the vast majority of information possible and not lose what we are receiving.

The **UNSTABLE ENVIRONMENTS** also have an advantage as it's easy to pass through an unstable environment into another process of investigation.

For example, we want to investigate something about a plant and we attain it; if we still have awareness and strength to not return to the body and we notice that the environment becomes unstable, we can very easily ask the Being to transport us to another place, where we wish to make another investigation. For example; when in the astral plane, or feeling the instability of the environment, we suggest; as soon as **THAT DOOR OPENS I WILL GO TO ANOTHER PLACE OR ANOTHER COUNTRY**; we are taking advantage of that unstable environment and we focus with desire to go to another place, or country. With that faith we must act in that unstable world.

When the environment becomes like that, unstable our **ASTRAL BODY BEGINS TO TURN clock wise**, as if one was a

spinning-top and we appear in the place where we will continue following the next investigation.

It is very necessary to **LEARN TO MANAGE STABILITY** in the astral environment. All of this that we are saying is applicable not only for the external astral, but also for the internal astral. Obviously all of this is based on practice.

Each one of you will start having your own experiences and perhaps have much better codes than the ones we are giving. All of this is related with the results of being stable in the physical world, and in achieving equilibrium of the machine, of having a continuous consciousness, for a period of time and not passing from one thought to another, from one emotion to another without control.

Let us remember that the physical world is the **LABORATORY** where all those things of the superior dimensions will be processed. All of this is very important.

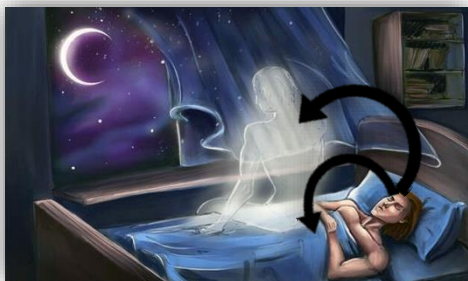
A person that has liberated sufficient consciousness already does not have problems with stability in the astral world, nor of changing from one place to another, since the environment is stable. But since we are just learning to recognize this world, we have to learn all of this, so we can defend ourselves over there.

20. EXTERNAL ASTRAL AND INTERNAL ASTRAL

In the **INTERNAL ASTRAL** we have **LUCID DREAMS**; we will be entering there as we awaken our Consciousness. Lucid dreams can be from a few seconds up to various hours. Generally, the internal astral is full of colors, of great beauty.

We find ourselves with our own defects that take the form of our family members, known people, unknown people and animals. Here we give way into our desires and they show us with symbolisms, how we are doing, our prospects, etc. We also live our emotions of anger,

lust, resentment, etc. In the internal astral, if we look at ourselves we see our physical body of flesh and bone, like the fantasy image one has of oneself



The **EXTERNAL ASTRAL** is different, It is a great reality, in the external astral we see ourselves as we really are, if we have the lunar body, we see ourselves as transparent, ghostly, as if

we did not have an existence; on the other hand, who ever has the Solar Body truly has an astral body of flesh and bones. If in the external astral we observe people, we see them with a **LOST LOOK**, a characteristic of their asleep consciousness.

In the external astral we can see our **SILVER CORD** and if we see it's interior, we can see how the colors of the rainbow mix in profound harmony. The external astral needs a different quantity of energy, it needs an awakened consciousness, equilibrium of the centers, and to be able move it continuous vigilance.

In the beginning we will only leave in the external astral for a few seconds, but with time we will be able to dominate it.

This course will allow us, if we really take it to a practical level and reflection, to develop ourselves entirely, naturally, in both astral bodies and like this to develop all of our investigative abilities.

The first astral flights with the **EXTERNAL ASTRAL** are short, but to increase this, as soon as we project into the astral, we can remember the sense of touch and to feel the body as much as possible. We can rub the hands, as this sense is very important over there in the astral. It is basically the connection that we have with ourselves, with remembering ourselves.

In the external Astral, if **WE DISTRACT OURSELVES** for a few seconds, it automatically makes us return to the body, or we pass to the internal astral and we lose the experience of the external astral.

That is why it's good to **HOLD TO MAINTAIN** our stay in that dimension, with our tact, feeling, or intending to produce vibrations within our body, like tensioning our brain, tensioning our body, rubbing our hands, **FEELING ALL OF THE ASTRAL BODY**.

To be able to project the astral body we need more consciousness and more transmuted fire. Undoubtedly a person with their solar astral body can enter the external astral with much ease, whoever has the lunar body enters with major facility into the internal astral and with more difficulty into the external one.

21. RETURNING TO THE PHYSICAL BODY

When we project to the external astral and we take a look at our physical body, where we left it, the physical body generates a **VERY STRONG ATTRACTION** and it can pull us back again into our physical body.



When we are astral traveling and the body asks that we return, we can rub our hands as consciously as we can, and this can help us to not return to the body.

When the forces for returning are very strong, and we are coming back, we can touch something that we see in the astral; it can be anything; then once we are back in the body with the memory, sensation of the item we touched; whilst being very still in the bed; we are going to concentrate on that sensation and in a few seconds; we

will be right back where we were. This way we can continue our experiences.

Something that is very important, is to keep in mind that the moment that in the astral we **THINK ABOUT OUR PHYSICAL BODY**, that is an **AUTOMATIC RETURN**.

22. GRABBING SOMETHING IN THE ASTRAL



It is important to develop the habit, that as soon as we leave the body, we grab something in the astral world; so that when we look at our body, we are not attracted to it. It is important to create this habit in the astral worlds, to avoid being pulled by the physical body at the moment that we see it, or that it calls us for some reason.

That is why, before doing the practice of astral projection it is good to grab onto some object such as a chair in the room, or the backrest of the bed, etc., feeling the texture and form of the object in our hand and I say to myself: *“I am going to grab this ‘object’, as soon as I astral project.”*

I then; lie down remembering how that object felt (texture, form, temperature, etc.), Once outside of the body the first thing to do is to grab an object.

23. RESPIRATION AND ASTRAL PROJECTION

We can do practical trials combining **DIFFERENT TYPES OF BREATHING** with a different form of respiration and we are going

to take a mental note of the changes and the differences found, from one manner of breathing to another. We should practice a different sequence of breathing each night.



If we observe another person when they fall asleep, we can note that they begin to breathe differently. Observe a dog, a cat, or a child and we will see that they breathe differently; it is a more **THORACIC** form of

breathing. But when the person enters the state between vigilance and sleep, they begin to breathe with the **DIAPHRAGM** and once in a deep sleep, that diaphragmatic breathing is noted and accentuated more. Once we learn this, we can use this diaphragmatic breathing in a more relaxed and slower way, to help to induce sleep.

Another way is to breathe more slowly, without disturbing the sleep.

These are some of the ways to a **GRADUAL SLEEP**, if one is breathing rapidly it's impossible to stay asleep, as is when one is breathing too slow.

There is a half way point, but the extremes are good to know, as one can gain a great deal of knowledge from them. For example, when one breathes very rapidly we lose psychic perceptions due to the increased force of the body, as we are putting in more oxygen.

If we breathe more slowly, for example with the **PRANAYAMA** (we all breathe **SIXTEEN TIMES** per minute more, or less); if we achieve reducing this; with little effort perception will be increased. The science of **RESPIRATION AND RELAXATION ARE VERY UNITED**. When one forces oneself to breathe more slowly, one is forcing the connection with the physical body, forming a conscious connection.

When we try to modify the normal respiration, we make ourselves more conscious, there is more presence.

Since we are managing the **PRANA** as we begin to breathe more slowly, we are also using the Prana more consciously. According to the Orientals everything is made up of Prana. If one is breathing consciously, is feeling their body consciously; then all of the senses are acting with a higher degree of consciousness. In being more conscious of our senses and of our breathing, all the information of the planet is passing through our senses; the psychic experiences come as a result of the control one has over the body and the senses.

Normally when we get startled and wake up we do it accompanied by a strong inhalation, as if we were frightened, so inhalation brings us back into the body and exhalation takes us out.

24. RECOGNIZING THE MOMENT IN WHICH WE LOSE THE CONCENTRATION

It is good to take note that we often fall asleep when we are relaxing and reach a certain part of the body. We should get up from the bed exactly before we arrive at that zone.

We can practice this in the following manner: relax the right foot and auto-observe as if we are almost beginning to fall asleep, like we are beginning to feel a certain idleness. This way when one feels a strong sensation of idleness, we should get up immediately, even though we know that we are not going to astral project, but we still do it in this manner, as when we do this many times, the moment will come when we will be able to better control our sleep, because there is a **CYCLE OF MECHANICITY OF THE "I"** of laziness, it will throw us at once into a profound dream, to fall asleep.

If we examine carefully the defect of **LAZINESS**, it is this defect that does not allow us move forward, in not one thing of Knowledge,

and especially in the practice of astral travel, because if we achieve this practice we will have the force to **AUTO-REALIZE OURSELVES**.

In every person that practices astral travel, only a few that know how to astral project does this not happen to them, but 99% begin doing the relaxation and bang! They fall asleep, or they achieve complete relaxation, or they intend to plant their objective and bang! They fall asleep, what a shame.

We fall asleep because there is no continuous consciousness, nor a fixed concentration, so any defect that manages to get into the state between vigilance and sleep, sends something to the window of the mind, and that is the dream state that we all fall into.

That is why it's important to arrive with as much clean consciousness as possible to the moment in which we begin to relax the physical body, until we reach the state between vigilance and sleep.

25. DIRECT AND INDIRECT TECHNIQUES

The **DIRECT** techniques are those that we use to generate our sleep and that we use precisely after lying down to rest. They are the ones that are taught to us in the conferences of Knowledge of Oneself.

The **INDIRECT** techniques are those that we use when we awaken from a cycle of sleep, or when we interrupt a cycle of sleep with the intention of practicing.

To go to bed to practice astral projection with direct techniques, without having previously practiced consciously, it's like trying to turn a car on without gasoline; for as much as you know how to turn a car on, it will not turn on without fuel. For as much as you know by memory the practice of astral projection, if you do not prepare, it will be difficult to leave the body. To pretend astral projection victoriously, without

previous preparation is like going alone to a mountain, and taking an empty plate, lying down, and asking God for food.

Later after six hours of sleep, we are going to go onto practice the indirect techniques. We can put on an alarm for the six hours of sleep, and in those six hours we are going to awaken. We will do ten minutes of conscious respiration and especially *“telling ourselves that we are going to remain totally still, very conscious, when we awaken from our sleep.”* The idea is to **LEARN HOW TO AWAKEN CONSCIOUSLY, WITHOUT MOVING.**

All of us have the bad habit, that once we awaken from our sleep, we turn over in the bed, we change our position, and we continue dreaming. We are going to **CHANGE THIS** because here lies a very important part of our astral projection

After 6 hours of sleep, we can awaken with an alarm (there are people that are startled by an alarm), but it is good to know that we all have a natural alarm in our brain and we can exercise it, saying to ourselves: *“I have to awaken at such a time”* several times and when the time arrives, we actually truly awaken at that time in a natural way.

When interrupting the sleep, this will become lighter and lighter each time, one takes advantage of this to astral project consciously.

Once we awaken consciously, we are going to **INTEND SEPARATING FROM OUR BODY.** We are going to do the same exercises as the direct techniques, consciously we are going to intend to move the feet; the arms, anything in the astral, if we feel a sensation, at once we get up and we are separated. If none of this happens, we are going to observe images in 3 to 5 seconds anything that appears in the screen of our mind. If any image appears, we are not going to focus on it directly, but we are going to look at it, as if we were **LOOKING AT IT FROM ITS SIDE**, as if we were ignoring it. If that image begins to grow, it will begin to wrap around us, as if it were a

dream. If it wraps around us, we get up from the bed and we are separated.

If nothing happens from 3 to 5 seconds, we are going to **LISTEN TO THE SOUNDS THAT APPEAR**. If any sound appears we are not going to concentrate on that sound, but we are going to listen to it passively, as if intending to ignore it. In that manner that sound will engulf us, those words and those conversations that appear when **WE HEAR THEM AT A CERTAIN VOLUME**, and we can see that they will engulf us, we get up from the bed consciously, in that state of relaxation and we are separated.

If nothing happens, during the 3-5 seconds, we are going to try to **MOVE SOME PART OF OUR ASTRAL BODY with our will imaginatively**. If something happens, if we feel that a hand swells, that there is a current, that there is a vibration, all of this; very slowly we are going to get up from the bed. If nothing happens in those three cycles (images, sound, movement), we are going to repeat it again from 3 to 5 seconds, observing images from 3 to 5 seconds, listening from 3 to 5 seconds; then one tries to move their body. We are going to do at least four cycles, each time that we awaken.

Every person must do their own practice, normally to get up in 1 to 2 seconds of the perceptions having started, takes us from the state between vigilance and sleep and we lose the astral projection. Between 3 to 5 seconds, once the perception has begun **IT'S THE KEY MOMENT** to get up, it's in that lapse of time that the consciousness makes it's transition from it's state in physical world, to the astral world.

It is good to clarify that the best moment to get up should coincide with the exhalation, or inhalation, since it is in the **EXHALATION WHEN THE SEPARATION of the bodies is produced**.

26. THE NODDING TECHNIQUE

The practice of nodding in order to stay awake is very useful, to impede that we fall asleep so rapidly, or that sleep swallows us. It is important not to recline the head, in order to permit the nodding

ONE SECOND AFTER falling asleep, we start nodding. Since the head does not have equilibrium, nor does it have support, at that moment when we fall asleep, it drops awakening us.

The idea is to **GET UP BEFORE WE NOD** and in doing so we make the effort to get up before the head falls. We leave the body recognizing the exact moment and we astral project. This is a very good and simple exercise, for those who are not practical.

With this nodding method we can obtain answers to the questions that we ask our Being. It is a simple way to obtain answers from our meditations.

27. TECHNIQUE FOR OPENING AND SHUTTING OUR EYES

Being in a comfortable position where we can fall asleep very easily, we are going to close our eyes for a few seconds and then we are going to open them again, followed by closing them again with the desire to sleep; we wait a few seconds and then we open them again.

We are going to notice that when we are beginning to fall asleep and we open our eyes, we feel very heavy; the eyes; the eyelids and the environment feels very heavy and that is when, on the basis of this exercise, we are going to learn also how to recognize that moment in which we will fall asleep, and we can apply what has been explained in this course.

Also it's very beneficial that after doing a practice, or some work for the consciousness for example, as working with the death in motion, or looking for a prolonged state of vigilance to continue and to go to a

chair, for example, and practice the nodding. Since the body is in a very good state of relaxation, as in the previous practice, we are going to make several attempts to enter the state between vigilance and sleep.

As soon as we begin nodding, we again try to return to the state of vigilance and then the most rapid form for learning and recognizing the state between vigilance and sleep is to sit down anywhere comfortable, it could be with a blanket, a cover over us that gives a little warmth making us cozy and helping us fall asleep fast. The only prerequisite is that you do not have the head supported, so that we can begin to nod. The practice of nodding will help us a great deal to recognize the state between vigilance and sleep in a rapid way. In one to two weeks, you will have experiences between vigilance and sleep, even if there is no astral projection, but you would have had perceptions and sensations on the process, due to this practice.

28. TECHNIQUES FOR SEPARATION

There are different forms for achieving the separation of the astral body from the physical body, and everyone should see which one is the best for them. For example, we can try some of the following and discover in our own manner to obtain it, remembering the importance of being scientific with ourselves:

- To feel how one sinks into the bed, or to go towards beneath the bed.
- We can leave rolling out of the bed.
- There are some who pull their feet out of the bed, but others only take out the torso and stretch a finger.
- We can feel airy and float.
- We can imagine ourselves already in another place.

- We can try to push the astral body, to push it outside of the physical body.
- Each person must find their own technique for projection and practice to discover which one is the best suited.

29. THE IMPORTANCE OF THE CONTROLLED RELAXATION TECHNIQUE



In synthesis to acquire sleep is the byproduct of relaxation, we fall asleep when we achieve relaxation. How could we obtain sleep if we are uncomfortable, or with some preoccupation? Only when we obtain a certain level of relaxation, is it possible for us to reconcile sleep. We tend to usually want to see results and

we do not go deeper into the process and we **JUMP THE PRACTICE OF RELAXATION, OR WE DO IT HALF-WAY.**

MORPHEUS (a particle of our Being) only assists us if we are relaxed, when we review and feel each one, of the parts of our body with the intention of relaxing, we are making the process of conscious sleep, **ACTIVATING THE SENSE OF TOUCH** creating conscious connections with our astral.

As always practice makes the master, there is no other formula, only those who persevere triumph. The important thing is to learn how to **CONCENTRATE IN THE PROCESS AND NOT ON THE RESULT.**

It is strange, but if one concentrates and enjoys the process, sooner or later he will achieve the results and become practical, but the person

that concentrates on the result becomes frustrated, does not enjoy anything and does not obtain anything.

The flower before being a flower, experiences a growth process which it enjoyed every day, every rain, every sunshine, overcoming the adversities, until it blossomed. **THIS IS A FUNDAMENTAL KEY TO TRIUMPH IN EVERYTHING.** To consciously practice the relaxation allows us to a graduate sleep, consciously accessing the state between vigilance and SLEEP and to achieve the objectives.

One thing to know is why we do not project and another is why we fall asleep; one is from a **LACK OF CONCENTRATION** and the other is from **RELAXATION EXCESS.**

Relaxation is the door through which we enter the state between vigilance and sleep. That relaxation has been mechanical in all of our existence, and now we have to make this process conscious. The tools learnt in this course are utilized exactly when relaxation begins

30. RELAXATION IN EQUIS

To begin leaving a certain amount of mechanicity, that we could be generating in the practice of relaxation, we could utilize a different way of doing it; we can call this **RELAXATION IN EQUIS.**

We begin to feel and relax the left foot and at the same time be feeling the right hand, at the same time that one is going up the left leg, one is also going up the right arm imaginatively.

Afterward one is feeling and relaxing the right foot and the left arm and in this way we are intercalating relaxation and we will see results.

We become accustomed to making the practices mechanical, that is why it's good to change the order in which we do the relaxation and in addition; **RELAXATION IS ONE OF THE MOST IMPORTANT PARTS OF ASTRAL PROJECTION.**

31. MERIT AND NEGOTIATING WITH THE LAW

If we do not acquire merit, we will not achieve what we intend to do. Nature is not interested in us going into the astral consciously, ordinary life is designed for birth, growth, reproduction and death, at no moment does nature make you know yourself. It should be you the one who acquires the most profound comprehension of life, before it ends.

Continuous consciousness is when we remember ourselves feeling our body completely, observing what we think and what we feel, and we are asking for the death, and at the same time we are not distracted by the external world.

Many, despite the fact that they do many different practices daily, forget themselves, including during their practices.

Also it's convenient, if one wishes to do so, the practice of negotiating with the law so that **ANUBIS AND THE FORTY-TWO JUDGES** give us strength, and the capacity of leaving in the astral. (See Conference 13 of the ANNEX 7 CONFERENCES ABOUT THE KNOWLEDGE OF OURSELVES PHASE A AND B). This divine assistance is going to serve us very much.

In exchange we can offer that we will practice the exercises of this course a great deal.

In that way we can count on divine assistance, also to remember that in this process the practice of astral projection is probably one of the most important things that we can develop, because with this we are going to gain access to **DIRECT KNOWLEDGE**. To make our own checks, be guided by our own Being. It is worth giving this practice all our effort to achieve it.

Master Samael helps all of us in this practice, we can ask Master Samael if he can **BESTOW ON US THE ABILITY OF ASTRAL PROJECTION**.

32. FUNDAMENTAL ERRORS IN THE PRACTICE OF ASTRAL PROJECTION

- One of the biggest errors in the projection practice is the lack of **SETTING THE INTENTION TO GET UP** from the bed; one gets up once; there is one possibility; if we make three attempts those are 3 like that, successively. Normally laziness does not allow the person to get up from the bed. It does not matter whether we are in the most opportune moment, but that we must get up in a calm state, and if we do not float, we return to the bed, or at least sit and pull our finger.
- **FALLING ASLEEP** is what occurs to the majority and here we need to learn how to control relaxation and to increase the concentration; in the sense of these daily practices.
- **NOT TO BE PERSISTENT** is another common error, if we try several times, but we do not obtain results, we stop practicing.
- **NOT TO TRY DIFFERENT TECHNIQUES**, if we are failing in the technique and we proceed with same way without making changes in the technique.
- Not to make an effort to **BE CONSCIOUS DURING THE DAY**. Let us remember that when we go to sleep, we repeat what we do during the day.

33. BEING SCIENTIFIC WITH OURSELVES

Practice is the best way to learn how to arrive at our own conclusions, it helps us to understand with profoundness what we are doing.

It is very beneficial that after doing any preparatory practice we ask our Divine Mother and our Divine Father to **SHOW US THE AFFECT** of our practice.

Any sensation, or **NEW PERCEPTION** within the practice of astral projection should be reflected and we should know why, or how we arrived at such perception.

On one level we will not fall asleep so easily, and on another we are going to have small perceptions; we will feel pulls from the body, or hear a voice, perhaps we are going to see some images without falling asleep. At a more advanced level we can perceive sleep and observe it. It's here that we are going to be **READY TO PROJECT INTO THE ASTRAL**.

We should say to ourselves: *"I am not going to bed without having done my exercises and without practicing astral projection."*

Each person should find their own way of projecting, do trials with the practices of relaxation, and to practice with the mantras, taking time for siestas if they can, or moments for trying to gain sleepiness.

It is good to find moments during the day, when we can practice astral projection: for example, after breakfast, or the principal meal, there is a state of sleepiness generated, this is when we should take advantage to astral project. Taking a siesta is a good moment for a light and short sleep.

What we are seeking is to generate a **PERMANENT CENTRE OF CONSCIOUSNESS** to achieve that constant vigilance.

34. KNOWING TO BE SILENT

Maintaining esoteric silence is fundamental; as we begin having experiences in the astral. Sometimes by telling our experiences, it will not benefit any of those we are telling, we are throwing our pearls (knowledge) to the pigs: as Master Jesus explained to us, as an outcome of this we could gain karma, becoming blocked, unable to realize the practice; that's why we've been taught to know when to be silent.

Experiences should not be told, but there are some which due to it's content could **SERVE OTHERS** and in those cases we can tell them in a **DISCRETE MANNER** without giving the details of the same.



In the internal they can show us a different way of doing a practice and this can also help other people, without giving the details of who gave it; where, or how, just explain how to do it and that's it. On the contrary we are leaving **THE KNOWLEDGE OF OUR BEING IN THE NUDE** and non of this benefits others and it damages us very greatly.

35. KNOWING HOW TO LISTEN

One of the biggest errors that we can commit in the astral is not listening to the conversations we have with people.

We should develop here in the physical world, the best we can, how to listen to other people. Many of us have those "I's" that do not let us listen to others and as soon as someone begins to tell us something, any subject, we lock ourselves up in our own thoughts, because perhaps we do not like the subject the person is talking about, or we become distracted very easily and in the astral that is a very grave problem, because in the moment in which a Master over there is giving a teaching, or speaking about something and we are not truly paying the attention that is needed, or a distraction enters, it is a sure return to the body, or we completely lose the information that we were given and that is even more grave.

36. FEAR OF ASTRAL PROJECTION

Another way one can apply it, as in the case of fear, since we all fear the unknown, the best thing is to reflect a little on the matter and to program ourselves, that as soon as we see an image, as soon as we hear a sound, we are not going to get unsettled, but we are going to relax even more, seeing it, listening to it. This is where we know whether we have internalized the theoretical part, we count for three seconds more, or less, “one, two and three” and this is when we get up.

When the images and sounds begin, when we see ourselves surrounded by all of this, or that we are going to fall into that sleep and those images are strong, those sounds; that is when one gets up, in that state of calm, without too much alarm, without fear, without too much emotion, in that state of relaxation, we get up from the bed and that is when we achieve astral projection.

There are people who are afraid of death and that fear Expresses itself, in the moment of Astral Projection.

Astral Projection is like a little death, if we do not comprehend well the mysteries of life and death, we may end up being victims of that fear.

Also the fact that we can fly in that dimension, make a person somewhat fearful at the moment of practice and to fly freely in that astral region.

If we maintain any type of these, or other fears in the moment between Vigilance and sleep, we may experience Sleep Paralysis.

37. SLEEP PARALISYS

The force of emotions in a fearful person (as fear freezes) can make us awaken between vigilance and sleep and to stay in the separated state in the bed without being able to move.



We call this paralysis of sleep, or a **WITCHES ATTACK**, black magicians that can jump on us and leave us immobile, but in the majority of those cases it's due to the emotion that we sustained before

entering the state of vigilance and sleep, there are many types of emotions and it is worth reflecting on since there is a great deal of information behind this.

That paralysis of sleep has various causes. For example a paralysis of sleep comes because there wasn't enough time in those seconds between vigilance and sleep and we get stuck. There is

something scientific there in those seconds as they increase, the astral body it begins gathering a **VERY STRONG VIBRATION** until the opportune moment comes where one can project; when one does it in a premature way we can fall into the paralysis of sleep.

We can get out of that state, if we learn to relax a little more in that paralysis, not being fearful, taking note that it's something natural that can happen; we need to relax and wait a few seconds and project from the body once more.

Another way is to feel as if we were vaporous, or as if we were inflating, or as if we were going to float. That type of feeling takes us out of that state of paralysis.

It can also be due to an attack from our own "I's", for example an attack by a **SUCCUBUS** can paralyze us to steal our energy.

The paralysis of sleep can also happen by a real attack from the Black Lodge, since a Black Magician can climb on top of us, a Goblin, a Witch to us, this highlights the need to manage the Conjurations very well.

38. BLIND ASTRAL PROJECTION

Sometimes there are astral projections where the person leaves blindly with their eyes covered, seeing in black and white, or seeing very diffusely, or simply not seeing at all. That problem arises because there is a disequilibrium of the Intellectual Centre and because one is attached to cell phones, televisions, etc., we go to bed with an unbalanced physical body and sleep mechanically; the astral body never receives the energy that nourishes it.

To solve this it's sufficient to **RUB OUR HANDS** concentrating hard in the sensations of our sense of touch, or to rub a wall, or anything as long as we remain deeply concentrated in the sensation of touch, within a few instances the vision returns to the astral body, colors and all the surroundings return becoming clearer with more vivid colors, and more stable.

Lets remember that the sense of touch is the most important when leaving (projecting) into the astral, this way the colors return and the experience takes on a clarity and a neatness, that is much superior to the physical world on a beautiful day. We can see much better in that dimension.

39. LOSING THE WAR

Unfortunately, the ego is winning the war in **BATTLES OF ONLY 5 SECONDS**. It is like World War 3, where the battles will be very short (Atomic bombs), but decisive. Each attack of the ego is like an atomic bomb toward us (lets remember that each "I" comes from the Mental, or Atomic World).

That is why they say that, the 3rd physical World War, we are living it in our interior world, clearly it's a war from the mental, or Atomic World and the victor will be the owner of everything. The actual World War, is a war for the total control of the world, whoever wins gets to

keep everything. Because they will have the power over everything, we can now better understand that, what is happening in the external world is also happening in the world of every single one of us. Every one of us has the possibility of winning everything (Auto-realizing ourselves), or losing everything (falling into the abyss).

Unfortunately, the ego is winning the battle, in only five seconds, it is only a small instance, where the “I” dominates and places on the screen of the mind, those dreamy images; in just these five seconds. The first defect that, takes over the screen of the mind and one’s sentiment; that is the one that wins and that, is the one that throws us into the dream.

40. PRACTICE AND SELF TRIALS

It is important to reflect on the great **HAPPINESS** it would be to be able to achieve this practice and to have the motivation to always practice it.

When we begin to do different practices for astral projection, these start to become conscious, in time it will be sufficient that we concentrate on a part of the body; like the heart, for example to achieve it. What influences to arrive at this point is the **QUALITY OF THE PRACTICE AND THE TRIALS** with ourselves and doing it with pleasure. It does not matter that I may fall asleep, but that I enjoyed it, this way we begin advancing in our experiences until the day arrives after so many trials, some of them begin to give results, but all of this began with **THE PLEASURE OF EXERCISING IT** and of experimenting, playing with the practice.

The more trials we do on ourselves; **THE MORE RAPIDLY WE WILL LEARN** to know ourselves and to achieve astral projection.

This is how a Master is forged, from so much practice one becomes an expert in the field.

41. THE WAY IN WHICH WE ASTRAL PROJECT

Those who have had experiences in astral projection, should analyze what made you successful in those experiences and to bring to the light through reflection, what we have seen in this course and apply it from here onwards and to try to repeat those results again.

THE WAY IN WHICH ONE ASTRAL PROJECTS IS ALMOST ALWAYS THE SAME, THAT IS WHY ONCE DISCOVERED, ONE ONLY NEEDS TO REPLICATE IT.

Some people do not see images, but instead, they feel something in the body; that it inflates, or the tugging of a hand, or that the body vibrates very strongly. When you are having those experiences, analyze that the majority of the time, those sensations are being repeated.

One has to study these, reflect on them, because from this will come great knowledge, and to learn the whole mechanical process that there is, to get to astral project.

Each person has their own way to achieve positive results in astral projection. For example; we know of a person who found it adequate to separate from his body, by rolling out of the bed. This is very particular, but this is what worked for him.

There are others who imagine themselves walking in the room, or in some other place and this is how they achieve it. There are others who have to grab the bedrest with their hands; so there are various forms and each person should analyze, if they have had proper experiences in projecting out of the body and this will help them very much, or if they have not had experiences to project from the body, then one must practice until they have those experiences. Let us remember going through the process between vigilance and sleep, as this is where we are going to execute the practice, as such.

42. SPECIAL CONSIDERTIONS FOR DISTINCT TYPES OF PEOPLE

The person who **TENDS TO FALL ASLEEP VERY EASILY** whilst doing the practice of astral projection, is recommended to do the exercises of the indirect technique; when they are going to lie down in this manner, when changing the point of concentration for three to five seconds; they will achieve the state between vigilance and sleep more easily. With time, they must help themselves with the complimentary exercises in order that, they improve their concentration more

People that **TEND TO HAVE MORE PERCEPTIONS** with respect to their bodies, would find it more convenient to realize practice 1 (one) and focus on trying to **PUSH** the astral body, pushing it outside of the physical body. If you do this in this manner, you will rapidly enter the state between vigilance and sleep and you can leave more easily in the astral.

Although all people can have different sensations between the state of vigilance and sleep, they will always have one that stands out more; so the person who **USUALLY HAS MORE IMAGES** in this state, will find it more suitable to train themselves in doing a zoom (a close-up of the images, or the parts of the images that they are seeing). This will help a great deal because in the moment that they are attempting to zoom one in truly happens, then this is the moment when one needs to get up from the bed.

People that tend to have **MORE EXPERIENCES WITH SOUNDS**, will find it more beneficial to listen during the day, for some ten minutes of classical music and when they are beginning to do the practice of astral projection, to concentrate on the classical music, trying to relive the sound of the instruments and this will take them rapidly to the state between vigilance and sleep, and thus, the separation

People that **HAVE A HARD TIME FALLING ASLEEP** doing the practices of astral projection, would benefit from doing the practice in the position that they normally fall asleep without prolonging too much the periods of concentration on the mantras, or rather reducing the seconds on the mantra. They should not go beyond the four seconds. They should also vary the techniques that they are realizing for concentration, so that they do not stir up their sleep. Also, they should practice the indirect techniques of projection.

43. THE MECHANICAL PROCESS OF SLEEPING

That mechanical relaxation which we have learnt all of our existence and perhaps all of our previous existences, carries a very strong weight on us. The process of sleep is completely mechanical this is stipulated by nature. The idea is to make that mechanical process conscious.

We must learn to do it rapidly and to vary a great deal the way in which we relax and to become very aware of each moment, from when we begin the practice; there lies the key.

For example; we are very tired and with the desire to practice, that same idleness will make us fall asleep and we are going take advantage of that idleness.

When one achieves to relax, staying well focused, one achieves a conscious sleep. But when we do it in a mechanic way, it's pure laziness of the ego. We must struggle courageously against that mechanical laziness, that does not let us astral project.

Normally we fall asleep mechanically; we pass from the state between vigilance and sleep, because the relaxation was mechanical. If the relaxation becomes conscious and, furthermore we add a sustained emotion, the separation of the astral body will begin to happen.

44. WAYS TO INVOKE A MASTER

Once in the astral, if we want to speak with The Arch Angel Raphael, for example; with a strong tone of voice we pronounce the mantra **ANTIA DAUNA SASTAZA**, and we say: *“Arch Angel Raphael, Arch Angel Raphael, Arch Angel Raphael come, come, come, in the name of Christ, in the name of Christ, in the name Christ.”*



Once the figure of the invoked appears, we should appeal to the **CONJURATION OF JUPITER**, to confirm if it really is the Arch Angel. Once we prove that it is the Master that we have called, we can consult with him anything we want.

Another way is: *“Arch Angel Raphael, Arch Angel Raphael, Arch Angel Raphael, make yourself present in the name of Christ, by the power of Christ, by the majesty of the Christ.”* It is said with a strong voice. Then as soon as someone appears, we apply the Conjunction of Jupiter. Without the Conjunction of Jupiter, we should not talk to anyone, even if a beautiful being of light appears, as it could be a black magician in disguise and with this we can unmask them. These demons that may appear can place ideas in our mind, contrary to the true path, they can confuse us, deceive us, create problems for us.

For these types of invocations; to invoke Superior Beings; **WE MUST MANAGE THESE CONJURATIONS PERFECTLY**, we should know them well, off by heart and be transmuting our sexual energy, to give the strength required by the verb.

45. APPLYING THE TOOLS FOR ENTRY INTO THE ASTRAL

Another way is to **COUNT FIVE SECONDS**, exactly after the moment in which we have the presentiment that we are going to fall asleep, at every second, we are going to intend to feel more sleepy and lighter and when we arrive at the fifth second, we will get up from the bed, feeling airy, or very light as if we were going to float.

Also, when we feel that we are falling asleep, we should get up from the bed to confirm whether we are in the astral, and if not, we should return and repeat the experiment.

The most important thing, is that we take on the attitude of practicing various trials in different ways, in whichever way it occurs to us, like this we can become scientific with ourselves.

The eyes interrupt the internal experiences; once we shut our eyes we must be paying good attention to check that, we are not falling asleep.

But the objective is to get to that feeling, to **GET TO RECOGNIZE** the moment in which; in a few seconds we are going to fall asleep, that is the objective.

46. HOW TO KNOW WHERE WE ARE IN THE INITIATIC PATH

INITIATIONS

We should pray a great deal to our **FATHER** and to our **MOTHER** so that they can show us, where we are on the path.

They can show us in the astral, or during meditation, with certain symbolisms:

For example, if we have 1 child, this is one Initiation. If they show us that we have 3 children, there are 3 Initiations. If they show us that a companion of the path has 2 children, it is because that companion has 2 Initiations.

THE SWORD

This is only for those who know that they have awakened the fire and continue working in chastity and the disintegration of the ego.

It would be beneficial to ask our Being to show us our sword. If they show it's length, it would indicate the Initiations, according to the length of the hand of each person, we can infer that half the distance between our thumb and index finger (Jeme*), would indicate one initiation, one complete distance between the thumb and index is two initiations, twice the distance (between thumb and index fingers) 4 initiations, etc.



*jeme is the Spanish word for measuring the length between the thumb and index finger.

The sword is not always carried at the waist. The fact that it is not always seen on the right-hand side does not signify that we do not have it.

In the astral, if we ask our Being with much strength that they send the sword, he will send it, this is in the case of danger.

GRADES OF INITIATION

The grades of Initiations are measured and symbolized in various forms; one of them, is from 1 to 33. For example, if the Initiate is in the first initiation of Mayor Mysteries, they will propose to investigate where they are going and they show the number 19, signifying the 19th Vertebrae. This number is shown to the Initiate various times and in a distinct manner and with distinct symbolisms, so that he can be convinced and knows where he is.

Almost always they show this number in the **MID BROW**.

Another way in which they measure it, is by percentages (1 to 100%). For example, they show the Initiate the number **81**, that signifies that they are ending that initiation, that is arriving at 81%. If they show **230**, that signifies that they have done the second Initiation and that they have arrived at 30% in the third.

Another form if from **1 to 40**. This form of measuring, is starting from the third Initiation onwards, since in addition to the 33 there are the other seven grades from the head to the heart. For example, if the student is shown 39, it is because they are missing only 1 grade to finish that Initiation.

There are many symbolisms in the Initiations; for example, the student knows that he is going through the first Initiation and he asks his Being to show him where he is going and they show him a plant with 6 flowers. This signifies that he is going on the 6th Vertebrae

Another symbolism is that they show the student that he has 2 new houses and one of the houses is old and in a bad state. This signifies that he has made 2 Initiations and he is doing the third.

The **SYMBOLIC LANGUAGE** is very vast. The purpose of discussing this in this course, is not to generate judgement, nor to publicize our internal work, something one should not do, and which does not benefit anybody. Nobody benefits in knowing how far, so and so is going.

It is, so that we open our minds and comprehend that the Being is always responding to his son and utilizes symbolisms, so that the Initiate learns.

Remember friends, that Master Rabolú insisted on astral projection as a way to guide ourselves. From here the importance of this course and each one must fight to do this practice from here onwards.

47. DIFFERENCES BETWEEN THEORY AND PRACTICE.

* Theory is to laugh at God **TEO-RIA** (RIA means laugh in Spanish).

*Practice is to come close to God; it is being practical, intuitive, assertive. Only he who practices is serious and stops making fun of his Being.

*Theory develops belief, practice develops faith. Belief is like a deck of cards; faith is like a rock castle.

*Theory is superficial, practice is profound. The fat fish only go in the deep waters; fear is a big fish. On the surface are the little fish and mosquitos, and insignificant animals.

*Theory is obtained today and is lost tomorrow; practice passes to be a part of oneself; it remains for always in the most profound part of oneself, and can be transferred from one existence to another.

*Theory is to observe; practice is to digest. We can only observe a nourishment, or we can digest it, the first thing is agreeable, the second nourishes.

*Theory permits us to learn; practice permits us to comprehend. What is learnt is forgotten; what is comprehended is part of oneself.

*Theory is of the mind; practice is of the consciousness. The mind is fragile; the consciousness is a rock.

*Theory serves, practice is indispensable, what serves us helps; what is indispensable saves us.

*Theory is complex; practice is simple. The intellectual gets tangled up with everything; the wise teaches with simplicity.

*Theory in the long-run confuses; practice within time clarifies; theory tangles us, practice disentangles us.

*Theory changes with time and with fashion; practice maintains itself in time, with solid and permanent foundations.

*Theory is infinite; practice permits us to discover the infinite. One thing is to lose yourself in the infinite, and another is to comprehend and transcend it.

*Theory has many words; practice has many facts; words are lost in the wind; facts give structure to love.

*Theory fades itself; practice consolidates. Fading dilutes us in existence; consolidation structures us in our Being.

*Theory takes us outward; practice takes us inward. To leave oneself is to escape; to go within is to discover oneself.

*Theory is the smoke; practice is the fire. Smoke does not let us see; fire illuminates the Path.

*Theory is a weak giant; practice is a powerful child. Theory is very big and leaves very little; practice is very small and leaves much.

*When theory disappears, practice appears. Only the one who stops theorizing learns to practice; but a great deal of practice permits you to comprehend the theory.

*Theory is a thousand paths; practice is only one.

*Theory is gray; practice is of luminous colors.

*Theory makes you walk; practice makes you run.

*Theory is your friend; but practice is your sister.

In synthesis: **“THEORY WENT FOR A SWIM AND DROWNED BECAUSE OF LACK OF PRACTICE.”**

48. REFLECTING ON THE LESSONS OF THIS COURSE

It is beneficial to take moments to reflect on the lessons and the practices of this course.

Every time that we reflect on something that we are learning, we are internalizing the knowledge until **IT BECOMES PART OF OURSELVES.**

The more we comprehend what we are doing, the easier it becomes, for us to do it.

A GOOD REFLECTION that gives us courage against idleness is to reflect on the death and how my life would be, if I achieved this, or that, if I change this, etc. But if one does not reflect, one cannot change; nothing new would happen in our lives. Without reflection we live as slaves to the law of recurrence, we are victims of everything, In the end illness, age and death arrive, showing us the time that we have lost, what we did not do, etc.

Once we understand why we do not astral project, what it is to not arrive consciously and not to be able to recognize the **STATE BETWEEN VIGILANCE AND SLEEP**, how long that state lasts and why we fall asleep, we can then pass on to the next level, which is to **ASTRAL PROJECT** whenever we want.

49. CONJURATIONS: BELILIN AND THE MAGIC CIRCLE

CONJURATION OF BELILIN: Moves away the negative forces of the environment (Larvae, black magicians, etc.).

Concentrated on our heart without allowing any other thought, nor doing anything else, we sing imagining each word:

“Belilin, Belilin, Belilin, Amphora of Salvation, I want to be next to thee, materialism has no power over me, Bellilin, Belilin, Belilin ” (This verse is repeated 3 times).

MAGIC CIRCLE OF PROTECTION: It seals off the environment and leaves it protected.

Concentrated on our heart, without allowing any other thought or doing anything else. With security and strength, imagining each word, we say:

“My Father, My God, My Lord, I beg of you if it is Your Will, please order my Elemental Intercessor, to leave my body and to trace the Magic Circle of protection around...(place), to free it from the forces of evil.

Elemental Intercessor, Elemental Intercessor, Elemental Intercessor, Work in the Name of Christ, by the Power of Christ, by the Majesty of Christ.

SSSSSSSSSSSSSSSSSSSSSSSSSS SSSSSSSSSSSSSSSSSSSSSSS
SSSSSSSSSSSSSSSSSSSSS”

The Elemental Intercessor is a part of our Being that has all the knowledge of Nature and does not obey us, except through the Father.

In pronouncing the mantra “SSSSSSSSS,” we imagine that a brilliant, green colored circle of light surrounds the perimeter of the selected place.

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*“The disintegration of the defects and the astral projection, are the
ONLY FORMULAS, that exist for the rescue” V.M. Rabolú*

