

Astral Projection– 240 Questions Answered!

Astral Projection - 240 Questions Answered!

ASTRAL

PROJECTION

240 Questions Answered



Brought To You By www.AstralProjectNow.com

DISCLAIMER AND TERMS OF USE AGREEMENT:

(Please Read This Before Using This Report)

This information in this course is for educational and informational purposes only and should not be considered a substitute for professional advice.

The author and publisher of this report and the accompanying materials have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided “as is”, and without warranties.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This report is © Copyrighted by AstralProjectNow.com.

No part of this may be copied, or changed in any format, or used in any way other than what is outlined within this course under any circumstances. Violators would be prosecuted severely.

This Is A Free Report. Please Pass It On

**[Click Here For Step-By-Step
Astral Projection Instructions](#)**

Table Of Contents

1. What is Astral Projection?	26
2. Is everyone able to do Astral Projection?	26
3. When one does Astral Traveling, what is it that "projects" out of his body?.....	26
4. Should we be really doing Astral Projection?	27
5. How much does Astral Projection cost?	27
6. What is the best, easiest, infallible and fastest method that works for everyone?	27
7. What are the best visualization techniques for reaching the vibration stage quickly?	27
8. How can I learn to project quickly without having to take herbs such as Salvia Divinorum?	28
9. How to get into a trance easily for intentional OBEs	28
10. Can Astral Projection actually be done?.....	28
11. How often should you project?	29
12. What is the real trigger to leave the body? Where it is located?	29
13. What can I do about my belief that I can only perceive through my physical senses?.....	29
14. While Astral Projecting are we able to use our senses? See in color, hear, feel cold or heat etc?	29

15. Can Astral Projection be done without being taught by some one specialized who knows what is going to happen? 30
16. What is the best time to practice Astral Projection? Day, night, or early in the morning? 30
17. Should I practice lying down or sitting cross-legged?..... 30
18. I have heard of people who can Astral Project at will, like a normal daily activity. Can I do the same, whenever I command? If yes, when will I succeed? . 31
19. Do I need to meditate first, enter a supportive state of mind to successfully Astral Project? If yes, for how long should I meditate? 31
20. What triggers Astral Projection? And when does it actually happen? 31
21. How can I avoid being anchored to my body when I go into trance? 31
22. Can we project just by relaxing our body and clearing our mind or do we need to first go to sleep? Because one of my friends who usually got the experience told me that he first goes to sleep and then gets consciousness which allows him to Astral Project..... 32
23. No matter how hard I try, my mind remains very active every time I try to meditate or being hypnotized. What should I do to go into the necessary state to achieve Astral Projection? 32
24. I visualize myself out of my body floating above and then move up to it in my mind? Is this the right technique? 32
25. How can I know more about Astral Projection?..... 33
26. If you can really Astral Project, then why not prove it to James Randi, as he is offering a million dollars to anyone who can prove they have genuine psychic abilities? Can you prove to me that it is possible?..... 33
27. How can I be sure that I have projected? Isn't it just a very realistic imagination?..... 33

28. Sometimes my dreams are so very vivid. Is it Astral Projection? 33
29. I have read several books, but I am not achieving success. Why? 34
30. Is Astral Projection something normal? Or do only a few people do it? 34
31. I have used the "spaceship and pod" visualization technique, but without success. Is there an easier way to approach this? 34
32. How can I Astral Project weekly? 35
33. Show me several techniques so when one doesn't work I have alternatives... 35
34. Usually how long does it take? I know it varies for each person but in general how long does the practices take to work 35
35. Am I too old or too young to Astral Project? 35
36. Can an Astral Projector Astral Project whenever he wants to? 36
37. Are there any other preparations/techniques that can be done (other than meditating) to encourage projection? 36
38. Can you give me a reliable method that gives quick, REAL, CONSISTENT and verifiable results? 37
39. Do we need to have some level of energy in order to project successfully? I mean let us say I want to project tonight. I try and relax my body but then next thing I am sleeping. Is there anything we could do to have that strength to remain conscious? 37
40. I would love to leave my body; you can't imagine how much I want to succeed. But I'm living in Iran and I can't reach your book. Please help me. Please. 37
41. I want to know how it feels to be out of my body. 38
42. Is it possible to Astral Project without the elaborate nightly training that could tire us because instead of sleeping we spend the entire night practicing? 38
43. Once I am out of my body, how do I stay out? 38

44. How to switch your consciousness from your regular body to your astral body and know that you have done it successfully..... 39
45. How to Astral Project successfully when we are in the hypnagogic state without losing concentration? 39
46. A video of some of the sequences of Astral Projection would be helpful...you can read it in a book and that is good...but sometimes you need personal instruction with some examples of people who tried it too. 39
47. What kind of things do we need in Astral Projection? I need comprehensive details on that. 40
48. In order to Astral Project one has to connect with their spiritual self. How do you do this? 40
49. Is there a way to cut through all the nonsense and just lie down and do it?.... 41
50. Other than practice is there anything else that could help to be more efficient? 41
51. What type of things can hold us back from AP besides fear and trying too much? 41
52. Will I be able to travel anywhere I want to? 42
53. Is it true that even experienced projectors sometime have difficulties in projecting?..... 42
54. I mostly have had OBEs involuntarily and just go with the process and think of something I want to do while it is happening, but I have trouble putting myself INTO an OBE voluntarily. 43
55. Why can't I leave my body at will no matter where I am, whenever I want to and no matter what circumstances I am in..... 43
56. Can I see the future while I am out of the body? How do I know that the future I just saw is the “real future”? 43

57. I believe that the future is not set in stone. But there always is one possibility that is most likely to happen. How do I get to that and how can I change that if need be?..... 44

58. Is it possible to move forward or backward in time thru Astral Projection?... 44

59. Can I see lottery results accurately? Or can I see tomorrow’s stock market? .. 45

60. What is Remote Viewing? Is it Astral Projection?..... 45

61. Can my solar plexus or navel can be displaced after Astral Projection?..... 46

62. I want to know more about my career 46

63. I love a girl. But she considers me just as a friend. Can I get her to really love me? 46

64. Why should I Astral Project? What possible benefits can it give me? 47

65. How can Astral Projection influence or improve my own life and the lives of others who are close to me? 47

66. How do I acquire talents on the Astral Plane and keep them on the physical plane? 48

67. Can I go wherever I want? 48

68. Can I 100% control my projection or I will go to unknown places, independent of our will? 48

69. Can Astral Projection help me get more psychic? 49

70. Can I get rid of my bad habits with Astral Projection? 49

71. Can Astral Projection give me power to control anyone’s mind? 49

72. Can Astral Projection help me become a better person? 49

73. How does it feel to fly in the astral world?..... 50

74. Can Astral Projection prove life after death?.....	50
75. Can it eliminate my fear of death?	50
76. How can Astral Projection help me find my life’s purpose?.....	51
77. How can Astral Projection help me improve my health?	51
78. How can Astral Projection protect my family?	51
79. How can Astral Projection help my body, mind and soul?	52
80. How can Astral Projection help me work out issues on the physical plane with others?	52
81. Are there any karmic consequences to the astral activity?.....	53
82. Will Astral Projection take care of my spiritual development?.....	53
83. What life’s lessons will I learn from Astral Projection?.....	53
84. Will Astral Projection change me?	53
85. Can I solve mysteries of the universe using Astral Projection?	53
86. Can Astral Projection help me teleport to other places in this world?	54
87. Can Astral Projection help me evaluate and make corrections to my present incarnation?	54
88. Can Astral Projection help me perform miracle healings like Christ?	54
89. Can Astral Projection help me see God?	55
90. Is Astral Projection a pathway to Enlightenment?	55
91. How much damage can Astral Projection do on a spiritual level?.....	55
92. Can I become clairvoyant while Astral Projecting?	55

93. How far can I go using Astral Projection?..... 56
94. Can Astral Projection help me go to outer space and other universe? I mean, can I travel thousands or millions of light years away in an instant? 56
95. Is it normal to Astral Project to Mars, Venus, Saturn, and Jupiter not to mention, the moon and see life on these planets? Can I see UFOs? 56
96. Can a person who is Astral Traveling help others Astral Travel?..... 57
97. How can I know if I am making progress in my Astral Projection endeavors?57
98. Whenever I practice, I feel some pressure in my forehead and the tip of my nose. Is this a positive sign?..... 57
99. When I close my eyes and concentrate on my Third Eye chakra, I see a tunnel and light at the end. Am I supposed to exit through this tunnel? 57
100. Recently whenever I try to project, I have been feeling the sensation of a hot tingle instead of a cold tingle. I've read that Astral Projections occur with cold tingles... and I've felt cold tingles in the past. So does that mean something is wrong?..... 58
101. What have others experienced when out of their bodies? 58
102. Is it REALLY possible for animals or perhaps people to be aware of my astral body? 58
103. Do you know of a "good interactive" site where people practicing can work with each other... as opposed to submitting comments on blogs or forums, and waiting for a reply? 59
104. Well, I have sat in with other humans who were going through their normal daily actions (not in astral) so I know that when you are out of your body, you can be with others on this plane. But I have never seen any other person who was in their astral form, nor did I feel them nearby. Why is that so? 59
105. Can you take objects back from Astral Traveling? 59
106. What would you say to those who think Astral Projection is not "logical" or is something "evil", some kind of "devil" practice? 59

107. When visiting someone whilst in the astral plane, is it possible to move objects or leave some message so a person knows you've visited them? My aunt would love this, if I could! 60
108. Are there many universes apart from our physical universe? 60
109. How can I become a Co-creator in the universe? 61
110. How can I know the difference between being dead & being on astral plane? 61
111. Why is that during my projections I cannot move far enough from my body? 61
112. How to manage and maneuver once I am in the astral realm? 62
113. How can I make my Astral experience last longer? 62
114. Why are some journeys more intense than others? 62
115. Can we Astral Project to see what kind of sickness someone is having and find medication for that person... just like some "traditional healers"?..... 63
116. If I were having a nightmare, would this prevent me from getting out and about? 63
117. Is it possible to enter another person's dreams during projection? 63
118. For how long can I stay out of my body? Is there a time limit? 63
119. What if I want to stay in the Astral Plane and not come back? Is it possible? 64
120. Can you experience "cosmic consciousness" when doing Astral Projection? 64
121. Have you ever had OBE's in which you connected spontaneously to a physical body on the material plane? 64
122. Could you Astral Travel to me and prove to me that it works?..... 65

123. How does each of the steps feel (Being Relaxed, Staring SP, The Vibrations, the exit)..... 65
124. Is the world we project into a copy of the physical world or is it whatever we make it to be? 65
125. Can two people in one room Astral Project at the same time and be able to see each other after they have the projected? 66
126. Why do we have to interact with the unseen world if GOD has given us a physical body by which we are permitted to live on earth? 66
127. I purchased your book, and in it, you were praising Uri Geller, yet James Randi exposed him as a con man, so why do you praise him?..... 66
128. Do astral entities actually exist? If yes, are they dangerous, and can they harm me or hurt me? 67
129. How to avoid negative astral entities? 67
130. How can I protect myself from these entities? 68
131. What is the Silver Cord? 68
132. Is there any danger of an evil entity severing my Silver Cord? 68
133. Am I always connected to the Silver Cord? Does it ever break? 69
134. Can an evil entity take over my body? 69
135. Can these entities follow me back to my body? 69
136. If I have a weak heart, can I die? And if the entities frighten me, can they hurt me in any way? 69
137. What to do when I encounter one of these entities? How should I react?..... 70
138. Why were those entities able to 'make' me astrally project against my will? 70

139. My main concern in my being reserved with Astral Projection is encountering or passing through the lower realms of entities and contending with their delusions. 70
140. I have had a bad physical experience with psychic attack. How do I know that this sort of thing can't happen during Astral Projection?..... 70
141. I pick up energies and thoughts from other people and perhaps entities, too and I am trying to keep my vibrational level high. However, there are dark energies there that try to drag me down. 71
142. I have had three excellent involuntary projections. But whenever I try to voluntary project, my astral body just moves out of physical body, but comes back due to fear. What should I do in such a situation?..... 71
143. Can I learn to project in the daytime when I need to, without having to induce sleep first? 71
144. I am kind of scared of the dark. Can I Astral Project? 72
145. Is it possible that on a subconscious level there is some kind of fear that is interfering with projection and if so what can I do to conquer my fears?..... 72
146. Do I need to fix the things that stop me from doing Astral Traveling?..... 72
147. I often get body jerks while projecting. And I fear them. How can I remove this fear? 73
148. Is it possible that I will not be able to return?..... 73
149. How do I return to my body?..... 73
150. I am from Hungary. I often have spontaneous OOBES while sleeping but I have never tried it on purpose. I cannot pay for your book! I've just read the introductory part of your book. 73
151. How can someone get into the astral plane but not die?..... 73
152. What are the physical risks whilst Astral Projecting? 74

153. I have a really busy schedule and I am unable to take out time to practice Astral Projection. Also, when I reach home at night, I am too tired to practice. Any tips for me?..... 74
154. I used to be able to project easily, but my life is now in such stress I do not seem to be able to relax enough to project. Is there anything I can do? Are there any special techniques that I could apply?..... 74
155. Whenever I try to relax, I fall asleep. How can I prevent this? 75
156. When I Astral Project, I guess I will be “astrally awake” throughout the night. Will this make me tired from lack of sleep?..... 75
157. Can stress prevent me from Astral Projecting? 75
158. After complete relaxation, I can reach the stage where my body is 100% asleep but my mind is 100% awake. What should I do now? What should be my next step?..... 76
159. I once practiced, and felt as if my entire body was electrocuted. I totally freaked out! What was that? 76
160. I often get intense vibrations throughout my body. But I cannot go beyond that point..... 76
161. How do I begin to feel the vibrations?..... 77
162. What is Astral Paralysis? 77
163. You say there is never a problem getting back into your body but I used to often find myself in that paralyzed state and it would last many minutes and it really panicked me. 77
164. Sometimes when I'm meditating, I feel completely paralyzed. Is this normal? 77
165. How does one maintain concentration after the vibrations start in order to exit? 78

166. I get vibrations but I do not hear any kind of a buzzing sound in my ears. Why? 78
167. Does having sex limit one’s ability to Astral Project? 78
168. Is sex on the Astral Plane possible? 78
169. Why is astral sex so much more intense than human-to-human contact?.... 79
170. Do special Binaural music help significantly in the relaxation process? 79
171. I have Binaural Beats, and I bought the ones specifically for Astral Projection. Will they work instantly? 79
172. The companies that create Binaural beats guarantee that they will work. But I haven’t succeeded yet. So should I just continue to use them to see results? 79
173. Is it really possible to meet deceased loved ones? My wife passed away in April last year. I really miss her Can I see her? 80
174. Can I take someone with me during my astral adventures? 80
175. Can I see my friends and relatives in other country during Astral Projection? 80
176. Can other see me when I am projecting? 80
177. Can I visit people in the real world and talk to their subconscious minds while projecting? 81
178. Have you seen God or Jesus? 81
179. If I am in the astral, can I pull another person out of the body if they are willing?..... 81
180. How can I find a good master in the astral world who will guide me to higher places? And when I get back to my body, will I remember talking to him/her?... 81
181. Who is my astral Guide?..... 82

182. Should I call in my angels or ask for special help when I'm trying to do this?
..... 82
183. When on positive Astral Projections I am accompanied by a being of light.
Why can I only see that being's feet?..... 82
184. Are you familiar with robed people on the astral plane? What do you know
about them? 82
185. Can anyone go to the higher planes, like where the Angels are? 83
186. How is it that I can recall my near death experiences so vividly?..... 83
187. What are the Akashic Records, and how can I access them?..... 83
188. Can u help me Astral Project? Please come to my bedside and guide me!... 83
189. My mind is like a chattering monkey! How can I stop my mind from
wandering? How can I focus?..... 84
190. What state of mind do you have to be in to achieve this state..... 84
191. What thoughts should I be thinking...thoughts that will make the process
easier?..... 84
192. Can I practice with my wife and kids running around the house? 85
193. How to effectively relax your mind and/or body without falling asleep?..... 85
194. Though I am unable to project, I can enter deeply relaxed state everyday.
Does this have any benefits?..... 85
195. Astral Projection needs power of concentration and imagination which I
don't have. How can I succeed? 85
196. I take heart medications and I also smoke (yeah, I know). Is either of these
things a hindrance to projection? 86
197. Is it true that a person needs to be healthy and in a pain-free state to Astral
Project?..... 86

198. Are there any kinds of diseases that a person might have that would make Astral Projection unsafe?	86
199. Can being an over-eater prevent me from leaving my body?.....	86
200. Is there some specific diet that needs to be observed, that will help me achieve projection?	87
201. Is there some type of tea that would help to Astral Project?	87
202. Does medication stop you from doing OBE.....	87
203. Does alcohol affect ability to Astral Project?.....	87
204. What do I do when I am out there?.....	88
205. What would I encounter on my travels?	88
206. Will I get addicted to Astral Projection? Can I discontinue Astral Projection if I wanted to?	88
207. Will Astral Projection destroy my earthly ties and relationships?	88
208. Is meditation necessary in order to do Astral Projection?	89
209. Why do people in general not remember their experiences when they project?	89
210. How do I remember / recall my Astral experiences	89
211. What is Lucid Dreaming?	89
212. What is the difference between Astral Projection and Lucid Dreaming?	90
213. How do I achieve Astral Projection from a Lucid Dream?	90
214. Recommendation for good software or mind machines that will aid me in Astral Projection?.....	90

215. I was told that the astral plane is the domain of the Zeta Greys and it was likely I, and my family, were abducted by them some years ago and until recently that continued. I'm concerned that will happen again if I Astral Project. 90
216. Is it possible to be out of my body and at the same time feel my sleeping body? 91
217. I am not succeeding. Am I trying too hard? 91
218. Why cannot I see clearly when I am in the Astral? 91
219. No matter how much I try, I cannot achieve a full projection. Why? 91
220. During challenging situations, do you feel Astral Projection will help me?.. 92
221. While I am meditating, I sometime feel like that my body is vibrating (feel like my body getting hard). Is this the correct way?..... 92
222. I saw the astral body of my friend. He had no eyes. Kind of freaked me out. What's up with that (no eyes)? 92
223. I have done a lot by Astral Traveling but don't like seeing bad things? Is there something that will keep the bad things away? Thanks Kelly 93
224. Sometimes I get conscious in a dream and start feeling a continuous buzz in my head. Somehow I feel it's going to blow up. It's not painful though. In that state everything around becomes kind of dark and distorted. I would like to be able to do something meaningful, but I can hardly move. Then when I try to move I wake up. It lasts a few minutes. What's that? Is that a projection? 93
225. When I was about to leave my body an arm (not hurtful or fearful) came across my chest to stop me from leaving. What was that? 93
226. Why is it that when practicing projection, I get to the point that it is possible but begin to hear these extremely LOUD sounds (like many high pitched screams or thousands of people talking really fast and loud at the same time) that ultimately ruin my focus or make me fearful of projection when I wasn't moments before?

And how can I overcome this, whatever it is, to make it to a successful conscious projection?..... 94

227. My OOBES have all happened without any practice, but I do not seem to have any direction with them either, nor can I decide when they happen. What should I do?..... 94

228. I am able to get into a deeply relaxed mode. I lose sensation of my body. But I am not able to come out or project out of my body consciously. I practice every evening (on empty stomach) and at night before sleeping. How do I project successfully? 94

229. I feel like I've had several Astral Projections, but they don't completely feel correct. Every time I feel like I'm projecting it's as though it occurs while I'm dreaming. I feel I am out of my body when I'm dreaming so the environment I see is not my room. Is that it or is there another level? 95

230. Is Astral Projection possible in a room or house where there are other persons present (moving)? I see darkness and stars and feel I am floating but I do not see my physical body - what is this state? 95

231. I was wondering if adequate advancement in energy is needed - for example opening one's Chakras or energy channels before one can properly project? 95

232. How also do you keep a track on time so that you don't oversleep and be late the next day? 96

233. Why does it seem so easy for others to do this? Although I am a spiritual person with profound spiritual experiences (but NOT out of body projection), they must have something I don't. 96

234. I feel like I get so close to projecting but something is holding me back. What can I do to hold my focus while I'm going through the changes (chakras pounding, mind starting to drift and almost falling asleep)..... 96

235. I believe I was able to project once, but only for a very short time, and that was years ago. I have never been able to do it again. I just do not know what I am doing wrong. Any help?..... 97

236. I know, a great deal of success has to do with my own frame of mind as far as belief in AP. I do try visualization exercises as if I already have projected and I'd say I believe in projection about as much as I can without actually experiencing it. I suppose I'm trying to fake it till I make it. I've read multiple books and tried multiple styles and techniques. I'm sure you've come across people like myself who have been trying on and off for a couple years and do multiple techniques and still nothing. Are there any other secrets that we need to know or basics we need to focus on? 97

237. Why is it so difficult for me to project? Am I wanting it too much? 43 years ago, when it happened to me, I wasn't trying. It just happened. A beautiful thing. Now, when I am trying to make it happen, I am not succeeding. 97

238. I do know all the techniques and practices. I get to the fast heartbeat and paralyzed state but I can't get past that. I get distracted by my heart beating so strong, that I cannot exit, no matter how hard I try. 98

239. It takes about an hour and a half to feel my arms and legs start to lift but my shoulders and head do not. They feel stuck. I keep trying for 2 – 2 1/2 hours but nothing else happens. 98

240. It's been said that when we are about to die or have near death experiences, everything in our life seems to come in a flash, like being projected into a time warp of sorts. Is it true? Thank you for answering :). 99

241. I was totally relaxed and took a nap. I was awake and the room went black and there was what looked like lightening from my chest to the ceiling and it threw off sparks all over the room & there was a window with warm light coming through it & I was scared & said I want to wake up & I was back in my bed able to see the room. There was a loud whooshing sound like wind at top speeds when it happened and my arms/legs felt like they were being pulled up towards the ceiling. It scared me. I thought I was dying because of the brilliant white light. It happened to me the other day & I knew what was happening and I greeted it with joy and was ready for the adventure but somebody came in the room & disturbed me and I got upset & couldn't go back. LOL. I know this is not really a question but a place where I could give my experience. It is a wonderful freaking when it happens. I don't really have to try. I have been doing this since childhood. Sometimes scary places, most times good. I have had sexual experiences with I don't know who but still great and ethereal. Hope I wasn't long winded. Thanks for reading this..... 99

A Few Lines About Me

I am Abhishek Agarwal - a very regular guy, just like most of you. I was not born with any extraordinary powers, nor do I have a mystical family background!

When I was just 16 years old, I stumbled upon Astral Projection absolutely by chance. And after a lot of trials, errors and failures, I finally learnt how to Astral Project at will.

I have now been **Astral Traveling** and **Lucid Dreaming** since the **last 15 years**. Needless to say, it has been an exciting and enchanting journey throughout!

If you want **Step-By-Step Instructions** on how you too can **Astral Project**, check out my **website**:

www.AstralProjectNow.com

The Survey

In November 2009, I did a survey with a select group of **500 people interested in Astral Projection**, asking them to answer the following questions related to Astral Projection.

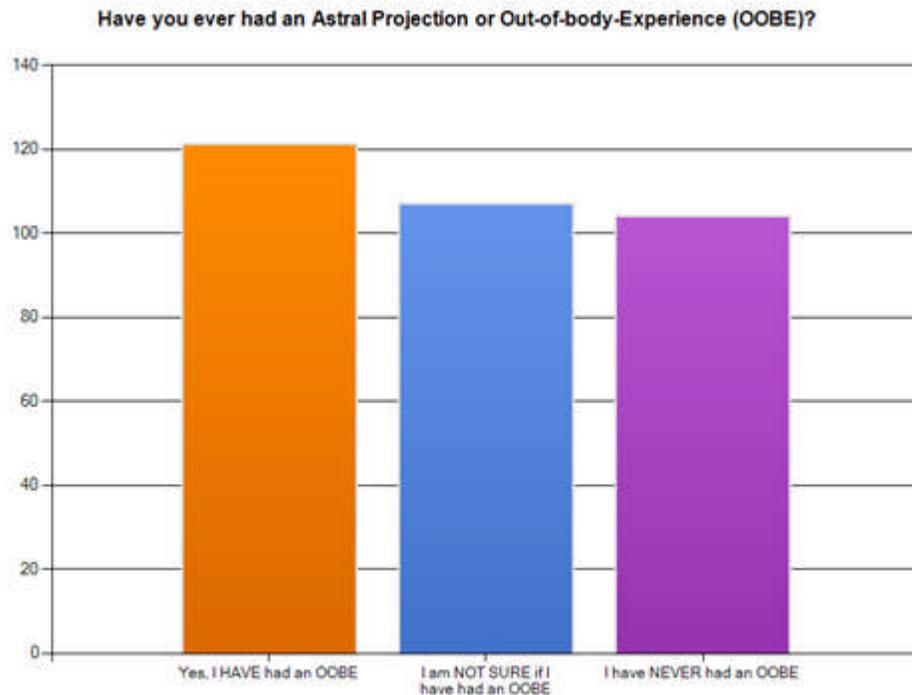
1. **Have you ever had an Astral Projection or Out of body experience?**
2. **How strongly do you believe in Astral Projection?**
3. **What is the reason that is holding you back from Astral Projection?**
4. **What is the TOP most important Astral Projection question you have in mind?**
5. **What is the SECOND most important Astral Projection question you have in mind?**

332 people responded to the survey, and I got some amazing revelations!

Here are the answers:

Question 1

Have You Ever Had An Astral Projection Or Out Of Body Experience?



I was really surprised by the result. There was an almost an equal number of people have had OOBEs, who were not sure if they have ever had an OOBE, and those who have never had an OOBE.

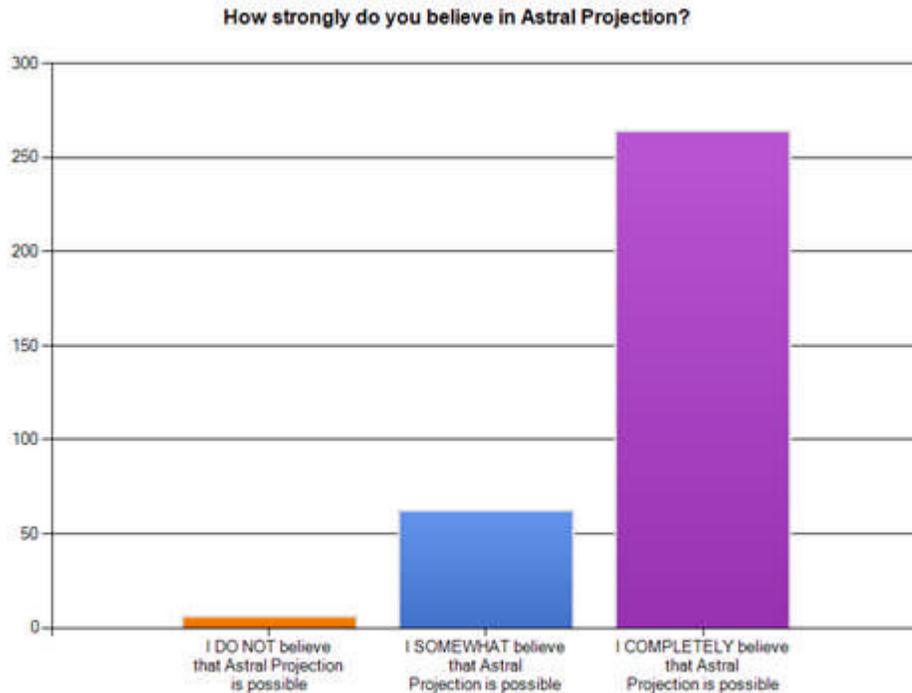
36.4% (121 respondents) had an OOBE

32.2% (107 respondents) were not sure if they have had an OOBE

31.3% (104 respondents) never had an OOBE

Question 2

How Strongly Do You Believe In Astral Projection?



This was again, a revelation. It was awesome to know:

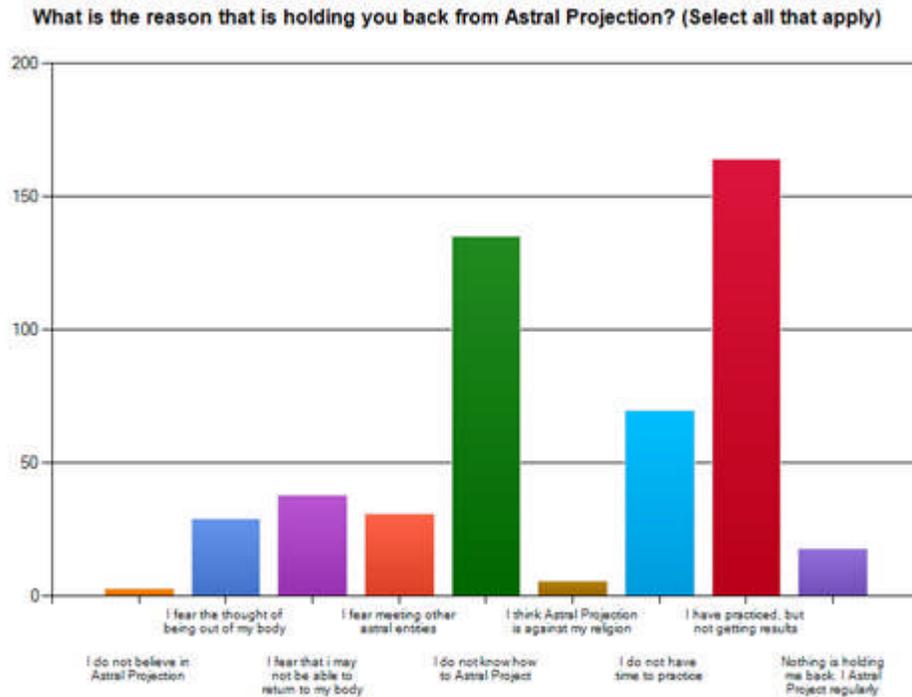
79.5% (264 respondents) completely believed that Astral Projection is possible.

18.7% (62 respondents) somewhat believed in it.

Only 1.8% (6 respondents) said that that they did not believe in Astral Projection.

Question 3

What Is The Reason That Is Holding You Back From Astral Projection?



This was also very interesting!

53.1% (164 respondents) had tried Astral projection, but had not succeeded

43.7% (135 respondents) did not know how to Astral Project

22.7% (70 respondents) did not have time to practice

12.3% (38 respondents) feared they might be able to return to their body

10% (31 respondents) feared meeting Astral entities

9.4% (29 respondents) feared the thought of being out of their body

5.8% (18 respondents) Astral Project regularly

1.9% (6 respondents) felt that Astral Projection was against their religion

1% (3 respondents) did not believe in Astral Projection

Questions 4 & 5

What Are The Top Two Astral Projection Questions You Have In Mind?

For the remaining questions in the questionnaire (Questions 4 and Question 5) **I got more than 650 questions that they wanted to ask me.**

So after removing all the similar / duplicate questions, I was still left with **240 questions – These are all real questions, asked by real people!**

I have answered them all in this not-so-short report!

I hope this helps you understand Astral Projection better, and helps clarify some of your own doubts and concerns.

So here we go!

Astral Projection - 240 Questions Answered!

1. What is Astral Projection?

Astral Projection or Out-of-body experience is a process through which our consciousness leaves our physical body and is free to travel anywhere, unrestricted by our normal physical boundaries.

We all unconsciously travel outside our bodies every night when we are asleep. But with the right guidance and practice, we can train ourselves to achieve this with 100% consciousness and awareness.

2. Is everyone able to do Astral Projection?

As I mentioned, everyone does Astral Traveling at night when they sleep. But since they are asleep, they are doing it unconsciously. And when they wake-up, their astral experiences get distorted and they feel they have just had a dream.

But with training and guidance, almost anyone can have a conscious Astral Projection.

3. When one does Astral Traveling, what is it that "projects" out of his body?

We are made up of several bodies. The grossest and the densest body is our physical body. The next one is the etheric body or the astral body. This is much less dense compared to the physical body. So during Astral Traveling, it is the astral body that gets "projected".

I should also mention that for each these bodies, there is a corresponding “plane”. So there is a physical plane, astral plane and so on. So during Astral Projection, the astral body is projected into the astral plane.

4. Should we be really doing Astral Projection?

When we are born on this physical plane, we all come with a specific purpose. That purpose may be different for different people. But as we grow older, we forget why we are here. So we wander aimlessly and often end up wasting our lives.

Astral Projection is one way to help us know why we are here in the first place. So I sincerely feel we all should learn this amazing art and give a positive direction to our lives.

5. How much does Astral Projection cost?

You would be surprised, but there were actually 4 people who asked me this question!

The answer is - Astral Projection doesn't cost you anything in terms of money. It is not something that you purchase. It is an art that you learn. The only real cost involved is your time, effort and dedication.

6. What is the best, easiest, infallible and fastest method that works for everyone?

Everyone is different, with different personalities and beliefs. So unfortunately, there is no best and easiest method that works for everyone. There are hundreds of Astral Projection techniques available. You need to see which one suits you best.

7. What are the best visualization techniques for reaching the vibration stage quickly?

As I said earlier, there is no best technique that will help everyone to achieve the vibration stage. However, Robert Monroe's vibration technique is the most popular since many people have reported great success with it.

8. How can I learn to project quickly without having to take herbs such as Salvia Divinorum?

I never recommend taking herbs or drugs to achieve Astral Projection. It is safest to practice without any external aids.

Also, unfortunately, there is no “quick” way to achieve Astral Projection. You will require patience and dedication. But if you follow the right guidance, you can drastically cut down on your learning curve, and often see success in a few weeks instead of years.

Also, I would recommend staying away from anyone who claims to teach you “techniques” that can help you project “instantly”

9. How to get into a trance easily for intentional OBEs

A good way to get into a trance is to comfortably lie down at night, and watch yourself going to sleep. Try to relax your physical body, but at the same time, try not to go to sleep.

For the first few nights, you might end up sleeping. But with practice, you will learn how to control your mind and stay awake during the entire process.

10. Can Astral Projection actually be done?

Yes, Astral Projection is definitely possible, and can actually be done consciously. There are thousands and thousands of people who can do it at will.

11. How often should you project?

Once you learn how to Astral Project at will, you can project as often as you want to. But don't forget that you have a life on the physical plane too. You need to maintain a balance.

12. What is the real trigger to leave the body? Where it is located?

No one really knows where the real trigger to leave the body is located.

But I believe that out of the seven major Energy Chakras in our spiritual body, the trigger lies in the most active Chakra for that person. Most people report leaving through the Third-eye Chakra, the Solar Plexus Chakra or the Heart Chakra

13. What can I do about my belief that I can only perceive through my physical senses?

Since our birth we have perceived everything through our physical senses. So it is very difficult to imagine that we can have other senses as well. The only way to shed that belief is to experience Astral Projection yourself.

Once you are out of your body, you will realize that you can actually perceive your surrounding without the physical senses that we are so used to. Moreover, you will realize that your new set of senses is much more enhanced and powerful.

14. While Astral Projecting are we able to use our senses? See in color, hear, feel cold or heat etc?

As mentioned in the answer to the previous question, in the astral plane, we do not use our physical senses. We can see, hear, and feel using our astral senses.

I should also mention that we do not feel cold or hot in our astral body. If we do feel them, it is because our physical body is feeling hot or cold, and that feeling is transferred to the astral body via the Silver Cord.

15. Can Astral Projection be done without being taught by some one specialized who knows what is going to happen?

Yes, Astral Projection can be done without being taught by someone. It might take you longer or you might do it the wrong way. But it can be done. There are many people who have done it alone consciously or unconsciously.

But it always helps to have the right guidance.

16. What is the best time to practice Astral Projection? Day, night, or early in the morning?

There is no best time to practice. But because of our busy lives, most people prefer to practice early in the morning or at night, before going to sleep. But if you have time, you can very well practice during the day.

17. Should I practice lying down or sitting cross-legged?

Astral Projection can be done in any position you are comfortable with.

But I recommend the lying down posture, because this is the way we sleep, and it is very natural. This position also distributes our weight throughout the body, and makes it easier for us to relax. But as I said, you can choose any position you want to. As long as you are comfortable

18. I have heard of people who can Astral Project at will, like a normal daily activity. Can I do the same, whenever I command? If yes, when will I succeed?

Yes, there are many who can Astral Project at will. You can do it too. But to get to that stage, you have to project several times, get rid of your fears, get used to the astral environment, and you should have also learnt to control your thoughts.

19. Do I need to meditate first, enter a supportive state of mind to successfully Astral Project? If yes, for how long should I meditate?

For a proper, conscious out of body experience, you should be in a meditative state where your physical body is completely relaxed and your mind is completely clear of unwanted chattering.

This will give you good control over your thoughts, and help you focus on Astral Projection.

20. What triggers Astral Projection? And when does it actually happen?

Your goal is to reach a stage where your physical body is completely relaxed and your mind is completely awake. And then deepen that stage using visualization exercises. This is the magic moment where the separation of the Astral body from the physical body takes place.

21. How can I avoid being anchored to my body when I go into trance?

If you go into a deep trance, where your body is asleep and mind awake, your astral body WILL separate – either partially or fully. If it is a partial separation, you need to exercise a strong will power and do visualization exercises so that you can achieve a full separation.

22. Can we project just by relaxing our body and clearing our mind or do we need to first go to sleep? Because one of my friends who usually got the experience told me that he first goes to sleep and then gets consciousness which allows him to Astral Project.

Your friend is achieving Astral Projection through Lucid Dreams. While he is dreaming, he realizes that he is dreaming, and finds himself outside the body. That is one good way to achieve Astral Projection

The other way to achieve a projection is going into a deep trance with the Mind awake-Body asleep stage.

23. No matter how hard I try, my mind remains very active every time I try to meditate or being hypnotized. What should I do to go into the necessary state to achieve Astral Projection?

If your mind remains active, you need to find out what are the thoughts that are bothering you. If you are stressed or tensed about something, you need to either discipline yourself to not think about it during your practice. But if the issue is too pressing, you need to solve the problem, and practice Astral Projection at a later date.

But if the thoughts are nothing urgent, you can try putting all your thoughts in an imaginary box, and tell yourself that you will not think about these thoughts while you are practicing. And also tell yourself to get back to those thoughts once you are done practicing.

24. I visualize myself out of my body floating above and then move up to it in my mind? Is this the right technique?

Yes this is the right approach.

During this process, try to visualize as clearly as you can. Imagine how you will feel if you were actually floating above your body. The astral body responds to feelings more than anything else. So make your feelings and emotions as strong as you can.

25. How can I know more about Astral Projection?

If you want the right information about Astral Projection, subscribe to my mailing list and keep reading all the information that I share with you!

But all said, nothing can be a substitute for real experience. Experience will teach you more than any book or theory.

26. If you can really Astral Project, then why not prove it to James Randi, as he is offering a million dollars to anyone who can prove they have genuine psychic abilities? Can you prove to me that it is possible?

With all due respect to James Randi, there will always be skeptics who want to prove others as wrong, and themselves right. I am not here to prove to anyone that Astral Projection works. I know it works. And like me, there are probably millions of others on this planet who know this is true.

I am here to share the knowledge that I have experienced. Whether someone believes it or not, is totally his/her choice.

27. How can I be sure that I have projected? Isn't it just a very realistic imagination?

If you are in love, you do not need to ask someone if you are in love. You KNOW it.

It is the same with Astral Projection. Once you achieve it, you KNOW it is absolutely real, and not a figment of your imagination.

28. Sometimes my dreams are so very vivid. Is it Astral Projection?

Generally dreams that are very vivid are either Lucid Dreams, or true Astral Projection. If it was an Astral Projection, you probably lost consciousness somewhere during that process, and slipped into a dream.

29. I have read several books, but I am not achieving success. Why?

There can be various reasons why you have not succeeded.

Maybe you have not tried the right methods. Maybe you have a sub-conscious fear of something that is holding you back. Maybe you have not tried with a burning desire to succeed. Maybe you have succeeded, but were unable to recall your experience when you woke up.

There can be a lot of reasons.

30. Is Astral Projection something normal? Or do only a few people do it?

Although Astral Projection is perfectly normal, it seems abnormal because it is beyond the realms of modern science. There are hundreds of thousands of people who do it, either voluntarily or involuntarily. But most of them do not talk about it.

31. I have used the "spaceship and pod" visualization technique, but without success. Is there an easier way to approach this?

I have not heard of the spaceship and pod technique, so cannot give you my opinion regarding its effectiveness.

You can try out the Rope technique popularized by Robert Bruce. That is an effective technique where you imagine pulling yourself up using an imaginary rope hanging from the ceiling above you.

32. How can I Astral Project weekly?

Why just weekly? You can Astral Project daily if you want to. Once you succeed for the first time, your belief level will become stronger and future projections will become easier.

33. Show me several techniques so when one doesn't work I have alternatives...

There are various techniques that can aid you to achieve a projection. There are too many to be listed here. The two most common ones are the Vibration method (developed by Robert Monroe) and the Rope technique (developed by Robert Bruce).

In my upcoming Astral Projection audio course I will cover these techniques as well as several others in details. So you can choose the one that suits you the best.

34. Usually how long does it take? I know it varies for each person but in general how long does the practices take to work

You are right; it does vary from person to person. Some people learn faster; and some take a longer time. No one can say exactly how long you need to practice to get results. Everything depends on the individual in question. However, you can use the latest technology in the form of binaural beats to achieve an Astral Projection faster.

In general, if the techniques are practiced in all sincerity, a person can see positive results within 30 days.

35. Am I too old or too young to Astral Project?

Irrespective of whether you are young or old, you can still Astral Project. You can Astral Project even if you are very old, provided you do not suffer from any heart ailments or other major disease.

Now, children can Astral Project faster not because they are too young, but because they are innocent and they can believe that things can be done. Adults might find it a bit difficult because they tend to be skeptical and afraid.

The bottom-line is that anybody of any age can Astral Project as long as they are physically and mentally fit.

36. Can an Astral Projector Astral Project whenever he wants to?

It depends upon how experienced the Astral Projector is.

When you become really proficient with Astral Projection, you can travel whenever you want to. You can just close your eyes, and with a few deep breaths, you can be out.

Lobsang Rampa, whose book “The Third Eye” introduced me to Astral Projection, said that for him, projecting out of his body, was as easy as walking to the next room!

But till that time, you need to find a quiet place where you can practice undistracted.

37. Are there any other preparations/techniques that can be done (other than meditating) to encourage projection?

When you meditate, you are only partly preparing for Astral Projection. You can do a lot more to facilitate Astral Projection. For one thing, you can develop a positive mental attitude by getting rid of doubts, fears, and other negativities.

Some practitioners recommend going vegan because it facilitates Astral Projection. Surrounding yourself with colors that match your nature and temperament also helps achieve a paranormal experience like Astral Projection.

Yoga and Pranayama are believed to be of great help too.

38. Can you give me a reliable method that gives quick, REAL, CONSISTENT and verifiable results?

Only you can find a reliable method that will give quick, real, consistent, and verifiable results.

There are hundreds of Astral Projection methods out there; and they don't work for everybody simply because everybody is unique.

You need to experiment with many of these techniques and choose the one that suits you best. This will be the reliable method that gives quick, real, consistent, and verifiable results – for you!

39. Do we need to have some level of energy in order to project successfully? I mean let us say I want to project tonight. I try and relax my body but then next thing I am sleeping. Is there anything we could do to have that strength to remain conscious?

If you go to bed when you are really tired and do a relaxation technique, it is very likely that you will fall asleep.

A powerful trick is to practice in the morning after a good night's sleep. You will be feeling fresh and wide-awake then and you will be full of energy too. You will be more in control of your sleep when you practice Astral Projection in the morning.

40. I would love to leave my body; you can't imagine how much I want to succeed. But I'm living in Iran and I can't reach your book. Please help me. Please.

Hi, I am not sure what you mean by you cannot reach my book. Is it that you cannot access my site? Or is it that you cannot make the payment from your country?

Please contact me on my help desk with the specific nature of your problem, and I will try to sort it out.

41. I want to know how it feels to be out of my body.

It feels just great! But I cannot put the experience down in words. To know exactly how great it feels, you must experience Astral Projection yourself.

There are several techniques out there. Find one that suits you best - and remember to practice consistently. You would soon know how wonderful an out-of-body experience could feel!

42. Is it possible to Astral Project without the elaborate nightly training that could tire us because instead of sleeping we spend the entire night practicing?

Some of us can practice at night, while some can't. That's perfectly all right.

If you cannot keep yourself awake after a tiring day, practice in the morning! There is no rule that you have to practice at night.

In the morning, you will feel fresh, wide-awake, and energetic as well.

By the way, even if you practice at night, you should not feel tired. If you do your relaxation techniques right, it will make you more relaxed.

Don't try too hard and get stressed about it. Take it easy.

43. Once I am out of my body, how do I stay out?

During your first few projections, staying out of the body will not be very easy. Since the attraction between the physical body and the astral body is very powerful, your astral will want to jump back into the physical; and the physical will want the astral back just as badly.

One way to stay out is to be very alert and conscious and exercise a strong power of will. Also, as soon as you Astral Project, move away from your physical body.

This will help you stay out for a longer time.

44. How to switch your consciousness from your regular body to your astral body and know that you have done it successfully.

I think you are just asking me how to Astral Project.

Well, as I have said earlier, there are a number of techniques out there. You must try out as many as you can to find out the best one for you. One of these techniques will help you switch your consciousness completely from your physical body to your astral body.

Everything depends on the technique and how seriously you practice it.

45. How to Astral Project successfully when we are in the hypnagogic state without losing concentration?

If you have reached the hypnagogic stage, you are very close to projecting yourself. Congratulations!

There is not much you have to do now. You simply need to relax yourself further and visualize yourself floating out of your body. You can also employ the popular Rope Technique.

46. A video of some of the sequences of Astral Projection would be helpful...you can read it in a book and that is good...but sometimes you need personal instruction with some examples of people who tried it too.

In my book, I have an entire section devoted to other people's experiences. You will learn a lot from there.

Your suggestion for a video is a good idea. If possible, I will work on it.

47. What kind of things do we need in Astral Projection? I need comprehensive details on that.

You don't need any material item in order to Astral Project.

Some people take drugs or listen to Astral Projection MP3s. I am strictly against using Drugs to achieve projection. You can however, try listening to Binaural MP3s. They will help you reach a deep level of relaxation..

The tested and proven techniques of Astral Projection, which are usually a combination of relaxation, focus, and visualization, are the best.

To Astral Project successfully, you need to be dressed comfortably in loose clothes. You also need a quiet and undisturbed place and a burning desire to succeed.

And yes, you need patience and the will to practice without giving up hope.

48. In order to Astral Project one has to connect with their spiritual self. How do you do this?

If you are religious, you could try religious prayers. Aspirants also try to chant mantras, do meditation, and practice Yoga in order to connect with their spiritual self. You could try a method that suits your nature.

Some people suggest becoming a vegan or a vegetarian. Keeping your mind free of negative thoughts, practicing universal love and forgiveness, and thought control is also of great importance.

49. Is there a way to cut through all the nonsense and just lie down and do it?

You won't Astral Project as soon as you lie down. Maybe you can once you are really proficient with it. But if you are new, unfortunately, you cannot do that.

If you want to Astral Project the right way, and with awareness, I am afraid that you must go through "all the nonsense."

And you must practice over and over again patiently till you succeed.

50. Other than practice is there anything else that could help to be more efficient?

Yes, you could work on enhancing your positive mental attitude. Surround yourself with things that make you happy; and be relaxed and cheerful always. Do anything and everything that makes you feel positive, confident, and happy.

Also, as I have said earlier, many practitioners recommend going vegan or vegetarian or doing a body detoxification regularly. But then, going vegan is definitely not a requirement. You can project even without being a vegan.

51. What type of things can hold us back from AP besides fear and trying too much?

Fear and doubts are probably the main obstacles to a successful Astral Projection.

Your religious beliefs can also hinder your progress. If you feel that God will be angry with you if you Astral Project, you might not be able to Astral Project.

The only thing that will prevent you from having an Astral Projection is you! So, work on your thought patterns and belief systems and get into a state of mind favorable for Astral Projection.

52. Will I be able to travel anywhere I want to?

Once you become proficient, you can travel almost wherever you want to.

In the Astral, it is your thoughts that take you to places. So it is vitally important that you need strong control over your thoughts and emotions. This is not an easy thing to do but you will become better and better after every successful projection.

If you need to travel to far away places like outer space and other planets, you will also need to control your speed, which again comes with practice.

53. Is it true that even experienced projectors sometime have difficulties in projecting?

It is possible.

Experienced projectors are just like most of us, leading a normal life on earth, with regular jobs or businesses. They may have stress in their lives or may even have medical conditions that make them unfit for projection.

These factors can make it difficult even for an experienced projector to have an Astral Projection.

But these are temporary roadblocks. Once the obstructing factor is taken care of, they can again project easily.

I should also mention that experienced projectors could handle their emotions and stress better than most non-projectors. And they can also heal themselves faster.

54. I mostly have had OBEs involuntarily and just go with the process and think of something I want to do while it is happening, but I have trouble putting myself INTO an OBE voluntarily.

You are fortunate enough to have spontaneous OOBES.

However, if you want to achieve better control of it, you will have to exercise strong will power. Practice your meditation, relaxation, and visualization techniques.

Many people do it, and I am sure with the right guidance, even you can do it

55. Why can't I leave my body at will no matter where I am, whenever I want to and no matter what circumstances I am in.

Most experienced Astral Projectors can leave their bodies anywhere and at any time.

However, if you are doing it for the first time or are just not experienced enough, you had better find a quiet and undisturbed place to practice till you feel that you are perfect.

56. Can I see the future while I am out of the body? How do I know that the future I just saw is the “real future”?

Our future is not set in stone. It is a probability.

When you are Astral Projecting, it is possible to see the future, but not always at will.

You need to remember that there are many higher-dimensional energies that are shaping, molding and guiding our lives and we cannot control them.

If there is something important about our future that will help us evolve, and if the time is right for us to know it, I believe we will be given a glimpse of it.

But if it is not important, or if it doesn't help us in anyway, then we will not be able to see it.

We cannot decide what is right or wrong for us. It has to be decided by the energies that control us.

Intuition and pre-cognitive abilities are really strong on the Astral plane. So if you do happen to see your future, you will “know” it is the real future.

57. I believe that the future is not set in stone. But there always is one possibility that is most likely to happen. How do I get to that and how can I change that if need be?

(Please also refer to my previous answer.)

Yes, even I strongly believe that the future is not set in stone.

If you were fortunate enough to be shown your future, you would be shown the possibility that is most likely to happen.

And the only way you can change it is by changing your present. Analyze your present well, and make the required correction to possibly alter the probable future.

58. Is it possible to move forward or backward in time thru Astral Projection?

(For moving forward, and viewing the future, please refer to my previous two answers)

Yes, it is possible to go backward in time and see the past. You can do it through the Akashic records.

But again, not every Astral Projector will be able to do it. You need to be quite advanced to be able to access these records.

And even if you do access the records, chances are that you will be able to see only those events of the past that are directly connected with you, either in this life, or previous lives. It is similar to being handed the keys to your only room. You cannot open other rooms and peep inside.

If you want to see the past of other people or events, you need to have good intentions and a strong reason to do so.

59. Can I see lottery results accurately? Or can I see tomorrow's stock market?

I know I would disappoint many of you with my answer, but I prefer not to sugarcoat things. So here it is:

Remember, the Astral plane is governed by an entirely different set of laws and rules.

If your winning the lottery ticket is for highest benefit of all concerned, then maybe you can see the lottery results, or maybe even tomorrow's stock market. But if it is just for selfish personal gains, then maybe not.

You cannot hide your intentions on the Astral plane. Lets assume you want to win the lottery just for your personal interest. But you are smart. You go to the Astral plane and repeat to yourself, "I want to help all the poor people with the lottery money", masking your real intention, trying to cheat. But it won't help. You can never hide your real intentions in the Astral.

So if you really want to see the lottery results you need to have the right intention first. Only then maybe you can. Even then it is a "maybe" because as I said, it has to be of the highest good for everyone.

Was I blunt? Maybe, but remember I said I would not sugarcoat my answer?

60. What is Remote Viewing? Is it Astral Projection?

Remote viewing is not Astral Projection

Remote viewing or RV happens when you just have to think of a particular place to hear sounds, see things, smell odors, and get messages from that place, irrespective of how far it is.

Usually, remote viewing is spontaneous, but can be learned.

61. Can my solar plexus or navel can be displaced after Astral Projection?

No! Your physical body will not be harmed in any way because of Astral Projection.

62. I want to know more about my career

Astral Projection will surely help you become more intuitive and help you decide which career is best for you.

But, if you are not an Astral Projector, I suggest you can use dream control to get an answers to your career related questions.

You need to practice remembering your dreams. Once you are good at that, just before going to sleep, you ask a question, and request for an answer.

In the next few days, you will intuitively be provided with the right answer – either through your dreams or otherwise, and the answer will be the one best for you.

If you want to know more about dream control, you might want to check out my audio course. There is an entire chapter devoted to tips on how to recall your dreams.

63. I love a girl. But she considers me just as a friend. Can I get her to really love me?

Your question makes me feel that you want to gain control over her feelings, which is really not possible because the girl has a free will. If you really love her, show her that you love her. Wait patiently till she reciprocates your feelings.

However, you cannot forcible get her to love you. If you can Astral Project, you can show your love in the astral plane too. This will strengthen your relationship in the physical plane.

But whether she wants to be with your or not, is her choice. So respect that, and move on.

64. Why should I Astral Project? What possible benefits can it give me?

First and foremost, you must Astral Project for the fun of it. In addition to the fun factor, Astral Projection has a number of benefits.

The experience will help you recall your previous lives so that you can understand your present one better. You will also notice that your psychic abilities have sharpened. You will develop a sense of inner peace and calmness. Astral Projection will teach you to love life and will confirm your belief in life after death.

These are just a few benefits of Astral Projection.

65. How can Astral Projection influence or improve my own life and the lives of others who are close to me?

Astral Projection will make you more spiritual and will increase your knowledge of life.

You will become a contented, peaceful, and loving person. When those who are close to you notice these changes in you, they will be greatly influenced by you. They might even change for the better and become more positive themselves.

66. How do I acquire talents on the Astral Plane and keep them on the physical plane?

You will carry your experiences and any knowledge you acquire in the astral to your physical world.

For instance, if you are a writer, you might notice that your talents have become finer.

You really don't have to put in any special effort to "remember" acquired talents or forcibly keep them on the physical plane. If you acquire any new talent in the astral, you will automatically bring it to the physical.

67. Can I go wherever I want?

Yes, you can go wherever you want.

As I said in a response to a previous question, the sky is not the limit. You can go and explore what lies beyond it if you wish.

68. Can I 100% control my projection or I will go to unknown places, independent of our will?

You can control your astral experiences, but it will take practice.

Initially, you might find yourself unable to control where you go or the speed with which you travel. You might travel too fast and find yourself far away in outer space.

Irrespective of where you go or how far you go, you will always be able to get back to your physical body by just thinking about it. With practice, you will be able to move according to your will.

69. Can Astral Projection help me get more psychic?

Most psychic phenomena occur because the psychic is able to become more “in-tune” and sensitive to the energies around him/her.

Since Astral Projection gives you access to frequencies and planes other than the physical, your sense of awareness sharpens, enhancing your psychic abilities. As a result you also become more intuitive as well.

70. Can I get rid of my bad habits with Astral Projection?

Most bad habits are rooted deep into the subconscious. And if you want to get rid of them, you need to do so through your subconscious.

When you Astral Project, you get direct access to your subconscious mind, and while in that state, if you affirm that you want to get rid of your bad habits, you will get success much faster.

Also, Astral Projection will give you a deeper understanding of life, which will make you a wiser and better human being. You will start respecting yourself and your physical body more. So if you have any habits that harm your physical body (smoking, drinking, drugs, over-eating etc), it will be easier to eliminate them.

71. Can Astral Projection give me power to control anyone’s mind?

Astral Projection will give you enough power to control your OWN mind, not that of others.

You see, everybody has got free will and you cannot really control anybody or anything. The only person you can control is you.

72. Can Astral Projection help me become a better person?

Astral Projection will enhance your knowledge and understanding of life. You will become more calm, peaceful, loving and patient. You will start valuing life, and will start taking adversities in the right perspective.

This will help you enrich your life and make you a happier and wiser person.

73. How does it feel to fly in the astral world?

Flying is always an awesome experience.

You do not have any fear of falling or hurting yourself. You cannot crash in the mountains (you will pass right through them!). You will not face any breathing problems! You can fly as high or as low as you wish to. It is simply a wonderful feeling.

Many people get attracted to Astral Projection just because they want to fly. They do realize later that there is more to Astral Projection than just flying!

74. Can Astral Projection prove life after death?

When you Astral Project, you leave your physical body and still survive. You can even look at your supine body lying on the bed! This proves that you can survive without the physical body.

So, Astral Projection does prove that there is life after death – and that human consciousness can survive and continue to exist independent of the physical body.

75. Can it eliminate my fear of death?

Astral Projection will help you realize that you can continue to exist even without your physical body. This will completely eliminate your fear of death. You will know for sure that you will never cease to exist and that you are immortal.

In fact, this is the first valuable lesson that Astral Projection will teach you.

76. How can Astral Projection help me find my life's purpose?

Before we take birth on the physical plane, I believe we all decide for ourselves what would be our life's purpose. But as we grow up, most of us forget the reason for which we were sent here.

If you really desire to find your life's purpose, while in the Astral, you will be able to recall what you were meant to do in this life.

When you know that, you will get a renewed enthusiasm and a new direction to your life!

77. How can Astral Projection help me improve my health?

Before you can Astral Project, you need to relax completely. This naturally has a positive effect on your health.

Besides, when you Astral Travel, you gain a better understanding of life and therefore learn to shed unnecessary worries and negative thought patterns. This has a huge positive effect on your health.

Moreover, when you are in the astral realm, you get abundant amount of universal cosmic life energy that has got amazing healing powers. This not only improves the health of your physical body, but also helps you improve your mental health.

78. How can Astral Projection protect my family?

When you are Astral Projecting, you can visit your family members just to check if everything is all right with them.

Since Astral Projection gives you a better understanding of the past and future, you can warn your family members if you sense “bad times” ahead.

If you are an expert projector, you can also manipulate energies for the protection of yourself and your family members.

79. How can Astral Projection help my body, mind and soul?

Astral Projection calms your mind and relaxes your body. This improves your physical health and puts you in a better state of harmony with the rest of the universe.

Astral Traveling is beneficial to your soul because it teaches you a number of things that are necessary for its growth and development.

80. How can Astral Projection help me work out issues on the physical plane with others?

Astral Traveling will give you the right perspective about life and help you shed your ego. Most issues with people are ego-clashes. If you can understand your true nature, you will not let your ego come in between you and your relationship with others.

For other issues with people, Astral Projection will help you effectively communicate with their subconscious. You cannot manipulate them, but can put forward your point of view.

And if your views are right, they would understand it on subconscious level, accept your point of view, and help resolve the issues.

And any issues resolved on a subconscious level are more permanent in nature. You will also find that relationships healed in astral become stronger in the physical.

81. Are there any karmic consequences to the astral activity?

I genuinely believe that if you do something wrong in the astral or physical, you need to be answerable to it someday. And you need to pay a price for it in some way or the other. So all your actions should be done with a clean heart and mind.

So, to answer your question... Yes, there are karmic consequences to whatever you do.

82. Will Astral Projection take care of my spiritual development?

Definitely! In fact, Astral Projection is all about spiritual development. There are many other fun reasons why you can Astral Project. But evolving yourself spiritually should be your main goal.

83. What life's lessons will I learn from Astral Projection?

You will learn everything that you want to learn and everything that you need to learn. Astral Projection will make you a wiser person, deepen your understanding of life, and improve your knowledge of many things.

84. Will Astral Projection change me?

Astral Projection will definitely change you...for the better! You will find a number of positive changes within you when you consistently practice Astral Projection.

85. Can I solve mysteries of the universe using Astral Projection?

You will gain a better understanding of them. However, you cannot know everything because knowledge is as endless and unlimited as creation itself.

You must also remember that ordinary human beings cannot access the highest astral planes such as the Mental and the Buddhic planes, which are seats of greater knowledge, power, and understanding.

86. Can Astral Projection help me teleport to other places in this world?

Teleportation is a process through which you can move your physical body from one place to another.

If you consider teleportation in the strict sense of the word, then no, you cannot teleport to other places. This is because in Astral Projection, you move in the astral body, not in the physical body.

87. Can Astral Projection help me evaluate and make corrections to my present incarnation?

Yes. As I answered in a previous question, Astral Projection will help you understand the reason why you are here.

Once you know your life's specific purpose, you will be able to see where you were wrong, and what changes you need to make to fulfill that purpose.

88. Can Astral Projection help me perform miracle healings like Christ?

You can use your experiences in the astral plane to enhance your healing abilities.

In the physical, you can use these abilities to heal the sick. You won't work magic, but you will definitely get a healing touch and a better understanding of what ails your patients.

You must also remember that everybody has got a free will. You can heal the sick only if the sick want to be healed. You can never know the agenda of every soul on earth. What if the soul

desires sickness to learn some valuable lessons? In that case, your healing powers might not work.

89. Can Astral Projection help me see God?

Seeing God is just as difficult as seeing love. God is abstract, not concrete. Therefore, God can only be realized and experienced.

Astral Projection will help you experience God if that is what you want.

90. Is Astral Projection a pathway to Enlightenment?

You will definitely find yourself more enlightened than you were before you learned to Astral Project.

The astral plane is a place of learning, love, forgiveness, and reconciliation. People do learn a lot there, and these valuable lessons can definitely lead to enlightenment.

However, a lot depends on what you mean by enlightenment. Do you mean salvation or moksha? The soul needs to do a lot of work before it can attain that final stage of union with the supreme consciousness.

91. How much damage can Astral Projection do on a spiritual level?

Astral Projection is a tool to enhance and get a better understanding of your spiritual self. It cannot damage it in anyway.

92. Can I become clairvoyant while Astral Projecting?

Astral Projection surely sharpens your psychic abilities.

We all are different. We all have different degrees of affinity towards different psychic phenomena. Some people have an affinity towards telepathy, while others towards telekinesis, or other psychic abilities.

If you have an affinity towards clairvoyance, you will become more clairvoyant.

93. How far can I go using Astral Projection?

As far as you wish! There are absolutely no limits.

But in order to go into space, you need to have good control over your thoughts and speed. This takes time and patience.

94. Can Astral Projection help me go to outer space and other universe? I mean, can I travel thousands or millions of light years away in an instant?

Yes, you can! You will be amazed at the speed with which your astral body is capable of moving.

But as I said in my previous answer, before you can do that, you need to be an experienced projector who has mastered his control over speed, thoughts and emotions.

95. Is it normal to Astral Project to Mars, Venus, Saturn, and Jupiter not to mention, the moon and see life on these planets? Can I see UFOs?

(Please refer to my previous two answers)

Yes, it is possible to see UFOs. And even life on other planets. But you need to be quite proficient with Astral Traveling before you can do that.

96. Can a person who is Astral Traveling help others Astral Travel?

If the other person is willing to be helped, then yes it is possible. But it may not always be the right thing to do.

97. How can I know if I am making progress in my Astral Projection endeavors?

You will know naturally! You just cannot help knowing. You will know that you have succeeded when you find yourself out of your physical body.

And while practicing, there are many pre-projection phenomena that will tell you that you are on the right track. Some examples of these phenomena are vibrations, floating sensations, astral paralysis, buzzing sounds etc.

98. Whenever I practice, I feel some pressure in my forehead and the tip of my nose. Is this a positive sign?

Since no two individuals are alike, people have different experiences when they are trying to project. Do not worry and just observe the pressure. The symptoms will ultimately vanish when your astral body leaves your physical body.

Yes, you can take it as a positive sign.

99. When I close my eyes and concentrate on my Third Eye chakra, I see a tunnel and light at the end. Am I supposed to exit through this tunnel?

Many people leave their physical bodies through The Third Eye chakra. So you seem to be on the right track, and very close to success!

If you can see a tunnel, then you ought to exit through this tunnel.

100. Recently whenever I try to project, I have been feeling the sensation of a hot tingle instead of a cold tingle. I've read that Astral Projections occur with cold tingles... and I've felt cold tingles in the past. So does that mean something is wrong?

No, this doesn't mean that something is wrong. All kinds of tingles, hot or cold, are good signs.

Just focus on them and avoid getting into a panic. Just continue to relax till you achieve the vibrations.

101. What have others experienced when out of their bodies?

People have reported a wide variety of experiences.

In fact, they just cannot be listed in too small a space. Some people just bounce back into their bodies. Some travel to far off places. Some immediately rush off to find out what their relatives and friends are doing. Your experiences in the astral will be unique...quite unlike anybody else's' experiences.

In my Astral Projection audio course, there is a huge section that talks all about other people's experiences.

102. Is it REALLY possible for animals or perhaps people to be aware of my astral body?

Some animals can see in the Astral. Cats are supposed to be able to do it. Many mediums can feel the presence of astral bodies, while some experienced mediums can even see them.

You might have seen the 1990 movie "Ghost" where the medium is able to see the ghost of Patrick Swayze

103. Do you know of a "good interactive" site where people practicing can work with each other... as opposed to submitting comments on blogs or forums, and waiting for a reply?

You can try searching for meet-up groups on Astral Projection. A quick search might give you a few groups close to your city.

104. Well, I have sat in with other humans who were going through their normal daily actions (not in astral) so I know that when you are out of your body, you can be with others on this plane. But I have never seen any other person who was in their astral form, nor did I feel them nearby. Why is that so?

This is normal.

Many people do not report seeing others in the Astral. But when you Astral Project several times, and move around, you are bound to meet someone who is either a conscious Astral Traveler or an unconscious dreamer.

105. Can you take objects back from Astral Traveling?

You can take back experiences, knowledge, and wisdom, but not objects.

106. What would you say to those who think Astral Projection is not "logical" or is something "evil", some kind of "devil" practice?

I would say nothing!

We do not have to justify ourselves or prove our point to others. If some people feel that Astral Projection is not "logical" or is "evil" or is of the "devil," they are entitled to their beliefs.

However, there are countless people who have had conscious astral experiences and they do not have the need to prove to anyone whether it is true or not. They KNOW it is true!

107. When visiting someone whilst in the astral plane, is it possible to move objects or leave some message so a person knows you've visited them? My aunt would love this, if I could!

Yes, it is possible though extremely rare.

When in the astral, most people are unable to move or have any effect on physical objects. But there have been cases when a projector is able to gather so much energy from higher astral planes, that he materializes himself in the physical, moves an object, and then dematerializes again.

So if you are planning to do this with your aunt, it might not be possible!

If you want to prove to her that you visited, you can visit her in the astral, see what she is doing or wearing, and then report it back to her.

108. Are there many universes apart from our physical universe?

Apparently, there are! Existence is vast and without boundaries. There are innumerable planes, and one of them is the earthly plane, which vibrates on a lower frequency.

The planes or realms that vibrate on high frequencies can be accessed only by highly advanced spiritual beings. Most of us hover over the earthly plane and the astral planes that are close to the earthly planes.

So, yes, there are universes on this plane as well as other planes.

109. How can I become a Co-creator in the universe?

You already create.

You have created what you are experiencing right now. Unfortunately, we are unaware of the fact that we are constantly creating – and believe that things happen to us.

Just enhance your sense of awareness, and you will realize that you are already a co-creator. You will have great fun when you start creating consciously.

110. How can I know the difference between being dead & being on astral plane?

When you are dead, you do enter the astral plane. And you can visit the astral plane when you have Astral Projected too.

However, when you are dead, you will not be able to re-enter your body because the subtle Silver Cord that connects your physical body to your astral body is finally severed. When you have just Astral Projected, the cord remains intact and you can easily get back into your physical body. This is the difference.

111. Why is that during my projections I cannot move far enough from my body?

You have to examine yourself to find the answer to this question. Are you afraid to move far away from your body?

You must also understand that there is a powerful attraction between the physical body and the astral body. The two bodies tend to unite. You have to use your will power to move away from it.

The trick is to move away from the physical body as soon as you have Astral Projected. If you stay too close to it and look at it, you will find yourself bouncing back into it.

Once you have Astral Projected, keep your thoughts free of your physical body. Avoid thinking about it. If you think too much about your physical body, you will find yourself back into it.

112. How to manage and maneuver once I am in the astral realm?

I am not sure if I have understood your question properly. Do you mean how can you move around in the astral realm? If yes, then the answer is – you move with your thoughts.

Thoughts are everything on the astral plane. If you want to go from point A to point B, you need to think about point B and you are there. Although you might find that you have Astral legs, it is not required to use them.

Similar to our physical senses, we have astral senses, which are more enhanced and sophisticated than the former.

113. How can I make my Astral experience last longer?

You only have to will it.

However, if you feel your physical body beckoning, you must respect its desires. Never stay out when your physical body quite plainly wants you back.

114. Why are some journeys more intense than others?

Sometimes you visit places that you are emotionally attached to.

These places have a sense of strong attachment and belonging. Or maybe they help you recollect some fond or not-so-fond memories. Regardless, these are places or timelines that have had an impact on you in your present or past lives.

Hence these journeys can be more intense than others.

115. Can we Astral Project to see what kind of sickness someone is having and find medication for that person... just like some "traditional healers"?

If you have a desire to become a healer, and help those in need, then yes, you can.

Once you Astral Project, you can learn anything that you wish to learn and use it for the benefit of those on earth.

116. If I were having a nightmare, would this prevent me from getting out and about?

Nightmares are a great way to have Lucid Dreams.

You need to affirm yourself for several days that whenever you have a nightmare, you will realize that this is not real and just a dream.

And once you become Lucid (that is, become aware in your dream that you are dreaming), you can convert that Lucid Dream into an OOBE.

117. Is it possible to enter another person's dreams during projection?

You can be part of someone's dreams or astral experiences when you are out of your body just as you can be part of someone's life when you are inside your physical body.

However, you cannot control someone else's thoughts, dreams, and experiences.

118. For how long can I stay out of my body? Is there a time limit?

Only the limit you set for yourself.

Obviously, you cannot stay out for years because you have a life on earth. You have to wake up in your physical body.

You can stay out for a few minutes, and if you are experienced, even several hours.

119. What if I want to stay in the Astral Plane and not come back? Is it possible?

Your experiences in the astral plane will deepen your understanding and knowledge of life.

You will also develop a greater love of life and tolerance for other beings. Once you are in the astral, you will realize that life on earth has a purpose. So you will not try to escape into the astral. You will come back - more spiritually developed.

You can stay in the astral plane for an indefinite period once you are dead.

Of course, even then, people do come back and take fresh bodies. In other words, we take another birth or reincarnate.

120. Can you experience "cosmic consciousness" when doing Astral Projection?

Everything depends on what you mean by "cosmic consciousness". If you mean the universal mind or "God" or the "ultimate truth" or anything else that people choose to call it, you will have to do a lot of soul work before you experience it.

The cosmic consciousness is housed in the highest plane, which is accessible only to spiritually advanced beings. In that plane, the individual is said to merge with the whole.

121. Have you ever had OBE's in which you connected spontaneously to a physical body on the material plane?

No, I have never had such an experience.

122. Could you Astral Travel to me and prove to me that it works?

I do not need to prove to anyone that Astral Projection works.

This is not about forcing my belief on others. If you want to see if this is real or not, you will need to do the work and experience it yourself. There is no better proof than personal experience.

123. How does each of the steps feel (Being Relaxed, Starting SP, The Vibrations, the exit)

Very briefly, when you are completely relaxed, you will feel as if you do not have your body. You won't feel your arms or legs. Your mind will be clear of all thoughts.

I guess by SP you mean Sleep Paralysis. When you have sleep paralysis (or Astral Catalepsy), you will be unable to move your body. It will seem very heavy, as if someone has tied you down to your bed.

Vibrations will feel as if there is a surge of energy moving throughout your body.

The exit is the final liberating moment, where you suddenly find yourself floating out of your body.

All these sensations and more are explained in great details in my upcoming 18-Part audio course

124. Is the world we project into a copy of the physical world or is it whatever we make it to be?

The astral world is a subtle realm comprising people's thoughts, emotions, and desires.

The astral plane and the physical plane merge into each other. There is no distinct boundary separating them.

Therefore, it comprises of things that are already available on the physical realms and also what is available inside people's minds as fantasies, thoughts, ideas, and dream stuff.

125. Can two people in one room Astral Project at the same time and be able to see each other after they have the projected?

Yes, you can Astral Project together, see each other, and share an astral experience together.

126. Why do we have to interact with the unseen world if GOD has given us a physical body by which we are permitted to live on earth?

You don't have to if that is the way you feel about it.

However, millions of people have been Astral Projecting for centuries. Don't you think that God would have done something about it if He had been so offended by it? He probably does want us to explore the astral realms too, so that we can become better humans and make this a better world to live in.

127. I purchased your book, and in it, you were praising Uri Geller, yet James Randi exposed him as a con man, so why do you praise him?

Firstly, the line in my book mentioning Uri Geller was "Uri Geller is very famous for bending spoons with his mind"

I do not think it is equivalent to praising him. It was just a statement based on the fact that many people believe he had the powers to bend spoons. He was indeed famous. If he weren't you wouldn't know his name, right?

To answer the second part of your question regarding James Randi...

You will always find people who say negative about almost everything. They are born critics, and they find immense pleasure in their unique ability to criticize and prove others wrong.

If you idolize any famous personality, just do a search on the Internet, and you will find a group that hates him/her. So do you stop idolizing that person?

If tomorrow, someone comes and exposes James Randi as a conman, whom do you then believe? Uri Geller or James Randi?

If you always believe and trust other people's views, you will never believe in yourself.

So we should have our own judgments about things and have your own volition to decide between what is wrong and what is right.

128. Do astral entities actually exist? If yes, are they dangerous, and can they harm me or hurt me?

Astral entities do exist. We are not the only creatures around. But they can't harm you, unless you allow them to bully you.

If it makes you feel safer, learn some astral self-defense techniques. Surround yourself with a protective sheath of electric white light and watch those bad astral entities flee from you.

129. How to avoid negative astral entities?

Avoid thinking about them and being afraid of them. They will bully you only if you are scared of them. They can't hurt you. They are mindless creatures.

If you want, you can wear a protective amulet or use some psychic self-defense techniques. One such technique is to place yourself in a globe of protective white light. Negative entities hate anything bright and positive.

130. How can I protect myself from these entities?

You can protect yourself by not thinking about them so much. They will approach you only if they realize that you are scared of them. Be cheerful, bright, and positive. Negative entities hate that and they will stay away from you.

You can also use some astral self-defense techniques. You can surround yourself with bright white light to keep bad entities away.

131. What is the Silver Cord?

The Silver Cord is an energy cord that connects the physical body to the astral body. The two bodies communicate with each other through the Silver Cord. As long as the Silver Cord is intact, you are alive. It breaks only when you die.

132. Is there any danger of an evil entity severing my Silver Cord?

Many misinformed people believe that an evil entity can sever the Silver Cord. But it cannot be farther from the truth.

If an entity could sever your cord, they would have done so by now. Remember, every time when we sleep, we Astral Project unconsciously. If you have successfully woken up after every night all these years, and no one has severed your cord yet, why should you believe they could sever it when you Astral Project consciously?

You see, you are fully in control of your body and your Silver Cord. Nobody can harm you or touch you against you will.

If you are worried, you may feel comfortable using some physic self-defense techniques. That will keep all the unsavory elements away.

133. Am I always connected to the Silver Cord? Does it ever break?

The Silver Cord connects your physical body to your astral body right from the time we are born. It never breaks as long as you are alive.

The Silver Cord breaks and disintegrates only when you die.

134. Can an evil entity take over my body?

Nobody can take possession of your body against your will.

135. Can these entities follow me back to my body?

Even if they follow you back to your body, they can't take possession of it.

Anyway, you don't have to worry. As long as you stay calm, unafraid, and positive minded, no negative entity would bother you.

136. If I have a weak heart, can I die? And if the entities frighten me, can they hurt me in any way?

If you have a weak heart or cardiac problems or any major health issues, you should avoid getting involved in paranormal adventures.

Or at least have a chat with your medical advisor before trying to Astral Project.

137. What to do when I encounter one of these entities? How should I react?

If you ever encounter a negative entity, stay calm. Don't get into a panic. Will the negative entity to leave you; and you will be surprised to find that it goes away.

Alternatively, you can use a psychic self-defense technique, request your spirit guide for help, or wear a protective amulet to ward off negative entities.

138. Why were those entities able to 'make' me astrally project against my will?

Nobody can make you Astral Project against your will. How can you be sure that entities made you project?

139. My main concern in my being reserved with Astral Projection is encountering or passing through the lower realms of entities and contending with their delusions.

You will not get into the lower astral realms unless you want to.

In fact, you will never go anywhere you don't want to. You will go only to a plane that matches your state of mind, thoughts, and belief systems.

So if your thoughts are pure and good, you will never be able to stay in the lower astrals, where most of these entities reside. Your vibrations will instantly tune you into higher astral realms.

140. I have had a bad physical experience with psychic attack. How do I know that this sort of thing can't happen during Astral Projection?

Psychic attacks, even if they happen on earth, can be dealt with.

First and foremost, identify your attacker. Do you know who is attacking you? Counter-attack with loving energy from the cosmic consciousness; divine consciousness, God, or whatever you call it. Never send back thoughts of anger and hate to your attacker.

Protect yourself with bright white light and positive thoughts. Develop your own soul powers.

Finally, you can request your spiritual guides or guardian angles to help you.

141. I pick up energies and thoughts from other people and perhaps entities, too and I am trying to keep my vibrational level high. However, there are dark energies there that try to drag me down.

Quit focusing on them, and will them to go away from you. They will move away from you. You will attract what you think about; so avoid focusing on them.

In the meantime, you can examine your own thoughts patterns and belief system. What is it about you that attract dark energies? Identify it and eliminate it and your problem should be solved.

142. I have had three excellent involuntary projections. But whenever I try to voluntary project, my astral body just moves out of physical body, but comes back due to fear. What should I do in such a situation?

You need to deal with fear. If you are frightened, it will be very difficult for you to succeed.

You need to understand your fear, and find out what exactly are you afraid of. And you need a little courage to face that fear once. When you face your fears, they will vanish.

143. Can I learn to project in the daytime when I need to, without having to induce sleep first?

To Astral Project, your body needs to go to sleep while your mind is wide-awake. You can project in the daytime if you wish, but you will have to put your body to sleep so that your astral can break free of it.

144. I am kind of scared of the dark. Can I Astral Project?

Try Astral Projecting at daytime.

You can do it first thing in the morning. At the same time, try overcoming your fear of the dark. Fear is the biggest impediment to successful Astral Traveling.

145. Is it possible that on a subconscious level there is some kind of fear that is interfering with projection and if so what can I do to conquer my fears?

These unknown fears, lurking in the depths of your unconscious, usually surface during meditation and dream work.

Go into your meditative state, and ask yourself what is it that you fear most. Accept the answers. And then try to analyze exactly why are you afraid of that fear.

Then ask yourself what is the harm that fear can do to you? In probably all cases, you will find that your fears are nothing to be afraid of.

146. Do I need to fix the things that stop me from doing Astral Traveling?

Yes, if you want to Astral Travel, you must.

You need to eliminate every doubt, fear, thought, and belief that prevents you from having an Astral Projection.

147. I often get body jerks while projecting. And I fear them. How can I remove this fear?

Body jerks are very common when you are trying to project. And it is a very positive sign!

There is nothing to be afraid of. And affirm this to yourself. Always remember, any positive sign takes you one step closer to projection.

148. Is it possible that I will not be able to return?

You will always be able to return. Just think of your physical body and you will find yourself back in it.

149. How do I return to my body?

Just think about your body. Decide to get back to it. As soon as you think about your physical body, you will find yourself attracted to it; and soon you will be sucked back into it.

Trust me, you may have problems staying out of your body, but never have problems getting back!

150. I am from Hungary. I often have spontaneous OOBES while sleeping but I have never tried it on purpose. I cannot pay for your book! I've just read the introductory part of your book.

If you cannot pay for the book, you can still learn a lot from this Q&A. But having a book/guide definitely makes things easier.

151. How can someone get into the astral plane but not die?

The phenomenon of getting out of your body and into the astral plane without dying is called Astral Projection.

You do it every night when you are asleep, but you are unconscious of it. When you do it consciously, you are Astral Projecting. Your body will be asleep, not dead, and you will be in the astral plane.

When you are Astral Projecting, you are always connected to your physical body using an energy cord called the Silver Cord. This cord never breaks except during the time of death.

152. What are the physical risks whilst Astral Projecting?

There are no physical risks involved with Astral Projection. Your physical body will be perfectly relaxed and sleeping while your astral body will be exploring and learning.

People with a weak heart or other major ailments should avoid projecting.

153. I have a really busy schedule and I am unable to take out time to practice Astral Projection. Also, when I reach home at night, I am too tired to practice. Any tips for me?

If you really want to Astral Project, you must set aside some time for practice. You can try to spare some time in the mornings or during weekends.

If even that is not possible, you can try Astral Projecting through Lucid Dreams. This will not require any additional time from you, and you can do it at night after you sleep.

154. I used to be able to project easily, but my life is now in such stress I do not seem to be able to relax enough to project. Is there anything I can do? Are there any special techniques that I could apply?

You need to overcome stress and take it easy.

What is putting you under stress? If possible, eliminate the stressful situation from your life. There are a number of stress-relief techniques out there. I would suggest daily mediation, Yoga, and Pranayama or deep breathing exercises

155. Whenever I try to relax, I fall asleep. How can I prevent this?

Are you very tired when you try to relax? If so, try it out when you are feeling fresh, wide-awake, and energetic.

You might try practicing in the morning, soon after getting up.

156. When I Astral Project, I guess I will be “astrally awake” throughout the night. Will this make me tired from lack of sleep?

Your physical body needs the sleep, not your astral body. So, you will not feel tired. What's more, you won't have any lack of sleep.

Remember that your physical body is blissfully sleeping when your astral body is exploring the astral realms outside it.

157. Can stress prevent me from Astral Projecting?

Yes, it can.

Stress prevents you from relaxing completely. And in order to Astral Project, you need to relax completely so that your mind remains awake when your physical body goes to sleep.

158. After complete relaxation, I can reach the stage where my body is 100% asleep but my mind is 100% awake. What should I do now? What should be my next step?

Leave your body! Try any technique that works for you.

Some people focus on their third eye; and this leads to an Astral Projection. Some people imagine themselves light and floating toward the ceiling. You can try a technique that you are comfortable with and get out!

159. I once practiced, and felt as if my entire body was electrocuted. I totally freaked out! What was that?

You had reached the vibrational stage - one of the symptoms of successful Astral Projection.

If you had stayed calm and observed what was happening objectively without freaking out, you might have had a successful Astral Projection.

Try again, and next time you reach that stage, don't panic and just know that you are very close to success!

160. I often get intense vibrations throughout my body. But I cannot go beyond that point.

If you reach the vibration stage, the hard part is done.

You just need to exercise a strong will power and visualize yourself floating up.

If you feel it is fear that's preventing you, check out my previous answers on how to overcome fear. And get done with it!

Trust me, you are very close to a successful, conscious Astral Projection!

161. How do I begin to feel the vibrations?

Before getting into the vibration stage, you need to relax your body completely.

Are you able to relax completely and reach the stage of sleep paralysis? You will then begin to vibrate, shortly after which you will Astral Project.

162. What is Astral Paralysis?

Astral paralysis (or astral catalepsy) happens either *before* the astral body is about to leave the physical body, or *after* it returns to your body.

During this state, you might find that your physical body is in a state of paralysis and you are unable to move. This happens to most people; and it is quite natural.

If this happens before projection, then rejoice because you are very close to success.

If it happens after projection, just wait for a few moments and it will go away.

163. You say there is never a problem getting back into your body but I used to often find myself in that paralyzed state and it would last many minutes and it really panicked me.

Yes, there is never a problem getting back into your body. If you were paralyzed, that means you were already back into your body!

This is a very common occurrence, and a very healthy one. You need not panic. (Just refer to my previous answer)

164. Sometimes when I'm meditating, I feel completely paralyzed. Is this normal?

You are experiencing something called sleep paralysis or astral paralysis. Your body is fast asleep, but your mind is awake. This is the ideal situation for Astral Projection.

(Refer to my previous answers)

165. How does one maintain concentration after the vibrations start in order to exit?

You need to exercise will power to stay calm and focused and avoid getting into a panic.

Just try to observe objectively and calmly. With some practice, you will be able to maintain concentration during the time of exit.

You then have to focus on just one thought – Getting out! Use the several visualization techniques available for a successful exit.

166. I get vibrations but I do not hear any kind of a buzzing sound in my ears. Why?

Some people hear the buzzing sound, but many don't. So that's perfectly all right. Every individual is unique and has unique experiences prior to Astral Projection.

167. Does having sex limit one's ability to Astral Project?

There are two schools of thoughts.

The first group feels having sex does not limit one's ability to project.

However, others believe that having sex uses quite a lot of energy from our bodies, and this prevents us from projecting immediately after.

I belong to the first school.

168. Is sex on the Astral Plane possible?

Yes, it is! Many Astral Projectors have astral sex in the astral plane.

169. Why is astral sex so much more intense than human-to-human contact?

Astral sex is much more intense because you are interacting at an energy level, which offers unlimited possibilities. Two entities can completely merge into each other and enjoy a greater level of intimacy at the astral level.

Moreover, the emotion of love is more meaningful and more intense in the astral than in the physical.

170. Do special Binaural music help significantly in the relaxation process?

Binaural beats serve as a catalyst in the relaxation process. You will be able to relax faster if you listen to binaural beats.

171. I have Binaural Beats, and I bought the ones specifically for Astral Projection. Will they work instantly?

You must first try them to find out their effects on you. Different techniques work for different people.

However, you must realize that in order to use binaural beats effectively, you should combine it with the proper relaxation, visualization, and meditation techniques.

172. The companies that create Binaural beats guarantee that they will work. But I haven't succeeded yet. So should I just continue to use them to see results?

Are you sure you are not just listening to them? If you don't combine listening to binaural beats with the right relaxation, visualization, and meditation techniques, they may not give you the best results.

173. Is it really possible to meet deceased loved ones? My wife passed away in April last year. I really miss her Can I see her?

It is possible. But not always.

It depends on where your wife is at that time. She may have ascended to higher planes for her own spiritual evolution, or she might have taken re-birth.

But if she is still there, and if your mutual attachment was strong enough, it is possible that she might appear.

174. Can I take someone with me during my astral adventures?

You can take a trusted friend with you. Groups of Astral Projection students have Astral Projected together and traveled to exotic places.

175. Can I see my friends and relatives in other country during Astral Projection?

Yes, you can visit your friends and relatives but for that, you will need to clearly visualize the person and really want to see him/her.

The more emotionally you are attached, the easier it will be for you to visit.

176. Can other see me when I am projecting?

Normally people cannot see you when you are projecting. Experienced mediums can see in the astral and they can see you.

177. Can I visit people in the real world and talk to their subconscious minds while projecting?

Yes, you can! But you cannot control their thoughts.

178. Have you seen God or Jesus?

No, I have not seen God or Jesus. But I have seen and been with divine guides.

179. If I am in the astral, can I pull another person out of the body if they are willing?

Yes, you can help someone else achieve Astral Projection if they are willing.

You can even ask the help of a trusted friend on earth or your spirit guide in the astral realm to help you Astral Project.

180. How can I find a good master in the astral world who will guide me to higher places? And when I get back to my body, will I remember talking to him/her?

We have all heard that the master will appear when the student is ready. This is particularly true here.

The master will find you if you think of him/her often enough and sincerely request his/her help.

You have to be willing to learn and evolve.

Affirm to yourself that you will remember all your astral experiences when you wake up in your physical body. With practice, you will be able to remember everything in detail.

181. Who is my astral Guide?

Only you can know who your astral guide is. Or sometimes, you will not know till the time they reveal themselves to you.

They usually appear by your side when you think of them or request their help. Or you might just hear a loving, guiding voice.

Any benign being that appears eager to help you and makes you feel comfortable is your astral guide.

182. Should I call in my angels or ask for special help when I'm trying to do this?

If you wish, you may!

You can request the help of ascended masters, guardian angels, God, Jesus, or anybody else you trust to help you and to protect you when you Astral Project. But exercise your due prudence while calling someone.

183. When on positive Astral Projections I am accompanied by a being of light. Why can I only see that being's feet?

Next time, request the being to show him/herself fully and see if there are any changes.

184. Are you familiar with robed people on the astral plane? What do you know about them?

I am sorry; I am not familiar with robed people on the astral plane.

185. Can anyone go to the higher planes, like where the Angels are?

You can; but before that you have to raise your vibrations to suit those of the higher planes. A lot of soul work and spiritual development is required before you can do that.

186. How is it that I can recall my near death experiences so vividly?

Near death experiences can be very emotionally charged because a person gets a new lease of life.

During NDEs most people report seeing their entire past flash before them. This has a profound impact on the person, and it can completely transform his/her life.

187. What are the Akashic Records, and how can I access them?

Akashic Records is a name given to a huge cosmic library that contains a record of every thought, word, and deed since the beginning of the world.

This cosmic library also contains records of lives lived, lessons learned, and blueprints of lives yet to be lived.

People with psychic abilities can peep into the Akashic Records. You can do so too, but you have to work a lot on developing your psychic abilities. Astral Projection will help you do that.

188. Can u help me Astral Project? Please come to my bedside and guide me!

If you ever look at the lifecycle of a butterfly, you will see that it tries hard to come out of the cocoon. This makes their wings stronger so that it can face the world outside.

If someone broke open the cocoon to make it easier for the butterfly, it would never be able to develop strong wings and muscles, and would probably die soon after coming out.

Although I love to help people through my books and courses, I really cannot go around pulling people out of their bodies.

Moreover, it is not right because I am no one to decide what is the right time for you to achieve success.

What I know is this. If you practice diligently enough, and follow what I teach, you will succeed.

189. My mind is like a chattering monkey! How can I stop my mind from wandering? How can I focus?

Observe the chatter and have fun doing so. Don't try to follow your thoughts or analyze them. Just see them come and go.

Soon you will realize that your chattering decreases, and eventually stops.

190. What state of mind do you have to be in to achieve this state

Before you Astral Project, ensure that you are as positive, calm, peaceful, and contented as possible.

If you are in a state of stress or excitement, you will find it difficult to relax; and relaxation is the first step to Astral Projection.

191. What thoughts should I be thinking...thoughts that will make the process easier?

You could mentally repeat positive affirmations.

You could say to yourself over and over again that the experience you are about to have will be the best in your life and that whatever will happen will happen for your highest good.

192. Can I practice with my wife and kids running around the house?

Set aside a small, undistracted room for practice; and request your wife and children not to enter that room or knock on the door when you are practicing there.

193. How to effectively relax your mind and/or body without falling asleep?

Ensure that you aren't tired or sleepy when you are doing your relaxation technique. Practice in the morning after a good night's sleep, when you are feeling fresh and wide-awake.

194. Though I am unable to project, I can enter deeply relaxed state everyday. Does this have any benefits?

Yes, deep relaxation will have a positive effect on you. It will improve your mental and physical health. It will also make you more intuitive.

195. Astral Projection needs power of concentration and imagination which I don't have. How can I succeed?

You must first remove the thought that you do not have the power of concentration or imagination. We all have it to some degree or the other.

If you consciously work on your power of concentration and imagination, it will improve.

There are innumerable resources on how to improve your concentration and imagination. You can find some techniques that work for you.

If you want, you can also try projecting from a Lucid Dream. This will not require too much of concentration or visualization.

196. I take heart medications and I also smoke (yeah, I know). Is either of these things a hindrance to projection?

If you already take heart medication and smoke on top of that, I will not recommend that you practice Astral Projection.

People with cardiac disorders must refrain from attempting to Astral Project.

197. Is it true that a person needs to be healthy and in a pain-free state to Astral Project?

Some very sick people do have a spontaneous Astral Projection.

But if you want to do it consciously, being mentally and physically fit really helps.

198. Are there any kinds of diseases that a person might have that would make Astral Projection unsafe?

I am not a medical practitioner so please consult a doctor about this.

But generally, people with cardiac disorders and mental illness should refrain from any paranormal activities.

199. Can being an over-eater prevent me from leaving my body?

No, but over-eating could make things a bit difficult.

If you eat too much, your stomach will always be active, and you will find it difficult to focus, relax, and visualize.

Whether we Astral Project or not, we all should be light eaters.

200. Is there some specific diet that needs to be observed, that will help me achieve projection?

Some practitioners say that going vegan or vegetarian will give you better results.

You should also eat light, and avoid alcohol or any kind of medication at least a few hours before practicing.

201. Is there some type of tea that would help to Astral Project?

I am not aware of any kind of tea that would help Astral Project.

There are herbs and drugs that many claim to aid projection, but I would not recommend taking any such herbs or drugs.

202. Does medication stop you from doing OBE

I am not a doctor, so would not be able to correctly answer this.

But some medication might make it difficult for you to project.

203. Does alcohol affect ability to Astral Project?

Alcohol and drugs harm your astral body, and I would not recommend them as means to Astral Project.

204. What do I do when I am out there?

Travel, run, fly, visit places, evolve spiritually, talk to spirit guides, have astral sex... have fun!
The sky is NOT the limit!

205. What would I encounter on my travels?

That depends on what you are thinking about.

What do you want to encounter? If you are sure there are ghosts and demons lurking the astral corners, you will see them. If you want to encounter your spirit guide or your dead ancestor, you may meet them.

Everything depends on what you want.

206. Will I get addicted to Astral Projection? Can I discontinue Astral Projection if I wanted to?

Since Astral Projection usually makes a person wiser, you will not get addicted to it. You will start accepting it as another part of your being.

On the contrary, Astral Projection can help you get rid of any other addiction you might have.

Once you become good at Astral Projection, it is hard not to Astral Project.

207. Will Astral Projection destroy my earthly ties and relationships?

On the contrary, Astral Projection will give you the strength and wisdom to improve your earthly ties and relationships.

208. Is meditation necessary in order to do Astral Projection?

Meditation isn't a prerequisite. However, meditation gives you better focus and trains your mind to stay calm in any situation.

So, when you finally Astral Project you can keep your thoughts focused and travel successfully to known and unknown places.

209. Why do people in general not remember their experiences when they project?

It is because they are not experienced enough. With practice, people will be able to remember everything in detail.

There are specific exercises you can try to work on improving your recall.

210. How do I remember / recall my Astral experiences

Practice regularly and consistently. Have a burning desire to remember. Keep a diary of your astral adventures. With practice, you will be able to recall your astral experiences.

In my Astral Projection audio course, I have a full chapter devoted to recalling your Astral Projection experiences.

211. What is Lucid Dreaming?

Lucid Dreaming is a phenomenon in which a person is fully aware that he/she is asleep and dreaming.

It is really fun to be in a Lucid Dream. Lucid Dreams can often be doorways to Astral Projection.

212. What is the difference between Astral Projection and Lucid Dreaming?

When you are Lucid Dreaming, you are aware that you are dreaming.

Astral Projection is a phenomenon in which the astral body, along with your consciousness, leaves the physical body.

213. How do I achieve Astral Projection from a Lucid Dream?

When you are having a Lucid Dream, you are aware that you are dreaming. That means you know that you are in your astral body.

As soon as you get that realization, you can will the dream scenery to vanish, and you will suddenly find yourself in your room outside your body!

214. Recommendation for good software or mind machines that will aid me in Astral Projection?

I am working on a software that will allow you to have Lucid dream. I believe this is the best software to help you achieve a projection 😊

215. I was told that the astral plane is the domain of the Zeta Greys and it was likely I, and my family, were abducted by them some years ago and until recently that continued. I'm concerned that will happen again if I Astral Project.

Fortunately, the astral plane is not the private property of anybody. Zeta Greys do not own it; so you need not be afraid.

216. Is it possible to be out of my body and at the same time feel my sleeping body?

Yes, it is possible. This is called “dual-consciousness”

It is a very weird feeling where you feel yourself lying down and moving about at the same time!

217. I am not succeeding. Am I trying too hard?

You could be!

When you try too hard, you are under stress. If you are under stress, you won't be able to relax and let go.

First, relax and let go. Enjoy your practice without worrying too much about whether you will succeed. Ultimately, you will be able to Astral Project.

218. Why cannot I see clearly when I am in the Astral?

This is a condition called astral blindness.

You may experience astral blindness for the first few Astral Projections. You can try moving away from the physical body as soon as you Astral Project. This helps in curing Astral blindness.

219. No matter how much I try, I cannot achieve a full projection. Why?

Identify the factor that is hindering your progress. Are you harboring some subconscious fears? Let go of them.

Have you tried a different technique? Maybe the one you are trying is not the best one for you.

If nothing still works, you can try projecting from a Lucid Dream.

Keep practicing without getting too stressed about it.

220. During challenging situations, do you feel Astral Projection will help me?

Astral Projection usually deepens a person's knowledge of life. So, you might pick up some important life lessons that will be of great help to you in challenging situations.

221. While I am meditating, I sometime feel like that my body is vibrating (feel like my body getting hard). Is this the correct way?

Don't worry about anything going wrong because nothing can go wrong.

If you are vibrating, you are on the right track. If your body is getting hard (astral paralysis), that too is a good sign.

Stay with the experience, be positive, and you would see results.

222. I saw the astral body of my friend. He had no eyes. Kind of freaked me out. What's up with that (no eyes)?

Maybe it was not your friend. Probably it was a mischievous entity trying to play pranks on you.

Or maybe it was a creation of your own mind.

If you happen to see something like this again, just tell your friend that you want to see him with eyes. You might be surprised to find that his eyes are back.

223. I have done a lot by Astral Traveling but don't like seeing bad things? Is there something that will keep the bad things away? Thanks Kelly

Hi Kelly! Affirm to yourself that you won't see the bad things anymore. Protect yourself by placing yourself in a globe of bright white light. That should drive the bad things away.

224. Sometimes I get conscious in a dream and start feeling a continuous buzz in my head. Somehow I feel it's going to blow up. It's not painful though. In that state everything around becomes kind of dark and distorted. I would like to be able to do something meaningful, but I can hardly move. Then when I try to move I wake up. It lasts a few minutes. What's that? Is that a projection?

The buzzing feeling is a very common symptom before projection. So that is a good sign.

Next time when you are unable to move, do not try to move physically. This will break the deep trance that you are into. While in the paralysis state, you need to visualize yourself rising up, and you should easily succeeding coming out.

You are very close to success!

225. When I was about to leave my body an arm (not hurtful or fearful) came across my chest to stop me from leaving. What was that?

It could probably mean one of two things.

First it could be some deep-rooted fears lurking in your subconscious mind, and that was stopping you from projecting.

Second, it could be an Astral Projection symptom that you might be misinterpreting as something stopping you from leaving your body. Probably it was astral paralysis. Many people report the feeling that someone has but a huge rock on their chest. It is nothing but heaviness, which often happens during astral paralysis.

226. Why is it that when practicing projection, I get to the point that it is possible but begin to hear these extremely LOUD sounds (like many high pitched screams or thousands of people talking really fast and loud at the same time) that ultimately ruin my focus or make me fearful of projection when I wasn't moments before? And how can I overcome this, whatever it is, to make it to a successful conscious projection?

You are tuning into astral frequencies. And that is good. Simply observe it objectively and don't resist it.

If you do not like the noises, just will yourself to tune out of these frequencies, the noises will gradually diminish. You can then use regular visualization exercises to exit the body.

And always remember, there is nothing to fear.

227. My OOBes have all happened without any practice, but I do not seem to have any direction with them either, nor can I decide when they happen. What should I do?

You should practice conscious Astral Projection. Choose a technique that suits you and practice hard. You will gain control over your astral experiences soon.

228. I am able to get into a deeply relaxed mode. I lose sensation of my body. But I am not able to come out or project out of my body consciously. I practice every evening (on empty stomach) and at night before sleeping. How do I project successfully?

Since you are practicing twice, I guess you are trying very hard. Do not stress it out. Practice just once, whenever it suits you best.

Once you relax completely, you must make an attempt to leave your body.

You could try Robert Bruce's Rope technique. Imagine a rope is hanging from the ceiling above you. And you are trying to climb up using the rope. This upward visualizing movement, will help you come out.

229. I feel like I've had several Astral Projections, but they don't completely feel correct. Every time I feel like I'm projecting it's as though it occurs while I'm dreaming. I feel I am out of my body when I'm dreaming so the environment I see is not my room. Is that it or is there another level?

You seem to be having a Lucid Dream.

Whenever you have a similar dream next, you need to strongly will your dream-environment to fade away. Once that happens, you will be able to see your room, and find yourself projected.

230. Is Astral Projection possible in a room or house where there are other persons present (moving)? I see darkness and stars and feel I am floating but I do not see my physical body - what is this state?

Yes, other people can be in the house; but request them to leave you alone for sometime. Better still, get inside a room and lock it so that you are not disturbed.

If you feel yourself floating, you are out of your body. If you see only darkness, you are experiencing astral blindness, which will disappear after some time.

231. I was wondering if adequate advancement in energy is needed - for example opening one's Chakras or energy channels before one can properly project?

There are several ways that you can use to project. Energizing your charkas is one way, but not the only way and definitely not the easiest way! Yes, we do need to be good at directing the cosmic energy to the desired chakra so that it is completely energized, paving a way for projection.

But as I said, this is not the only method. You can choose any technique you are comfortable with.

232. How also do you keep a track on time so that you don't oversleep and be late the next day?

It is almost impossible to oversleep much. Our bodies have an internal clock, and it will call the astral body back when the time comes.

233. Why does it seem so easy for others to do this? Although I am a spiritual person with profound spiritual experiences (but NOT out of body projection), they must have something I don't.

Everybody can Astral Project. And there is nothing they have that you don't

Since you are already a spiritual person, you need to ask yourself what is holding you back. Is it some kind of a fear? Or is it something else? Whatever the reason is, you need to meditate and find out. Only then can you work on overcoming the obstacle.

But rest assured, you can succeed.

234. I feel like I get so close to projecting but something is holding me back. What can I do to hold my focus while I'm going through the changes (chakras pounding, mind starting to drift and almost falling asleep)

Are you finding it difficult to focus? I would suggest that you spend some time in meditation everyday.

Also, you must try to identify what it is that is holding you back? Is it fear? You need to eliminate it in order to be really successful with Astral Projection.

235. I believe I was able to project once, but only for a very short time, and that was years ago. I have never been able to do it again. I just do not know what I am doing wrong. Any help?

You seem to have had a spontaneous OOBIE a few years back. If you want to do it consciously, you need to practice an Astral Projection technique that works for you and stick to it. Practice everyday.

Be consistent and faithful to your practice. One day you will get that beautiful experience you once had.

236. I know, a great deal of success has to do with my own frame of mind as far as belief in AP. I do try visualization exercises as if I already have projected and I'd say I believe in projection about as much as I can without actually experiencing it. I suppose I'm trying to fake it till I make it. I've read multiple books and tried multiple styles and techniques. I'm sure you've come across people like myself who have been trying on and off for a couple years and do multiple techniques and still nothing. Are there any other secrets that we need to know or basics we need to focus on?

There are no “secrets.” You seem to know all the techniques. But you need to practice regularly and consistently.

If you haven't succeeded, you need to ask your self what is holding you back. If you look within, I am sure you will find out what your obstacle is. You need to identify it, and overcome it.

237. Why is it so difficult for me to project? Am I wanting it too much? 43 years ago, when it happened to me, I wasn't trying. It just happened. A beautiful thing. Now, when I am trying to make it happen, I am not succeeding.

Don't get upset about not succeeding.

Were you more relaxed and more open to such things 43 years ago? Perhaps you are stressed out now and need to relax.

Also, you must quit wanting it too much. Wanting something that you cannot have right away can be stressful. For successful Astral Projection, you need to be as relaxed as possible.

Just continue your practice with full belief. You may also try projecting through a Lucid Dream.

238. I do know all the techniques and practices. I get to the fast heartbeat and paralyzed state but I can't get past that. I get distracted by my heart beating so strong, that I cannot exit, no matter how hard I try.

Since you are in the paralyzed state, you are very close to projection. As I can see, the only thing stopping you is your fast heartbeat and excitement.

You need to work on staying calm. Affirm to yourself several times a day that whenever you are about to project, you will not get excited, but stay calm, composed and relaxed. Sometimes simple affirmations can do wonders.

Also, avoid trying too hard. This will stress you out; and you really need to relax as much as you can.

239. It takes about an hour and a half to feel my arms and legs start to lift but my shoulders and head do not. They feel stuck. I keep trying for 2 – 2 1/2 hours but nothing else happens.

Since your head and shoulders do not lift, no matter how hard you try; I have a tip that might help. Stop focusing on your head and shoulders!

Instead, focus on moving to the other side of the room. Sometimes it helps if you divert the focus from a problem area to something else.

And as I have said in many of my answers, do not strain much.

240. It's been said that when we are about to die or have near death experiences, everything in our life seems to come in a flash, like being projected into a time warp of sorts. Is it true? Thank you for answering :)

Yes, it is true.

When we die, we spend some time in the astral plane, mulling over our life. Many people who have had an NDE report seeing their entire life before their eyes, like a flash.

241. I was totally relaxed and took a nap. I was awake and the room went black and there was what looked like lightening from my chest to the ceiling and it threw off sparks all over the room & there was a window with warm light coming through it & I was scared & said I want to wake up & I was back in my bed able to see the room. There was a loud whooshing sound like wind at top speeds when it happened and my arms/legs felt like they were being pulled up towards the ceiling. It scared me. I thought I was dying because of the brilliant white light. It happened to me the other day & I knew what was happening and I greeted it with joy and was ready for the adventure but somebody came in the room & disturbed me and I got upset & couldn't go back. LOL. I know this is not really a question but a place where I could give my experience. It is a wonderful freaking when it happens. I don't really have to try. I have been doing this since childhood. Sometimes scary places, most times good. I have had sexual experiences with I don't know who but still great and ethereal. Hope I wasn't long winded. Thanks for reading this.

I really enjoyed reading your experiences. It looks like you are able to have spontaneous OOBES without having to struggle with all sorts of techniques like most other wannabe-projectors!

This Is A Free Report. Please Pass It On

**[Click Here For Step-By-Step
Astral Projection Instructions](#)**