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# The Evolutionary Astral Travel

Methods for Out-of-Body Experiences

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*Man is ignorant of the nature of his own being and powers.*

*Even his idea of his limitations is based on experience of the past,  
and every step in his progress extends his empire.*

*There is therefore no reason to assign theoretical  
limits to what he may be, or what he may do.*

*Aleister Crowley, Magick in Theory and Practice*

## Preface

Normally we consider the human being like a tangible physical form, that without a certain parapsychological or esoteric knowledge, it is difficult to imagine it having more subtle vital parts of an intangible and separate nature.

However, we all know that when we wish to identify or think about a person it is not the physical features that spring most to mind but more subtle characteristics such as the person's character, behavioural habits, personal virtues and talents, personality and the type of relationship that we have with that person. This means that it is the person's least tangible features or characteristics that enter into a relationship with our own sensitivities, which are in turn the most substantial parts of a person that give a significant and real identity to that person. These intangible parts jointly constitute the whole of the individual and correspond to what we call "subtle bodies" or, more generically, "aura".

Many esoteric traditions, both oriental and western, have studied and classified these "bodies" giving to each a precise and integrated function and correspondence with the physical body. For example, natural medicines with their preventative and curative action, intervene in particular on these "bodies", because they are considered to be the origin of energetic disequilibriums, that successively manifest themselves on the psychophysical level, and cause illness.

The human being can be considered the junction of three fundamental states of existence:

the *physical form*;

the *soul*, defined as the complex and organic whole of our psychic, emotive and spiritual experiences, that matures in the course of our natural life, that is, the intellect, emotions, memory, sensibility, personality and all those parts of us that profoundly correlate with our physical body, through which we live our life; and

the *spirit*, defined as the profound essence, the divine spark, a link to the "All".

In particular the study of the phenomenon of astral travel brings us to consider the soul, as we have generically defined it, as the main actor of our out of body experiences.

The disattachment, that is, the temporary disassociation between our physical form and our "astral body" and its extension into space and time, is a phenomenon which occurs with a certain normality, frequency and spontaneity, in particular in a state of sleep or of deep relaxation. For example, it is possible that spontaneous disattachment occurs during states of semi-consciousness including during a fainting episode or traumas, when the body is under the effect of a general anesthetic or drugs and when the body is in a state of sleep. In particular, when we sleep it is important that this "process of disassociation" takes place, just like when we stretch our physical body to liberate it from built up tensions, in order to obtain the necessary repose which permits our energy and mind to regenerate.

The objective of this hand-book is to explain what astral travel is, why it is needed, why it occurs and above all else to provide a manual by which the reader can learn to knowingly and intentionally travel in a secure way across their astral body. For who desires it, astral travel can be used as the

basis for a more deep and meaningful travel towards new aspects of reality, both inside and outside of us.

The out of body experience teaches our mind to elaborate new data and to know what life can exist beyond our own limited plane of existence. It teaches us what death really means, and permits a very useful experience on both the evolutionary and spiritual level. It is truly an enlargement of our own conscience. It is an absolutely fascinating and completely natural experience that we should all learn, or better, re-learn to live. And everybody can do it.

Naturally we advise against practising the disattachment exercise in the case of ill health.

Whatever the apparent result of these exercises is for the person, the advised exercises, the culmination of years of research and of direct experimentation, widen our perceptive and intuitive capacities, reinforce the intrinsic defenses of our organism and the capacity to absorb subtle energies, and enhance our vital aura. Above all else, they permit us to intuit our own eternity and full potential.

Method and order are indispensable: it is a serious and a very ambitious research that requires a certain level of conviction and constancy. In fact, even though it is an absolutely and natural faculty, the conscious disattachment re-enters between our own latent possibilities, like a stretched limb that requires detailed rehabilitation, across a gradual and ordered process.

Occorre avvicinarsi a questi argomenti con la massima naturalezza possibile, senza tensione, emotività o aspettative eccessive, ma con l'occhio dello "scienziato" che si appresta ad osservare nuove esperienze, con senso critico ma anche con disponibilità ed apertura mentale.

It is necessary to approach this topic with certain naturalness, without tension, emotivity or excessive expectations, and from a scientific perspective based on the observation of new experiences with a critical sense and open mind.

The astral travel, also known as out-of-body experience or conscious projection, is as natural as being human, and as old as humanity – perhaps even more ancient than this. Leaving the body is as natural as breathing or sleeping. It is part of life, and also of the less evolved life forms.

Many people that leave their body, or have left their body, relate that they see their domestic animals, like dogs, projected and active outside their bodies. If an animal today is able to leave its body, we can conclude that primitive men living in caves experimented with the same phenomenon. Throughout history, there is diverse documentation of astral projections. These relations give us an idea of the universal character of this capacity of leaving the body. I will give some examples of cases, to expand the knowledge regarding this topic.

For example, we will find that the more remote evidences appear in Ancient Egypt, between 5,000 and 3,000 years ago. The Egyptian priests knew of the existence of the astral body. They called it the Kha and they left inscriptions and drawings on the rock walls of many temples and buildings, representing it as something subtle and light abandoning the physical body. During this time, the initiations were created, which were in fact trials of the individual and its capacity to leave the body and present him/herself partially or totally materialized in front of a group of persons.

In Ancient Greece, we see references in the Temple of Eleusis, in the writings of the philosophers Plato, Hermotimus of Clazomene, Herodotus, and in some reports of the historian Plutarch of Queroneia. Plutarch tells us of the story of Arisdeu, which took place in the 79th year of the first

century. Arisdeu was a dishonest individual with a bad reputation in his community. He suffered an accident where he fell and hit his head against a rock, resulting in a coma which lasted a couple of days. During this coma, Arisdeu perceived himself outside his body. He found himself with his helper, or spiritual guide, and talked to her. During this experience, Arisdeu also saw another dimension which was inhabited by consciousnesses with little equilibrium and stayed to examine them. Then, at a certain moment, he felt a force pulling him back inside his body. Arisdeu woke up in the physical plane at the moment in which he was about to be buried. One can imagine the reaction of the community. Nevertheless, since this experience, Arisdeu changed his ethics, values, and behavior, transforming himself into a respected citizen valued in his community. Today we can clearly understand that he had a near-death-experience, which is actually becoming more and more common now.

It is worthwhile to state that in the Bible there are various evidences of cases of conscious projections such as in Ezequiel, III:14; Ecclesiastes 12:6; Apocalypse of Juan, 1:10 and 11; 4:2; as well as in Epistles of Pablo of Tarsus (II Corynthios, 12:2).

Continuing our history, we see that during the Middle Ages, due to the great repression of the Inquisition, the conscious projection was practiced, studied, and known only within certain schools or secret societies. Likewise, after the end of the Inquisition, these esoteric and occult movements continued to hide information from the population, inclusively creating the basis for current myths and lies about the dangers of astral projections, maintaining the old structure of power and hierarchy.

In the 18th and 19th centuries, we had three great pioneers of this study that made the first efforts in popularizing astral travel, even publishing books on the subject. They were the Swedish philosopher Emmanuel Swedenborg; the French writer and novelist Honore de Balzac, with his story “Louis Lambert”; the Frenchman Allan Kardec, creator of spiritism; and many other mystics, philosophers, theosophers and magicians who were the pioneers of the modern New Age.

In truth, the most serious thing this discussion reveals to us is that the phenomenon of the out-of-body experience is ancient and universal. We observe that different persons throughout history had experiences and continue to have them more and more. These experiences occur in persons independently of their culture, education, financial situation, religion, credo, sex, or age. The out-of-body experience is positive and beneficial. Thus, it is important to stop the brain washings that have been done throughout the ages due to ignorance on the topic. Today there is a science, Projectiology, for the purpose of studying this phenomenon. Any person can develop its capacities, perceptions and self control, getting to the point of having a conscious astral projection.

# 1. The Astral Body

*Within the human body is another body of approximately the same size and shape, but made of a subtler and less illusory material. It is of course not "real"; but then no more is the other body!*

*Aleister Crowley*

Esoteric Philosophy teaches us that man is a spirit, a divine fragment that, in order to reach a critical level of experience, “descends” into matter by covering itself with increasingly denser bodies until it finds itself “covered” by the physical body which we all know. Man’s bodies can be differently classified. For example, starting from the *physical body* we find the *etheric double* and then the *astral or emotive body* and finally the *inferior mental body* (mind). Just above this level we find the *superior mental body*, also called “*causal body*”, where the divine principle resides, representing with the other more subtle vehicles the immortal aspect of the human being.

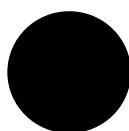
## **The dimensions of reality**

Beyond our own plane of existence there exist many other dimension that belong to our universe or that transcend it. In the first case, we discuss parallel worlds, where mass, energy, space and time all manifest through other ratios of laws but like our own world are integral parts of the universe. In the second case, we discuss things outside our own physical world, that is, all those possible expressions of the “being” that transcend matter and extend upon increasingly complex and evolved and different vibrational planes: from the astral planes, tightly inter-connected with our own plane of existence and with the worlds of forms, towards increasingly subtle dimensions, from the dimensions of the dis-incarnated souls until finally reaching superior divine and spiritual planes, and in the end the “Absolute of the Conscience”. All these dimensions, immanent or transcendent, can be explored at different levels through a progressive development of our “body of light”. In the first level we exercise our astral faculties to move within our physical reality to then, in the second level, learn to move increasingly further away in order to explore the parallel or superior dimensions. When we say that an astral traveller moves from one plane to another, it is not only inferred that the traveller has moved through space, but that it transfers its astral body and its conscience from one vibrational level to another, proportional to its own ability. Obviously, from a certain level, it is not only a question of technical ability, but of a certain level of spiritual evolution.

## 2. First relaxation exercises

Extend yourself into a comfortable position, in a quiet place. Try to slow the rhythm of your thoughts.

To start fixate your mind on the simplest object: visualise a point on a blank sheet of paper. Concentrate on this point.



You will initially have extraneous thoughts. It is normal: our mind is not used to being controlled by our will and it tends to prevail. With practice you will be able to let your thoughts flow without these extraneous thoughts disturbing you, until they disappear altogether. Don't repress anything: let it be, loose and natural.

But keep concentrating on the point, without effort.

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This meditation exercise on a single point can be extended to colours. Choose a colour that is in harmony with your own sentiments. Close your eyes and think about that color trying to exclude all other thoughts.

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Mental exercises, to be useful, need to be constantly repeated: in a comfortable physical position, with relaxed limbs, and with a regular and rhythmic respiration.

The simple exercises discussed so far serve to help you to focus the mind on one single image, and concentrate your entire attention on a single concept. It is very important to control the rhythm of your respiration, which must be slow, deep, and satisfying.

Before starting any respiratory exercise it is indispensable to reach, as far as possible, a level of complete muscular relaxation.

Sit down and get yourself into a comfortable position.

Begin to relax the muscles of the feet and legs, and then the arms starting from the fingers, continue with the abdomen, the bust, neck and head. When you have reached a state of calm that is sufficiently satisfying, begin to breathe in deeply and amply.

Initially, let your lungs expand in the most natural way, and then continue to inhale more and more deeply. If it happens that you become dizzy, interrupt the exercise for a moment and then recommence the deep respiration exercise.

The air should be inhaled through both narices.

Repeat this exercise once a day, at least for a week before progressing to the next exercise.

Remember that even extensive reading and study of the theoretical notions are a form of very important exercise to undertake because it accustoms the mind to think in new ways and to cultivate a certain trust in new and wider perspectives, which may have been previously not imagined. New starting points of reflection are elaborated and the mind will tend to become more elastic and capable of gathering new faculties. It is important to nourish the imagination, with trust and without preconceived notions, because it is from the imagination that new processes begin that open up a whole new world of perceptions.

Don't rationalise, go with the flow, it is not the moment to worry of that of what is or not is true: the truth lies in what you believe, in what you "feel".



### 3. The Astral Plane

Before describing the astral planes with today's modern language, which is suited to our practical experimentations, the following description by a noted English esoterist in the first decade of last century is useful. The approach to the topic is of an esoteric nature, quasi-technical and typical of western occult culture of that time. Nevertheless, a reading of this "classic", from which I have carefully selected the most useful parts for our purposes, can be important as a starting point for the ideas developed in the next section.

#### **Note on the nature of the astral body and plane**

*Extract from "Magick in Theory and Practice" - Aleister Crowley (1875-1947)*<sup>1</sup>

The relation of that body with your own must be exceedingly intimate; but before this harmonizing takes place, you should begin by a careful differentiation. The first thing to do, therefore, is to get the body outside your own. To avoid muddling the two, you begin by imagining a shape resembling yourself standing in front of you. Do not say: "Oh, it's only imagination!" The time to test that is later on, when you have secured a fairly clear mental image of such a body. Try to imagine how your own body would look if you were standing in its place; try to transfer your consciousness to the Body of Light. Your own body has its eyes shut. Use the eyes of the Body of Light to describe the objects in the room behind you. Don't say. "It's only an effort of subconscious memory" ... the time to test that is later on.

As soon as you feel more or less at home in the fine body, let it rise in the air. Keep on feeling the sense of rising; keep on looking about you as you rise until you see landscapes or beings of the astral plane. Such have a quality all their own. They are not like material things --- they are not like mental pictures --- they seem to lie between the two.

After some practice has made you adept, so that in the course of any hour's journey you can reckon on having a fairly eventful time, turn your attention to reaching a definite place on the astral plane.

You may also try "rising on the planes".

With a little practice [...] you ought to be able to slip in and out of your astral body as easily as you slip in and out of a dressing-gown. It will then no longer be so necessary for your astral body to be sent far off; without moving an inch you will be able to "turn on" its eyes and ears --- as simply as the man with the microscope (mentioned above) can transfer his complete attention from one eye to the other.

To sum up, the first task is to separate the astral form from the physical body, the second to develop the powers of the astral body, in particular those of sight, travel, and interpretation; third, to unify the two bodies without muddling them.

This being accomplished, the magician is fitted to deal with the invisible.

It is now useful to continue with considerations of other planes, which have commonly been classed under the Astral. There is some reason for this, as the delimitations are somewhat vague. Just as the vegetable kingdom merges into the animal, and as the material plane has beings which encroach upon the boundaries of the astral, so do we find it in the higher planes.

The spiritual planes are of several types, but are all distinguished by a reality and intensity to be found nowhere else. Their inhabitants are formless, free of space and time, and distinguished by incomparable brilliance.

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<sup>1</sup> **Magick** is a spelling of magic, used by Aleister Crowley in order to distinguish the Science of the Magi from all its counterfeits.

There are also a number of sub-planes, as, for example, the Alchemical. This plane will often appear in the practice of "Rising on the Planes"; its images are usually those of gardens curiously kept, mountains furnished with peculiar symbols, hieroglyphic animals...

The Body of Light must be rendered capable of going everywhere and doing everything. It is, therefore, always the question of drill which is of importance. You have got to go out Rising on the Planes every day of your life, year after year. You are not to be disheartened by failure, or too much encouraged by success, in any one practice or set of practices. What you are doing is what will be of real value to you in the end; and that is, developing a character, creating a Karma, which will give you the power to do your will.

What are "Astral" and "Spiritual Beings"?

Man is one: it is a case of any consciousness assuming a sensible form.

Microcosms and elementals. Maybe an elemental (e.g. a dog) has a cosmic conception in which he is a microcosm and man incomplete. No means of deciding same, as in case of kinds of space.

Similarly, our gross matter may appear unreal to Beings clad in fine matter. Thus, science thinks vulgar perceptions "error". We cannot perceive at all except within our gamut; as, concentrated perfumes, which seem malodorous, and time-hidden facts, such as the vanes of a revolving fan, which flies can distinguish.

Hence: no a priori reason to deny the existence of conscious intelligences with insensible bodies. Indeed we know of other orders of mind (flies, etc., possibly vegetables) thinking by means of non-human brain-structures.

But the fundamental problem of Religion is this: Is there any praeter-human Intelligence, of the same order as our own, which is not dependent on cerebral structures consisting of matter in the vulgar sense of the word?

"Matter" includes all that is movable. Thus, electric waves are "matter". There is no reason to deny the existence of Beings who perceive by other means those subtle forces which we only perceive by our instruments.

We can influence other Beings, conscious or no, as lion-tamers, gardeners, etc., and are influenced by them, as by storms, bacilli, etc.

There is an apparent gap between our senses and their correspondences in consciousness. Theory needs a medium to join matter and spirit, just as physics once needed an "ether" to transmit and transmute vibrations.

We may consider all beings as parts of ourselves, but it is more convenient to regard them as independent.

"Astral" Beings possess knowledge and power of a different kind from our own; their "universe" is presumably of a different kind from ours, in some respects. (Our idea "bone" is not the same as a dog's; a short-sighted man sees things differently to one of normal vision.) It is more convenient to assume the objective existence of an "Angel" who gives us new knowledge than to allege that our invocation has awakened a supernormal power in ourselves.

"Astral" Beings may thus be defined in the same way as "material objects"; they are the Unknown Causes of various observed effects. They may be of any order of existence.

Every object soever may be considered as possessed of an "Astral shape", sensible to our subtle perceptions. This "astral shape" is to its material basis as our human character is to our physical appearance. We may imagine this astral shape: e.g. we may "see" a jar of opium as a soft seductive woman with a cruel smile, just as we see in the face of a cunning and dishonest man the features of some animal, such as a fox.

The variety of the general character of the "planes" of being is indefinitely large. But there are several main types of symbolism corresponding to the forms of plastic presentation established by the minds of Mankind. Each such "plane" has its special appearances, inhabitants, and laws --- special cases of the general proposition.

On the higher planes, the diversity of form, due to grossness, tends to disappear.

Each "plane" is a veil of the one above it; the original individual Ideas become diversified as they express their elements. Two men with almost identical ideas on a subject would write two totally different treatises upon it.

Each and every man therefore that will be a Magician must explore the Universe for himself. This is pre-eminently the case in the matter of the Astral Plane, because the symbols are so sensitive. Nothing is easier than to suggest visions, or to fashion phantasms to suit one's ideas. It is obviously impossible to communicate with an independent intelligence --- the one real object of astral research --- if one allows one's imagination to surround one with courtiers of one's own creation.

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## Entities

The astral plane that we can reach during our first experimentations is practically superimposed on our material plane: with our astral body we move inside the room in which we are physically located and we recognise the objects around us. We can move outside the room following an itinerari that coincides with our own normal perceptive experience: for example, move into another room, exit the house, cross the road etc. As we shall see in subsequent chapters we can learn to express a superior faculties, like for example, an ability to pass through objects or fly, or even move at high speed from place to another, or to see through darkness etc. In any case we find ourselves in our world, even if we are able to perceive different and new aspects, largely because we are not constrained by the limitations of the physical senses and laws.

Our physical senses are not needed so much to "perceive" things, but rather to reduce the range of the frequencies to within specific limits that render possible a significant perception in our material world. These limits do not belong to the subtle senses, that consequently can extend our perceptive abilities or transfer them onto other planes.

But then, why is it that during astral travel, we see things of our world?

Simply because, at the start of our experience, our mind tends to exclude the perceptions that it does not habitually classify and transform them into the senses that we habitually use. It is a limit that we need to overcome, but it is also a point of departure, a reference point necessary for our first aware exits, without which we remain blind, immobile and disoriented.

Initially we will be alone, in the sense that we will be entering a "frequency" corresponding uniquely to our personal energy. Subsequently, we will begin to see others, and note their aura's to then "see" their bodies. Even our own physical body will be hardly visible at the beginning of our exercises, because in general, at this point our mind will not readily accept this kind of image of ourselves. Over time and with practice, we will begin to meet the first entities or other people that are more or less knowingly or unknowingly travelling in the astral: in practice we are broadening our "perceptive range" and beginning to interact with the less complex energies and inhabitants of the astral plane.

The subtle entities and the psycho-creatures can be classified in three main categories:

- of artificial origin;
- of non-human origin;
- of human origin.

Artificial entities are all those created by the human mind and its various thought-forms. Thoughts are capable of creating: they can manipulate the elemental essence and model it, giving life to various "beings" that nourish themselves on thoughts, desires, and the emotions of their creator.

There are entities created wven unknowingly, while others are created by precise medianic individual or collective processes.

The “non human” entities are the spirits of nature, the spirits of the elements and in a wider sense the astral bodies of animals and plants. The spirits of nature present themselves with minute dimensions and with a human appearance, but they can at will assume any form or shape. The popular tradition gave them the form of the gnome, elf or fairy in order to give human like qualities to that which are in fact amorphic energies living in complete symbiosis with nature and its various processes.

Entities of human origin can be persons that are using their astral body, that under specific conditions, can enter into a relationship with us during our astral travel exercise. They are also disincarnated beings, that is, a dead person that is moving on an astral plane during the first seventy days from the physical death is waiting for their passing through the threshold towards another dimension and beyond. During this period, the subtle and spiritual bodies of the deceased prepare to definitively depart from the material world. Actually, the deceased is in an “out of body” state, that in its case is permanent. During this time many things can occur, influenced by factors which relate to the person. These facors include, the cause of death, the spiritual preperedness and cultural background of the person, the environment in which the person is, that can be often influenced negatively by thoughts of pain and fear. In disharmonious conditions it is possible that dangerous entities can come to be in existence, for example, the **larvae**.

In Roman mythology, the Larvae (vain appearance) were the spectres or spirits of the dead; they were the malignant version of the Lares (ancestors and the benevolent souls of the family, which haunted and guarded the *domus* or household). Larvae were the restless and fearful souls of wicked men. They were said to wander about at night and to torment and frighten the living.

Larvae are psychic and energetic residues of human subtle bodies that remain fluctuating in the ethereal space.

These residues form when the deceased:

- is particularly attached to materiality
- is obsessed by fixed ideas
- is terribly frightened by the idea of death
- is victim of a painful or violent death
- has committed suicide.

Also people surrounding the dead person, with their behaviour, can sometimes make the parting very difficult and painful.

In these cases, some of the subtle parts of the deceased are not detached from the material plane and don't follow the soul in its journey towards the “beyond”. Therefore some entities will form and wander on the astral plane, they acquire an autonomous identity and intelligence (that has nothing to do with the soul of the dead person, even though they can keep some of its memories). In fact, as time goes by, these thought-forms tend to dissolve but they can survive and transform into real entities if nourished by vital energies.

They persist in an environment, sometimes for a very long period of time, or inhabit the vital aura of another living being.

Ghosts infesting houses, vampires, diabolic possessions and presumed contacts with dead people during “séances” are manifestations especially caused by larvae or by suggestion, or both.

The larval entities are also attracted when inexpert people expose themselves to the world of magic and of the “paranormal”, without taking due precautions: improvised astral travels, strange evocations, séances for fun can, also unintentionally, open up “doors” inside and outside of us from which larvae that are hungry for emotivity and for suggestions generate or transit.

There are various methods by which a person can defend themselves from these unpleasant encounters, thanks to carrying out the right procedures and by using specific instruments.

In the case of astral travel, as will be detailed later, this danger does not only affect the astral body but especially the physical body from which larvae seek to extract vital energies.

## 4. The Quadruple Breath

There exist many respiration techniques that prepare one for a more ample use of different faculties, both physical and psychic. To start with learn well the following technique, that you will use in successive exercises, even those of a more complex nature.

- 1 – empty out completely your lungs and before inhaling count to four.
- 2 – then inhale through the nose again counting to four, so that you feel full of air up to the throat.
- 3 – hold your breath again counting to four.
- 4 – expire through the mouth counting to four, until the lungs feel completely empty.

Imagine that the lungs start to fill from the bottom, expanding first the belly, abdomen and then the chest, and that they empty vice versa from the top to bottom. Imagine also that the inhalation starts from a point approximately four finger widths below the navel.

If you have difficulty in attaining a complete and satisfying breath, then try to yawn, even forcibly, and stretch your body many times, just as you would in the morning when you first get out of bed: you will soon see that you will overcome the breathing problem and will attain a deep and regenerating breath.

When we have mastered this breathing technique, and we undertake it spontaneously, this exercise will produce relaxation and mental calm. When you feel entirely invaded by this calm, recommence the meditations on the point and colours.

In this phase of your learning only two factors are fundamental: to start and to continue. Formulate the determination of your mind and therefore proceed without distraction by extraneous thoughts or by laziness.

You are starting to explore new sensations and energies. Don't become taken by apprehension, nor facile enthusiasm, but proceed with a certain level of serenity and spirit of observation. Be humble.

There exist certain life style choices that can help you in this quest that is not only technical, but necessarily, spiritual. It is important to approach esoteric research by following some advice. For example:

1. *Search for wisdom, not power*
2. *Avoid sudden and excessive efforts*
3. *Never be negative*
4. *Don't begin if you don't intend to continue*
5. *Beware of self gratification*
6. *Beware of those that claim to be your "spiritual guide"*
7. *Ignore psychic experiences and that which seems the rising of psychic powers*
8. *Learn to desire meditation*
9. *Don't neglect your ordinary duties*

## 5. Dreams and the out of body experience

The astral travel is a completely natural phenomenon.

We all undertake some form of astral travel during our night sleep, and our body knows perfectly the technique: instinctively it knows how to disassociate the subtle bodies from the physical one, and how to move and defend itself from unforeseen perils.

Sometimes when we are in bed we may have strange sensations: the idea of free fall that arises from the sense of vibrations, or when we wake up we find ourselves in a position that is different from what we thought we would be in.

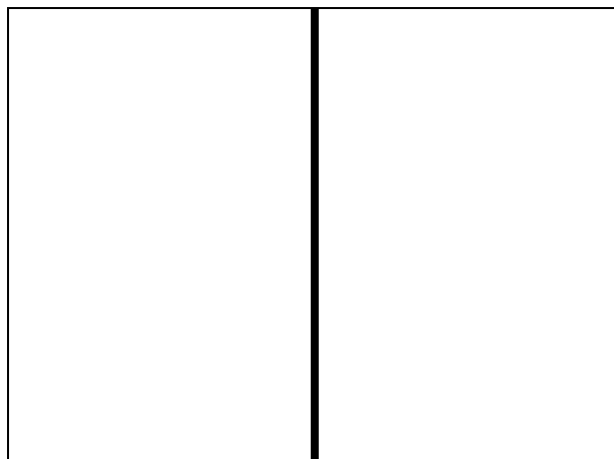
Normally night time astral travel, which is however very limited (we actually rise above our physical body approximately one or two meters to rejoin after about ten minutes), is removed by our mind or translated into the symbolism of the dream. There are common elements that allow us to affirm that certain dreams are without doubt astral travels translated into oneiric experiences. For example, when we dream of flying or moving at super fast speeds, or when in our dream there appear extraneous elements we can be sure that we are experiencing an astral travel. In addition, each one of us will develop a personal symbolism behind which hides a memory of astral travel, opportunely translated in order that our mind in some way classifies the event in its usual schema.

Frequently our mind removes the out of body experience directly to the unconscious. In this case we might happen to have a dream of it at a later time. Under hypnosis it is possible to remember out of body experiences without them having to be interpreted by our mind, thus it is possible to extract them from the unconscious in their original or real version.

It is very important that we try to remember our dreams, and to maintain a diary of such dreams so that it is possible to identify those dreams that contain clues of our past astral travels. Another reason to remember dreams is that they provide a check on voluntary astral travels that you will learn to undertake by following the methods illustrated in this book.

If you have problems remembering your dreams, you can do the following simple exercise prior to sleeping.

Take an A4 sheet of blue drawing paper. Place the sheet into the landscape or horizontal position and trace in the middle a black vertical line with a black texta as shown below.



Observe for about a minute the sheet of paper and the black line, while taking deep and ample breaths and at the same time try to relax. You can even think of other things while doing this. The important thing is that the image is fixated on the retina.

After some attempts over a period of a few days you will find that you can better remember your dreams and that you will be able to do this naturally without doing the exercise.

The dream is the door that allows us to gradually access the lower and higher levels of the Being, starting from our own visual angle and symbolic capacity. The dream is a language with different logics that allows us to reach many levels of knowledge regarding our own experiences, our personalities, synchronic or divine inspirations or regarding other worlds and intelligences. It is a means through which we can experiment many of our inner faculties and we can get information from the *astral libraries* of the *Human Mind Race*. It is important to re-learn how to dream by training ourselves to remember and to guide our dreams and their sensations.

## The psychic patterns

There exist many ancestral signs that we can observe or trace over with our finger or a pen, that can activate inside of us specific faculties. These signs, some of which are quite complex, take the name of “psychic patterns” and communicate to our mind the most useful synaptic circuits, or neuronal linkages, that trigger precise mental processes. There exist about eight hundred psychic patterns and their functions are well researched in the field of advanced hypnosis. There are patterns that enhance the memory, accelerate hypnotic induction, develop paranormal faculties<sup>2</sup>, used for psychotherapeutical reasons, favour the development of the *chackra*<sup>3</sup> or the absorbment of the *prana*<sup>4</sup>, favour the medianity or telepathy, and stimulate creativity or artistic inspiration and many others. Psychic patterns enhance vital energies and your internal microlines<sup>5</sup>.

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<sup>2</sup> Extra-sensory perception, or ESP, is the supposed ability to acquire information by some means other than the normal human senses, such as the traditional five senses of taste, sight, touch, smell, and hearing. Because the definition of sense is vague, the precise definition of extra-sensory is as well, but the term is generally meant to imply sources of information unknown to modern science. Possible ESP phenomena include: telepathy, clairvoyance, precognition, retrocognition, medium-hood and séancing, psychometry, clairaudience, clairsentience, astral projection, the reading of auras and psychokinesis. Study of these phenomena is known as parapsychology. The word "psychic" is used as both a noun and adjective to denote a person capable of using ESP in any of its forms. Although most people who believe in ESP maintain that it is a power innate to only a relatively small percentage of the population, there are some who believe that everyone is psychic. We think that most of us have simply not learned yet to tap their innate extrasensory potential.

<sup>3</sup> Chackra are inner doors in the human being that, can be opened according to a spiritual education, a specific personal training and the union of the masculine and feminine principles. The re-awakening process of the Chackra represents a pathway to reach the “illumination”. By practicing specific and suitable techniques (inner harmonizing, psychic patterns, circuits, meditation) you can open those passages and improve your own potential. The main chackra are energetic centres, vortex of energy which are located along the spine in the human body. When the historical Aeon change, the main energetic centre, from which the process of activation starts, changes too. In the Age of Aquarius (Aeon of Horus) this main chackra corresponds to *Manipura*, coinciding with the solar plexus. Besides the traditional seven chackra, there is also an eighth that we call “mobile-chackra”: its function is to go through the other seven chackra and to “activate” them in order to obtain a harmonic re-awakening. Chackra are the refineries that distill our own vital energies and that can improve our sensitivity and our spiritual faculties.

<sup>4</sup> In its general acception, Prana is a natural manifestation of the vital energy. There is also a more essential and superior quality of prana which can be used in a context of spiritual education. This kind of prana is extremely refined and exists in an indifferiated state, without colour, form and specialisation. Therefore it has no limitations and works like an intelligent force.

<sup>5</sup> Microlines form a very subtle and substantial net where our vital and spiritual energies flow and connect us to the events of our plane of existence, to our space-dimension. The disposition of the microlines in the human body is quite different from that of the meridians (*nadi*) studied by the eastern tradition. Microlines have a specific correspondence



The astral travel can also occur through the use of drugs, but this is extremely damaging for the entire body, in that after the first enthusiastic experiences, mental or neuronal linkages will be destroyed completely inhibiting any future paranormal (or normal) possibility. In contrast, in certain expert people that are well versed in the methods of esoteric science, such as tribal shaman, can consume controlled dosages of drugs not in the large part to activate magical faculties, but more to support specific possibilities that as a result of the ageing process his body may have lost. The use of drugs is hence a dangerous practice and in the most part useless in the quest to reawaken your conscience.

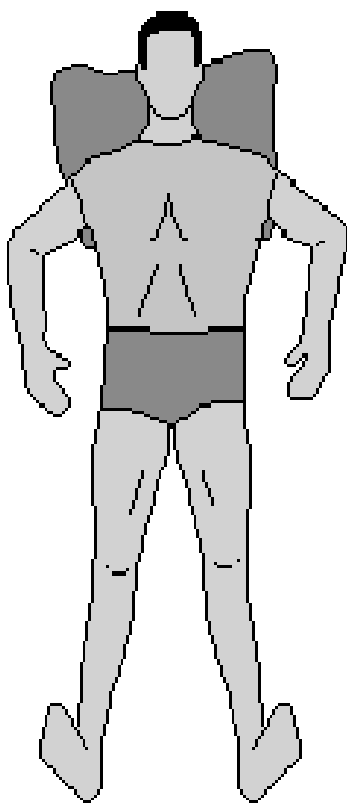
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with the *synchronic lines* inside which the psychic and spiritual energies run and connect different places of the Earth and our planet with other inhabited worlds. *Chakra* are the “meeting points” of the main microlines.

## 6. The Blue Wave relaxation technique

The following relaxation and body awareness exercise is very useful to relax and to recuperate lost energy. This exercise will take about thirty minutes to complete. Make sure that you are in a private and comfortable environment. If desired, you can have some tranquil music playing in the background, but it is important that the music be only instrumental or natural sounds. It is best to do this exercise in dim light, or in candle-light. It is important to learn and memorise well the different steps in this exercise, because this is a basic technique that underpins real astral travel exercises that will be described in later chapters.

Repeat this exercise at least once a week.



*Lie down on a blanket, with your legs slightly apart, arms spread at your sides, finding a comfortable and relaxed position.*

*Close your eyes and commence breathing deeply, inhaling through the nose and exhaling through your mouth, listening carefully to the rhythm of your respiration. Gradually you will feel your inner tensions loosening.*

*Focus for a moment on the act of respiration: feel the air filling your lungs, your chest expanding, the energy flowing to every part of your body all favouring a deep state of relaxation.*

*Your mind is refinding a new condition of peace, and thoughts are passing through your mind, slowly distancing themselves without creating any disturbance, and giving you a sense of emptiness and deep serenity.*

*At this point start visualising a luminous and light blue wave that is swirling around your whole body. Starting from the toes on your right foot visualise that they are being progressively coloured blue one after another. This colour, progressively climbs up and colours the entire foot. All parts of your foot, the skin, muscles, bones and indeed every cell will be coloured blue.*

*This beam of luminous blue light continues to climb up the ankle, calf muscle, knee and thigh. As the colouring progresses you feel more and more invigorated, with new energy throughout your entire body, giving you a sense of physical well-being and peace. Now your right leg is entirely blue.*

*The blue wave continues onto your left leg following the same route as on the right leg, toes to thigh, and as the colour raises the sense of physical well-being and peace increases.*

*After both legs are coloured, the colouration continues up through the genitals, pelvis, belly, abdomen, and back and up to your neck; while this velvety blue wave is diffusing itself throughout your body, a complete physical and psychic calm pervades your entire body.*

*Even your face will slowly be coloured blue: the lips, teeth, tongue, palate, nose, eyes, ears are impregnated by this beam of cristaline blue light.*

*Now your whole body is blue; this beam of blue light has brought with it invigorating forces, that can activate in large part all your inner energies.*

*You are wrapped in a pleasant soft wave, that while dense is also light and velvety: the small atoms of this wave penetrate into the deepest parts of your body and spreads throughout your aura giving you new energies.*

*You are suspended in a sea of blue, you now find yourself in a state of serenity and deep relaxation.*

*While your body continues to be in this state of serenity and deep relaxation; for a few minutes breath deeply, in order to absorb prana, and to restabilise parts of the body that have been disturbed by a lack or an excess of energy.*

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*Now prepare yourself for a good “reawakening”, that will help you to maintain, even over a few days this state of physical well-being and mental calm.*

*Continuing on with the exercise imagine a red wave, that descends through your head, and spreads throughout your body.*

*The forehead, cheeks, nose, and mouth are being coloured red. This time, the band of light descends from top to bottom, through the neck and then first through the left arm and then the right arm.*

*The red wave expands throughout the entire body, gradually difusing through the bust, then onto the left leg and then the right.*

*You are completely immersed in a luminous red wave.*

*Now you can move your fingers just a little on your right hand, then with small movements, move your fingers on your left hand. You can then begin to move your arms and legs in the same way.*

*Before opening your eyes, touch your face and your body with your hands, and recognise your features with delicate touches.*

*Stay for a few more minutes in the laying position: it is the first time that you have experienced such a deep and complete contact with your body; enjoy this moment and feel with complete awareness the sensations that you are experiencing throughout your body.*

*Before getting up take a deep yawn and stretch your body, especially the points at joints: wrists, elbows, ankles, knees, pelvis and neck.*

## 7. Astral travel and perception

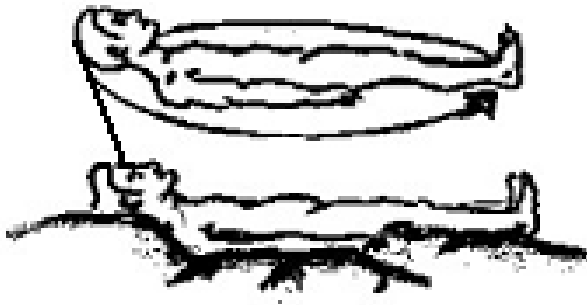
There exist many forms of astral travel. For example, there is a form that occurs more in adolescence, another type when our bodies are subjected to intense stress, or when we are under the effect of a general anesthetic before a surgical procedure etc.. Frequently the person will be frightened to see themselves attached to the ceiling, or to see an aerial view of themselves from above: instinctively the mind will seek to remove this memory and refuse this experience.

The idea of astral travel is frequently associated with an image of the body fluctuating, to fly above itself, and finally to observe the body laying, asleep, above from the ceiling of the room. This is a useful image, but somewhat imprecise. We see in the true sense what it means to be undertaking astral travel.

We have to consider that from our physical body it is not that our body emits its energetic duplicate, even if this idea is easy for our mind to understand. What is really happening is a phenomenon of extension: our subtle bodies become more dilated and longer and thicken something like a formless cloud of energy. This is our astral body.

Astral travel happens when we knowingly move our conscience from our physical body to our astral body, that is, to the lumps of energy that reside above us, and that finally become us.

At this point the mind tends to give shape and form to the astral body and finally an image similar to our own body appears and models itself according to our own idea about ourselves.



The astral body does not have senses, but it is pure multi-dimensional and simultaneous perception with a 360 degree view point. Of course we cannot, at least at this initial level, hope to contain and order this immense quantity of information that collides upon us like a blinding light.

Our mind hence tends to reduce and select this information through the filter that the mind usually adopts, that is, that of the physical senses. Lo and behold, we can see, touch, taste, hear and smell just like in the physical body; nethertheless this operation of “callibration” is not at all simple: it involves a process of translation into our ordinary senses something that is not perceived by them.

First of all we need to consider that we do not find ourselves in the physical plane and that eventually, together with the perceptions related to it, we will be able to percieve the energies and dimensions of the astral environment, even if initially our mind will remove them. There does not exist a real relationship between our own astral dimension and the physical environment, for example, you can perceive yourself in a reduced dimension, similar to that of a fly, or in contrast, your astral body can assume an enormous dimension that is very much larger than your physical body.

Our astral body and our senses don't have preordained dimensions; we can be tiny or enormous, we will see unknown light and hear unknown sounds, or for example, it will seem that we are in an enormous forest but actually we are immersed within the carpet fibres that our physical body is laying upon.

During astral travel even the objects that we are very familiar with can appear very different, and we realise an infinity of details that we had never noted before.

Obviously the mind becomes astonished by the large variety of different stimuli, so that it must reduce and remove the memory of the exit, or translate it with the symbolic language of dreams. The fact that the astral body adapts itself according to our physical senses is an important help in orienting ourselves, so the environment within which we move will be coinciding with our ordinary environment. As a result, we can gradually learn, bit by bit, to establish the real dimension of things and to get the right measure of our perceptions and dimensions: this is already a significant step.

Initially we will not be able to see our physical body, an image that is too strange to be accepted by our mind, but we will be able to see the aura of surrounding plants, or the energy sprouting out from things. We will attempt to move to other rooms for some form of verification at the moment of our re-entrance. To move to other rooms we need to imagine that we open or pass under a door, or move through the key hole: this is because the idea of passing through physical objects is not yet considered a real possibility.

From time to time we will be able to amplify our ability of elaboration of our mind, and then, we will see new and interesting things: the subtle aspects of reality, entities, and other particulars of the astral world, even if it seems to be somewhat confused with the material plane, and finally our physical body that is connected to us by a sort of elastic pipe, what is known as the "silver-cord".

The astral plane has been frequently referred to as the realm of illusion, not because it is in itself more illusory than the physical plane, but owing to the rich variety of subjective impressions that the inexpert experimenter can perceive. This is due to two fundamental aspects: first, because many of the inhabitants of the astral plane have the power to change form or better to be seen as we desire or imagine to see them; second, because as we have said the visual perception on the astral plane is very different and much more ample in respect to the physical one.

In the astral plane we do not see with our eyes, but practically with every "cell" of our astral body. Therefore the fixing of the image of our physical body and of its senses is a psychological help to orient ourselves and to avoid possible fears, but in reality we are not constrained by this physical virtual image.

When we find ourselves in the astral plane it is possible to pass through objects, and all the faces of an object can be seen simultaneously, even internal faces which may be hidden or subtle. Even colours assume diverse hues and tones. On this plane dimension, space and time do not exist. As an astral being, we are a point of attention and perception, that can change the relationship between objects.

Phenomena of micro astral travel are also possible: for example, it can happen that you find yourself alongside a long golden road, that from time to time vibrates and moves. In the end it is discovered that this road is simply the hand of wrist watch! On the contrary, we could develop telescopic vision and see a very distant object. We could also participate in different time flows: our position in time can be advanced or regressed by a few hours or even days in respect to our ordinary

plane of existence. Hence, we can perceive and remember events that we will live in a few days: the so called premonition.

A point of reference becomes important: when we find ourselves in the astral plane absolutely peculiar sensations are felt, that need to be translated into something that is comprehensible to our mind.

Without progressive experimentation it is not possible for our mind to accept something so far removed from our ordinary perceptions.

There exist realities that can be seen and perceived only through astral travel, for example locations like astral libraries from which we can receive energy and knowledge.

In the astral plane we can encounter “solids” like cubes, spheres, pyramids, and more. These solids are particular doors that are required to access parallel dimensions or special environments that allow us to develop successive levels of experimentation.

## 8. Exercise for the use of the cerebral hemisphere

It is well established that we use only a small part of the full potential of our mind and that in this historical epoch we use mostly the left hemisphere of the brain, the so called “masculine” side, which is responsible for rational and linear thought, rather than the more “femine” right hemisphere used for intuitive, creative and analogical processes.

It would be very advantageous to be able to extend the use of our mind and interact with reality integrating thought processes originating in both sides of the brain. Extending our mental capacities means to open our mind to new logics and to a broader range of faculties, including the conscious experience of astral travel and its objective memory.

To this end the following exercise can be useful, which should be repeated at least once a week. It is also useful to prepare ourselves for intellectual activities, such as study and memory exercises.

Sit in a comfortable chair, and if possible maintain a straight back. Close your eyes. Listen to relaxing music. If you wear glasses take them off. Relax and breath deeply, using the quadruple breathing technique.

Using your right hand close off the left nostril, so that you can only inhale through the right nostril and exhale through the mouth. Keep your left hand resting on your left knee, with the palm facing upwards. While inhaling (through the right nostril), slowly close your left hand. After a breif pause, exhale through the mouth and slowly reopen the left hand. Repeat this process for a few minutes following the rhythm of respiration.

After a while, invert the process: using your left hand close off your right nostril. Inhale through the left nostril, closing the right hand and exhale through the mouth, reopening the right hand.

After a minute or two, invert the process again.

Do this exercise for at least ten minutes, alternating frequently the use of the nostrils.

Finally, place both hands on your knees but this time face the palms downwards. Breathe in deeply. Now, before reopening your eyes, yawn once or twice, even forcibly, and take a pleasing stretch.



## 9. The conscious astral travel technique

### Preparation

When you reach a certain level of experience you will omit many of the following elements, which are for now indispensable, and you will then be able to personalise your technique. Furthermore, the faculty to move your awareness in different planes and to participate in a wider way to reality will become part of your natural possibilities, just like spontaneously using your senses, without using any other particular technique.

But now, let's proceed in order.

To perform astral travel exercises you need to prepare yourself, a suitable place and put aside some time. First of all it is necessary to eliminate all the possible sources of disturbance and other difficulties.

Here are some fundamental elements:

1. Firstly, assure yourself that you are in a private and tranquil place where you will not be disturbed for at least two hours, during which you won't be distracted, enabling you to concentrate on your experiment.
2. It is necessary to be in good health and feel well without feeling anxious or preoccupied.
3. Be sure that you are not disturbed during the exercise (switch off mobiles and disconnect other telephones).
4. Make sure you are alone in the room. Also ensure that you will not be reached by the aura of others in adjacent rooms.
5. Orient the bed or the cover on which you are laying in the north-south axis. If using a bed make sure it is firm. If you are located in the northern hemisphere you will place your head to the north, otherwise to the south, with no cushions to be used. This serves to block interference of terrestrial magnetic flows which are opposite to the direction in which we leave the body.
6. The room should be completely dark: the light exercises a pressure on our subtle bodies that can create some difficulties. Don't listen to any music. It is important to achieve complete silence.
7. It is advisable to be on an empty stomach or have eaten only lightly in the preceding meal. In any case don't attempt this exercise while in the digestive process.
8. The room should be warm. This is because, during the astral travel, the physical body will tend to cool.
9. The room should be comfortable, tidy and prepared with attention to detail. The preparation of the room and the preliminary stages of the exercise are a process of "psychical charging",

a ritual that predisposes you to what you are about to do. It is hence important that all is prepared in a calm state of mind. Don't underestimate the importance of this part of the exercise: you are in fact already doing the exercise.

10. No animals are to be present in the room. Animals, some of which possess astral vision, can be frightened and disturb both our astral and physical body.
11. Wear light clothing, large and comfortable. Use blue coloured clothing if possible. Always use the same clothing for this exercise. This clothing will absorb the thought-form of the moment and with time will become impregnated with energy. This "energy frequency" will not be affected when you wash your clothes. Don't wear metallic ornaments or other metallic objects. Therefore take off necklaces, earrings, bracelets, rings, glasses, watches etc.
12. Keep close at hand a glass of water: at the end of the exercise you will feel thirsty.
13. Also keep a diary close by in which you will record the result of the experiment, using a specific procedure that will be described below

Now you are ready to start.

## **First phase**

Stretch your body a little and do some on the spot jogging for a minute or two, so that you become a little tired. Then, lay down on the bed, with legs slightly apart and arms resting at the sides with a slight gap between them and the body. Hands on the bed with palms facing downwards. Close your eyes.

For a few minutes do the quadruple breath exercise.

Normalise your breathing, which must be in any case deep, and relax with the blue wave technique: let the wave cross you many times, at least thirty times, with calm in order to obtain a quite deep relaxation. Don't expect anything: don't be distracted by your wish of achievement, but "let it be", without any problem. Observe yourself with indifference.

While all your muscles are relaxing, try to cancel out from your thinking all physical sensations in every part of your body. Little by little, breath by breath, forget that you have arms and legs: let the relaxation become deeper and more complete, until you reach a stage where there is a complete absence of any perception of your body. You will now be fully aware of being able to undertake any movement but you will not be sure that you will be able to make such movements with the body.

If you fall asleep, don't resist and have tranquil dreams. It does not mean that you will be unable to reach a state of astral travel but that is still too early to experience it in a knowing state.

On the other hand, if you remain awake during the exercise, while conserving this deep state of relaxation, it means that you are learning to consciously manage the astral experience. In any case, you should never force it, or approach the exercise with anxious or tense feelings.

Forget the physical body. Reach a sense of passivity and a state where you feel that you are not in full possession of your body. At this point you will feel strange vibrations: even in this case simply observe what is happening, without worrying. Let yourself go ...

For now we will not go any further with this exercise.

When you regain full consciousness of yourself and of your body, do the red wave exercise and reawaken with complete calm. At this point write down in the diary your impressions.

So what happened? If you don't remember anything, it doesn't matter. You may remember an image or a dream, or something may spring to mind in the following days.

Repeat this exercise once a week.

It is not advisable to do this exercise too frequently; you need to give enough time for your mind to elaborate the experience and let the unconscious memory emerge, even if it is only an oniric image. Let your imagination do the work. After a few weeks, you will reach a profound and lucid state of relaxation; you will be able to consciously exit from your physical body, giving you a sensation of movement and visual perception.

Moving out of one's body is like getting up, but in a profound state of relaxation and without any form of bodily perception will your mind arise, moving on the astral body and directing its extension outside of you. It is not easy to express this idea in words and may be a strange notion to many; you will fully understand what I mean when you begin to experience and feel these sensations.

At this point you will begin the real exercise: begin your work on programmed, conscious, lucid, and most of all remembered astral travel.

First of all equip yourself with:

### **ORDER – METHOD – CONFIDENCE – NATURALNESS – COSTANCY**

There are daily, weekly and monthly exercises that you will need to practice. It is interesting to note that despite the initial apparent results from your first exercises of astral travel, the techniques that you will use, even propaedeutic ones, in fact work; they work on your mind and your energetic centres. Sometimes, your own anxiety or fear creates difficult barriers to overcome. It can happen that in the astral travel exercises you attain limited results due to your emotive tensions; but one day you may find yourself asleep in front of the television, relaxed and without worries, and suddenly you find yourself out of your body living a beautiful and conscious experience. This is because the technique and your past exercises have attuned your capacities predisposing you to this phenomenon; all that was required was your capacity to achieve a suitable and complete level of relaxation.

It is necessary to have complete faith and optimism about what you are doing.

The following page contains a table of exercises you need to perform. Naturally, these exercises can be integrated with other practices as desired (gymnastics, yoga, meditation techniques etc.) as they are all perfectly compatible with these disciplines.

## Daily exercises

1. At night, before sleeping, practice for at least ten minutes the **quadruple breathing technique**.
2. For a few minutes each day try to **invert the use of your right hand with the left**, so that you can better integrate the use of both hemispheres of the brain. It is not easy to do this, so do it only for simple and safe tasks.
3. For a few minutes each day try to **think “without words”**. When we reason or in general are thinking we activate a form of internal dialogue translating into words our thoughts and sensations. This can limit the scope of thought because it reduces the thinking process into known mental patterns and habits. Hence, let your thoughts flow without translating them into words. You will feel a strange sensation crossing through your body, as new logics are activated.

## Weekly exercises

1. The **point and colour** focusing exercise.
2. **The blue wave exercise** (this exercise can be done prior to sleeping, with the red wave exercise being done in the morning on reawakening).
3. The **cerebral hemisphere integration exercise**.
4. **Astral travel exercise** which will be further detailed below.

1. On a monthly basis it could be useful to receive some energetic support; for example, through a **prana therapy** session. It is an advisable practice even if not necessary as this astral travel method is complete in itself.
2. It would be advantageous to share and confront this experience with others in order to create a **study group**. Working through a group promotes growth and intuition, assists in overcoming individual limits, and creates a context of support, important for more advanced exercises.

## Monthly exercises

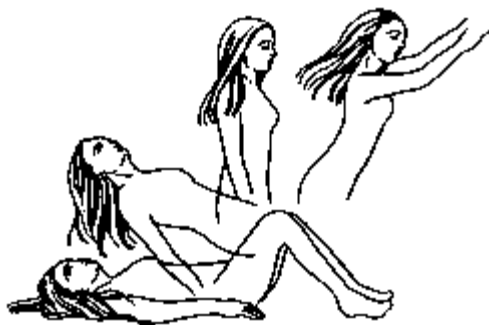
Let us now further explore the **astral travel exercise**.

You are now in the phase where you can experience your first conscious exit.

When, during the exercise described above, you reach the sensation of not owning your own body, that is the right moment to attempt an exit.

How do you do this?

First, you must simply desire it, not want it at all costs, and let it happen. There are various modes of “exit”: imagine floating on the physical body, sliding to the side or imagine yourself being lifted with your feet being the pivot. The latter mode is preferred because you can imagine first the separation of your head, usually the most difficult part of the body to disassociate, because it is the base of mental elaboration.



The act of “separation” means simply to move your conscience, that is, to move your attention from the physical body to the astral body, that owing to your deep state of relaxation is already “out” and predisposed to further extension and distancing.

It is a simple matter of will power, almost an instinctive act: remember that it is all the exercises taken as a whole that will prepare you for this moment, and not the astral

travel exercise in itself, which is required not much for the exit, but more to learn what to do once you have “exited”.

Imagine a slow exit, first your head rising: complete the exit even if you feel a sense of disorientation or dizziness. Try to imagine all this, even if you do not have a precise sense of what is happening.

Immediately when you realise that you are moving, meaning not with your physical body, can give rise to a little fear; it is normal (we will elaborate further on this point in subsequent chapters).

Reaching this step you will begin to become a sort of drop, that exits from you and starts to float. It is an intense concentration of senses and sensations. Even if you are doing this exercise in the dark, you can perceive all that is in your surroundings and you can distance yourself through the guidance of your thought.

The first objective, to this point, is to take measured steps and to organise your perception in order to orient yourself. You will see that the memory of the physical senses will make this “calibration” easy, almost automatically. When you observe that you no longer recognise the objects around you, you need to think of yourself dilating; the mental mechanism of this recognition is that of respiration: expand as if you are a balloon. The dilation of your subtle bodies has no limits; interrupt this operation only when you reach the stage of being able to distinguish clearly the objects in your surroundings, as if you are bringing these objects into focus.

As I have explained, information is very complex; consequently your mind has to widen its capacity of perception, testing and re-testing the various filters, dimensions and volumes, to finally reach a stable meter of measurement with respect to reality.

In this first phase you will not be able to distance yourself by more than three or four meters from your physical body. You will still have a sensation of physical denseness and will not yet be able to go through objects, for example a wall. You will find yourself in a very dense atmosphere, as if you are moving through water, and all will appear distorted.

The sensations will be perceived by your entire being, even if you have an idea that you are using normal senses. Some small noises could be deafening. Remain calm and tranquil; all will sort itself out. Consider that you no longer have a perception of time.

The goal of this first phase is in fact **orientation**.

After a while, you will feel yourself pulled back, like a tensioned elastic that has reached its limits and retracts to take you back to your physical body. This is a kind of umbilical cord, that you cannot yet see, that connects the astral to the physical body. This process signals that you have exhausted all those vital energies required for this level of experience. At this point let yourself be brought back to your physical body; with tranquility. It is very dangerous to attempt to resist the re-entry to your physical body: your being will register a dangerous situation, and you will be violently thrown back into your body. This can put you into a state of shock, and render very difficult any future attempt at a conscious exit.

All needs to be experienced in a natural mode and not forced.

Once back in your physical body, recompose yourself gradually, through the red wave exercise. You will feel your body first cold and then warm. You will feel a little tired: the physical body is a “battery” and in the initial exercises there is a notable use of energy.

The exit has lasted about nine minutes.

Re-attempt this experiment in a week’s time, if possible at the same time. Try to keep a close attention to your dreams because in the following days; they could contain traces of the astral experience lived. This is because the mind, with the passing of days, tends to accept more easily the new sensations that you have felt and lets them re-emerge from the unconscious.

## **The diary**

It is very important to accurately register your experiences in a diary. You should keep:

1. a diary of your dreams, so that you can analyse future dreams that may indicate experiences of astral travel (consider that the experience you have lived during the exercise can be remembered through dreams even many days later);
2. a diary for astral travel exercises.

The diary should rigorously be filled in, even if you have a sensation that nothing happened and it must contain the following information:

- Month, day and hour: note the time of start and finish of the exercise, that is, from the time you lay down to the time you get up after the red wave exercise.

- Lunar phase.
- The weather.
- State of health.
- Your mood.
- Visions during the exit:
  - objects
  - images
  - colours
- A general note on your impression of the experience.
- Sensation of time expired.

Annotate also those details that seem to you to be insignificant or of little use.

The diary will help you to analyse the progress of your exercises and in particular could provide you with statistical data on the conditions that are most suitable for you to attain the best results. By my own experience, for example, through collecting data from many researchers across the world, I noted that in the space of a year there exist periods that are generally more favourable: the month of May and from the second to the twenty third of September. Moreover men seem to be more favoured by the full moon while women by the new moon or descending moon. Bad weather is usually unhelpful.

## **The silver cord**

The umbilical cord or “silver cord” is a channel of connection between the astral and physical body. Through this subtle connection the astral body remains in complete contact with the physical body, from which it receives energy.

Ideally it is projected from the head of the physical body in correspondence to the so called “third eye”. In the beginning of the exit it is very soft and elastic and it presents itself with a silvery and brilliant colour. During the exit its nature changes: it comes more rigid and loses its shine and its colour becomes more opaque until finally it becomes dark brown. In this state it tends to shorten and to recall the astral body back to the physical body for the re-entry. This signifies that the energy is exhausted. At this point it is sufficient to let yourself be led tranquilly to re-enter into the physical body, as if you are dressing yourself.

Observing the changing state of the cord signals the time left before you need to re-enter. The silver cord is not immediately visible during your first experiences of exit, even if we will feel its presence. It can infinitely lengthen itself without modifying its diameter and it is unaffected by physical agents. In our astral movements we don't need to worry at all about it.

## **Second phase**

Progress to the second phase only after achieving satisfactory results during the first phase and in any case not before three months from the first experiment. This second phase represents less difficulty. The exit will take significantly less effort because you have already accumulated past experience.

Follow the same techniques of relaxation and respiration that you learned in the first phase, with a simple action that makes a substantial difference: place your hands in the usual position but with the palms facing upwards.

In the moment when you feel the exit try to slightly accelerate your rhythm of breathing: this will aid and speed up the exit. At first you will somewhat disoriented: you will find yourself outside, not in the vertical position with respect to your body, but in a different position.

You will feel more energetic, thus you can develop new possibilities. This time you can distance yourself from your body by ten to fifteen meters and you will be able to move within your home, even if you will not be able yet to go through walls. You will be able to see you physical body, laying. It will appear in a yellowish to brownish hue. It's probable that you will begin to see the silver cord.

The goal of this second phase regards the correct interaction with objects.

Your most subtle parts will imagine themselves having arms and legs; they will be able to touch and walk.

Try to closely observe and touch the various objects that you see. For the moment avoid any interaction with people, especially if they are sleeping. If you place your astral hand in an old mechanical alarm clock you will feel a tingling sensation arising from the clockwork gears because you will be "inside" the alarm clock, and your hand will in turn feel the alarm clock inside itself. The perceptions will arrive from all parts of your body, even if by habit you tend to correspond every specific sensation to a sensorial organ of your physical body.

If you observed with attention the various indications, your cardiac rhythm will slow to around twenty two to twenty three beats per minute and your breathing will tend to intensify: this is normal.

There is no risk because, simultaneously, there is evolving a compensating physiological process of hyper-oxygenation of the nervous zones with a constant sprinkling of blood to the brain. All this guarantees a perfect equilibrium of your metabolism. This is why it is important to have a good preventative respiration technique.

The duration of the experiment of this second phase is a maximum of about sixteen to seventeen minutes, after which, you will feel "pulled" by the umbilical cord that begins to harden. This means that it is the time to re-enter.

To have an idea of the passing of time you can follow the phases of variation in the umbilical cord; first it will have a brilliant color; then it will assume a colder metallic colour; then it will lose its elasticity and the colour will become increasingly dark until it becomes a dark brown colour. At this point you will experience the re-entrence: you will slide quickly into your body, even if you are far from it.

You must learn to see and keep the silver cord under control because according to its variation in colour and consistency you will be able to set the right time for the exit.

As soon as you re-enter you will feel again for an instant confusion and difficulty in orienting yourself. Try to slowly and with calm to reaquire all your normal physical sensations. The first



operation will be to restabilise the control of your respiration, trying to accelerate, in a way that regulates the circulation and the body temperature.

At this point imagine the red wave that colours your head and the descends illuminating your entire body restoring energy. Learning to re-enter well is very important because it prepares you for subsequent exits. You will feel a tingling sensation. Stretch and yawn.

Now fill in the diary.

## **The memory**

In this second phase there are many new elements, therefore try to train your memory, otherwise you run the risk of not remembering anything that you experimented. Actually, the problem is not the need to be conscious during the exit, but rather the risk of removing or translating the experience into a dream in the moment that you re-enter (memory lapse).

The problem of memory lapse is directly connected to the difficulty that our mind has in containing experiences that are so diverse, but it is also due to fear, that consciously or otherwise, you feel in the moment that you effectively realise that all this is absolutely real, and that you yourself are living this experience. Fear is that which inhibits most significantly because it is instinctive, unconscious and frequently it is not easy to control.

Frequently, those that attempt the experiment of astral travel strongly desire to reach a good result. This desire, if not calibrated, can block every attempt to exit. At the same time, it can give rise to an unconscious desire to not succeed, at which stage fear rises. So just as the astral body is rising, your fear will make it return or at the extreme provokes sleep, as if to anaesthetise you during the exit.

Here is a suggestion.

Before starting the exercise, or during the phase of the blue wave, give yourself repeatedly a mental command: "I will remember perfectly this experience".

In fact it is only a question of tension: you must pay particular attention to the relaxation exercise, even through techniques such as: yoga, meditation, self hypnosis, autogenic training or any other technique that helps you to relax.

To be relaxed does not mean to be asleep, like to be attentive does not necessarily mean to be tense: you need to reach a state of attentive relaxation, that is, being serene, concentrated and receptive. Don't feel too involved: assume the disposition of the observer.

Learn to observe yourself and that that happens with indifference, without any excessive expectation.

## **External perils: the Larvae**

During astral travel the physical body lays in a state of rest. All bodily functions are reduced to a minimum (the body temperature falls, the frequency of heart beats diminishes and breathing slows). Around the physical body is formed a sort of a defensive magnetic field that allows the re-joining of

the bodies at the time of re-entry, in the same direction of the exit. This magnetic field defends the physical body from eventual incursions from Larvae.

The Larvae are astral parasites that nourish themselves on vital and psychic energies of other living beings. Larvae can be dangerous for the astral body when they cross its path, but above all else, they are very dangerous for the physical body, because they will attempt to extract its energy, or, in the extreme, to possess it.

During astral travel, the physical body becomes a real battery, a generator of energy, that through the umbilical cord nourishes the astral body. Larvae can attempt to attach themselves to the umbilical cord, and extract the energy that was destined to you.

If we have not been educated in how to perform astral travel in a controlled and programmed way, we risk to limit the energetic protection of our body with the consequent danger of being disturbed by the Larvae. This danger can be eliminated by simply following in a scrupulous way the technical procedures outlined in this book. Keep in mind that the exit produces a progressive reinforcement of your defensive shield.

Also keep in mind that in the case of danger, the astral body tends to be quickly recalled into the physical body, that immediately activates its natural and instinctive energetic defenses.

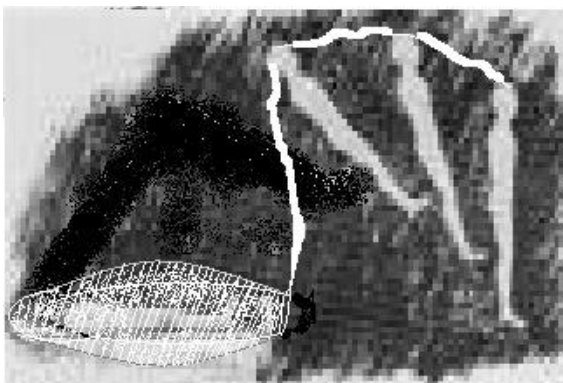
In any case, to better defend yourself from the danger that Larvae pose, there exist special instruments like talismans and pentacles which are traditional tools of the esoteric science.

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### Third phase

You will reach the third phase not before three months of successful exercises performed in the second phase; progressively you will encounter less difficulties as you start to personalise your technique.

Your reaching this point is already an exceptional result. The problem is not that of obtaining a result but to not become discouraged and to proceed with a certain constancy and determination. Many who have reached this level did so only after a year of hard and methodical work.



Now you are at point where you can plan a longer voyage, so that you can further distance the astral body from your physical body, to at least 400 meters.

Start with the usual respiration and go ahead with the relaxation techniques that you have already learnt. When you have reached a stage of deep relaxation and the complete loss of your tactile sensations you will need to start to weave around your body a sort of defensive cocoon.

To do this visualise a golden string that is coming out of your “third eye”. Wrap your whole body with this luminous string starting from the head and in a clockwise direction. Slowly construct this

ball that contains you, wrapping yourself to your feet. Hence, wrap your body downwards and upwards until you have the sense that you have completed the task without having left any holes. Imagine yourself within this reassuring shield of luminous energy. Relax, and prepare yourself for the exit.

This time first your feet will exit: with your thought you will create a small hole at the bottom of the cocoon. Slide through this hole that will finally be closed by the umbilical cord that will follow you throughout your astral voyage.

During your astral travel your physical body will be defended by the envelope that you constructed. If in the astral you look at your physical body it will look as if it is contained within an impenetrable golden egg.

In this phase your perception will be better, more intense and potent. Now you are ready to do more complex experiments, using your newfound ability to penetrate objects.

In astral travel you have a total vision of any object, you see all its faces simultaneously. With a little practice you will be able to penetrate and pass through objects and understand the nature of matter.

In this phase, in fact, you will be able to pass through solid walls and to enter into physical objects and pass through them without any problems. You will be able to easily exit through the roof of your home and start to distance yourself. It will seem strange to you that you can fly and you will frequently feel a necessity to walk. These are all solutions sought by your mind to more easily accept what you are doing in this unusual state of awareness.

You will even be able to move rapidly, guided by your thought. Follow a path that you have previously planned: in this phase it is easier to go to places where you have already been physically. When we move on the physical plane we leave behind us a subtle trace, as if we had a tiny cord that extends out to infinity. From any point of our existence it is always possible to reascend in a subtle way this cord. For this reason, during astral travel it is much easier to go to familiar places that have already been traversed by our physical body.

After that you will be able to reach places that you indirectly know either through movies or photos. Therefore, it is useful to have a reference point or a witness.

It can happen that you end up in completely unfamiliar places, but you will experience difficulty in orienting yourself. At first, your mind will tend to refute this experience as part of its defensive mechanism. Nevertheless, this could produce that particular phenomenon known as “déjà-vu”, that is, a sensation of already having been in a place that you are visiting for the first time. This phenomenon can have many explanations: for example, the mind tends to associate similar memories and events, or, you may have seen in a dream something similar that the mind tends to recognize. However, in some cases, it could be a recall of an astral visit.

At this stage many things will still seem strange, and many other things you will be unable to perceive, but from this point onwards, it is a crescendo of extraordinary experiences and new discoveries.

The duration of the exit can last about twenty five minutes. The duration of the “re-entry” will be three or four minutes, during which time, the umbilical cord will be completely reabsorbed.

From this phase and onwards new horizons are opened. The successive level of training cannot be explained in a book, because it is of a more practical nature, guided directly in the astral, within astral classrooms, prepared specifically for study groups, suitable to access superior dimensional levels.

## 10. Experiments

### Complementary techniques

To the astral travel exercises covered in the previous chapter it is possible to add some particular techniques, that can help you in the exit or permit you to reach a further distance from the physical body. You can experiment following the methods discussed deciding whether you wish to incorporate them in your technique, or not; they are simply expedients that can more or less be attuned with your own practice.

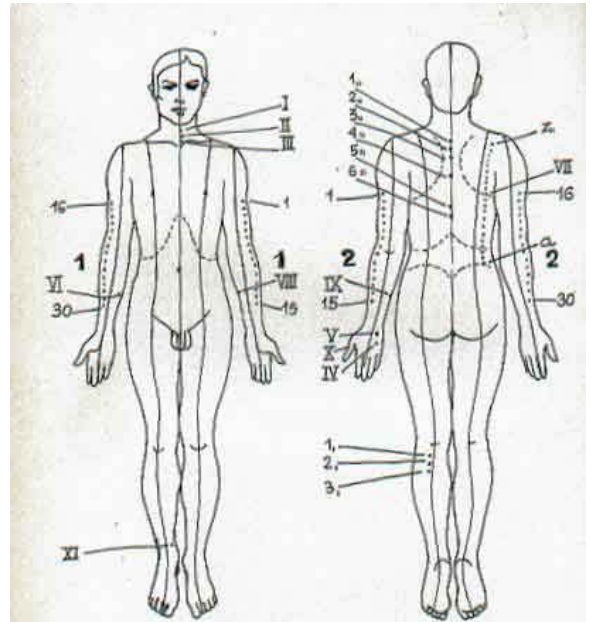
These techniques must be applied using the procedures that you already know.

#### The skin plaques method

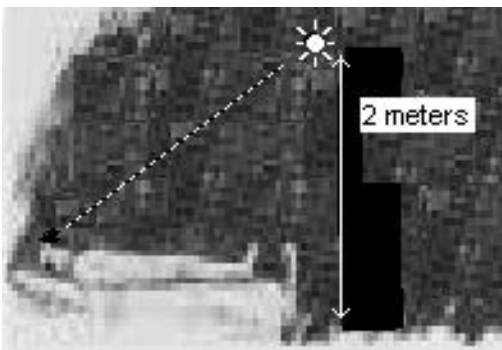
On the skins surface there exist various various points, the so called plaques, that if stimulated in the right way, will provoke a response on the internal physical organs, or an emotive response, activating paranormal faculties. The points are situated on the meridians and the parallels known to oriental medicine.

Regarding the faculty that allows astral travel, the point to stimulate is found on the inner tip of the ring finger.

Lightly rub this part of the finger using the nail of the thumb, simultaneously on both hands, in a continuous and uniform manner with a movement from the tip towards the palm and vice versa. You can do this during the blue wave exercise in the relaxation phase.



#### The blue light method

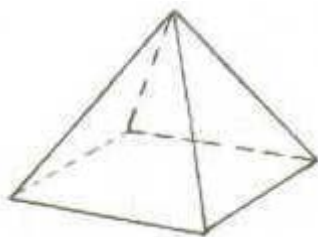


In addition to the base techniques, place vertically above your feet, at about two meters of height, a blue led light, a little displaced towards the left, perhaps resting on a shelf. During the relaxation phase and the blue wave exercise open your eyes and look with close attention at the blue led light. It is important that you are in a pitch dark room, so that all you can see is the blue light. After a while close your eyes. Then reopen them and look again at the led light. After a while reclose your eyes and then reopen them with the sensation of having difficulty in reopening them. Keep doing this procedure slowly and repeatedly, maintaining yourself relaxed and reaching a state of quasi-hypnosis.

At a certain point you will have a sensation that the luminous blue light is moving. Follow that light with your eyes and imagine yourself reaching it. In practice, you are already “out” of your physical body, that is below you laying with eyes closed: you are moving with your astral body and it is with your astral eyes that you are seeing the light, attributing to it movement - in fact it is you moving. It's a process of automatic and unconscious exit, because it occurs in a hypnotic state. In fact you won't be able to distinguish when your physical eyes have ceased to reopen from the time when your astral eyes begin to perceive the blue led light, that, in addition to moving may also seem to be expanding and mutating in colour. This is the signal that you are in the astral.

### Use of the mental pyramid

Another extremely useful technique is that of the mental pyramid. During the quadruple breath technique, before passing into the relaxation phase with the blue wave, construct with your thoughts a pyramid directly above you. It must be a purple colour, with a square base, and one side facing north. Place the pyramid above you so that if you imagine the mirror image through the base, the vertex just touches your solar plexus. When you have constructed it and you can fully visualise it, forget it, and dedicate yourself to the relaxation and the completion of your exercise: when you are in the astral you will be able to see it clearly on your physical body. This pyramid has a sucking effect, as if it is aspirating your astral body from your physical being.



If you have an adequate environment within which to do this exercise, you can even physically build this pyramid. You just need the structural form. Construct it in copper and hang it from the ceiling, respecting the right height from your solar plexus. It can be of various sizes, small or big, but the dimensions need to respect the proportions of the great pyramid of Cheops in Egypt, such that, the angle of elevation of the side rises at 51, 51°.

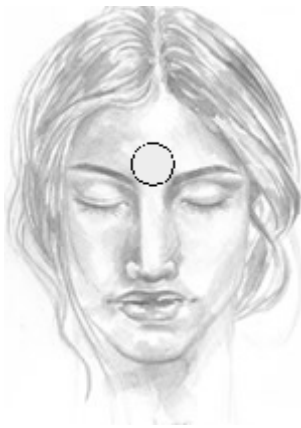
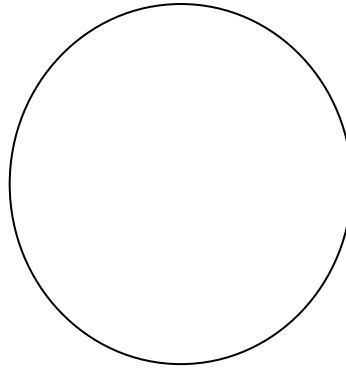
A sufficiently ample structure can be used as an instrument to attain relaxation and regeneration effects. In this case you will lay down within the structure as shown in the image here given.



### The yellow disk: technique to cover large distances

From the third phase and onwards, it is possible to reach considerable distances in the astral travel. For the first three months it is better to limit the distance travelled to four hundred meters; but after, it will be possible to travel further, to finally, being able to reach any point on the planet, even instantaneously. The extreme limit represented by this level of astral travel is that of the earth's atmosphere, that represents a sort of vital aura of the planet.

In addition to the instruction given for the third phase, it is possible to apply the yellow disk method. After the quadruple breath, instead of proceeding as usual to the relaxation phase with the blue wave technique, proceed to a deep state of relaxation and visualise on your forehead a lightly placed yellow disk with the dimension of that shown below.



You need to feel the pressure from the disk right on the forehead corresponding to the location of your “third eye”. When you have reached a point of visualising and feeling the presence of this yellow disk, start to rotate it in a clockwise direction - one rotation per second. Slowly, in addition to rotating on itself the disk will distance itself from you, rotating in front of you in a clockwise fashion and completing spiral like revolutions, always larger. Follow the yellow disk: it is your guide.

For a brief moment it will be this reference point that leads you, until you finally take control of its movements and guide it. You will notice a immense sensation of rapid movement. You could even reach extreme height.

At the moment of re-entry you will direct this yellow disk in the direction of your physical body (you need only imagine it).

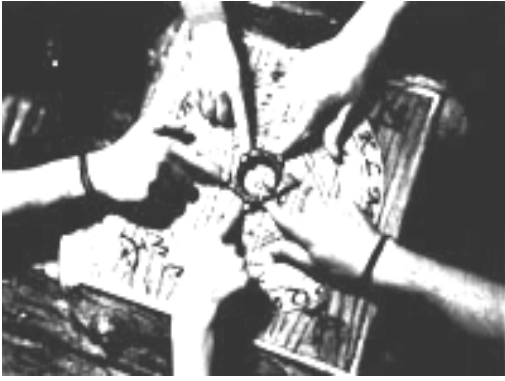
When you have re-entered you will recompose yourself with calm, using the red wave exercise. Before getting up, remain for a while perfectly relaxed and count until three in your mind. On the third count suddenly make rigid your entire body. Tension the muscles in your: legs, feet, arms, and make firm fists with your hands; shoulders, pectoral, abdominal and back, neck, the forehead and cheeks; squeeze your eyes and grimace your teeth. Stay like this for a moment; then suddenly release all and return to state of perfect relaxation. Repeat this sequence three times. This exercise will help you to reactivate well all your bodily functions.

## **Astral travel and spiritism**

When you have reached acceptable results, and have acquired a certain proficiency in orienting and moving yourself in the astral you can try the following interesting experiment, that requires however, the help of a group of spiritism.

A spiritism group is a research group that knows how to create and contact subtle entities, utilising appropriate and serious methods. We cannot here explain any further. In any case the experimentation consists of the fact that you will intervene during the seance, occurring in a far away place and reached by you through astral travel, acting the part of the entity and communicating with the medium or through the oui-ja board.

Operating with the thought, place your astral hand on one of the hands in contact with the “planchette” (the plate) and orient it towards the letters of the alphabet in such a way as to form



your own name, and a message that you had already decided to transmit, so that you can check if its working.

If the hand that you have placed your astral hand upon is suddenly removed from the “planchette” it means that you have charged too much energy in a single point. It can happen that you will feel sudden sensations of warmth or cold. In that case, stop the experiment and try again later. If on the contrary everything is proceeding as expected with your astral face get closer to an ear of a person in the group, and “speak” to them as you would in everyday life.

You will be perfectly understood, and you will be able to hear clearly the questions that they ask you.

This is a very important experiment, both for the person in astral travel and for the medianic research group. With practice, and increasing your level of trust in the research group, you can develop good possibilities to communicate over long distances. However, your participation in the seance is not to exceed five minutes.

To reach a group of people during a seance can also be a moment to recharge your energy: in this way you can extend the time and distance and the umbilical cord will require elasticity and brilliance. In this case, the people in the group need to know how to direct energy to you, without putting themselves at risk. It is a very delicate procedure that should be only performed by expert operators.

## **Possession, projection, bi-location and materialisation**

Even if the objective is to explore other realities, it is possible to interact in various ways with our own current reality. For example, at a certain level, you can enter into the body of an animal and induce them to perform specific actions, or even enter into the body of a person that is in a state of hypnosis, or sleep walking, and induce them to make certain movements. Naturally, there exist ethical and spiritual limits that fortunately render these techniques, which are very complex, reserved to only those that have reached a certain level of knowledge and spiritual elevation.

There exist various astral travel techniques that permit the subtle body to become denser and that allows the appearance of lights and images to finally produce real apparitions at a distance, or even, to enter as an oniric image into somebody’s dream. It is even possible to create sounds or images that can be registered or photographed. At an even higher level, it is possible to materialise forms, to move physical objects or to give density to the image to finally produce the phenomenon of physical bi-location.

When it is possible to develop techniques of apparitions at a distance the flow of energy from the battery, the physical body, is compressed and made denser. It is possible to project images of oneself simultaneously in multiple different and far away places. In many traditions we hear about saints, shamans or healers capable of visiting many people even in far away places: they are using these faculties.

Even if, “spiritually” we are talking about very elevated levels of consciousness, “technically” we are still in the context of astral travel in the first phase, in that, we are using the reality of our material plane of existence.



## The synchronic lines and travel in space

The Synchronic Lines are great rivers of energy that surround our planet and connect it to the universe. Along the synchronic lines the evolution of life and of human being develops and the main events, which are able to synchronically orient forms and their transformation, grow thick. They are the “highways” on which thought-forms and ideas travel, through which incarnating souls (organized complexity), transit.

These lines are connected to each other and cross the whole universe. They create a communication net between worlds, stars and galaxies where the complexity of life is present.

The synchronic lines of our planet are organised into a network comprising nine vertical Lines and nine horizontal Lines, that the ancient Chinese called the ‘Back of the Dragon’. The Earth is crossed by eighteen **principal lines** (nine in a North – South direction and nine in an East – West direction) and by numerous minor ramifications. These lines don’t completely run on the surface of the Earth: they outcrop only in some places. Their passage is most of all hypogean or airy.

It is possible to use the principal lines only by “entering” the minor lines that cross the planet in a dense but non uniform way. The synchronic lines are the main roads of life used by Magic. They are flows of energies able to catalyze cosmic forces.

The history of humankind has often been conditioned by these lines: movements, migrations, building of important towns, commercial knots and religious centres, political and war-strategies. The use of the right magic knowledge enables us to send or receive information and thoughts from all over the world, even from the cosmos. It also permits us to program reincarnation and to travel in the space.

Close to the synchronic knots (the “chackra” of the planet) we find those places defined as “sacred” as they are the confluence and meeting points between dimensions and the different states of conscience.

Through the green world, synchronic lines receive and send signals of complexity and of life from and to the whole cosmos, especially during the summer solstice.

The synchronic lines create points of energetic attraction for our subtle bodies, and frequently they provoke an almost instinctive form of astral travel.

When we travel in the astral it is possible to see the synchronic lines: they present themselves like enormous tubes, like large oil pipelines that emerge from the earth reaching very high into the sky dipping and turning like a roller coaster and can even fall into the ocean and then reappear etc.

Those that find themselves in astral travel are attracted by these lines, as if instinctively our subtle bodies seek to connect themselves to them, to extract information. Some instinctive forms of astral travel come about out of a persons necessity to nourish themselves with energy and knowledge, wich can be detected in these flows. We can hence collect important information, it seems that we can remember and that our mind does not re-interpret this information in a reductive way.

However, it is absolutely impossible to “enter” the synchronic line, at least at this level of astral travel, nor to send voluntarily specific packages of information that we want to circulate in the

human minds of society. In this case, in fact, there is used a very complex alchemic and magical technology, that is beyond the scope of this book.

“Entering” in the synchronic flow of the lines means to be able to even travel outside our planet and to reach other inhabited planets. This means you will be able to travel through space and visit other worlds, and even possessing alien bodies and/or perhaps borrowing your body to someone else for a period of time: this is what we call real space travel, not that with “space ships”...

The same discussion, at various levels, is applicable to the inter-dimensional travel or to travel through time.

### **The astral “vehicles”**

In certain places, through suitable geometric shapes and charged signs, it is possible to construct true “vehicles” that are capable of traveling in the astral planes. These vehicles can be driven by a single person, but are more suited to being driven by a real “flight” crew, numbering four to six people, such that, they are able to co-ordinate a group astral travel, and to assume different functions within a sort of astral space ship.

What is created is a macro-entity in movement capable of exercising extraordinary faculties. The vehicle can act on the astral and if necessary provoke a thickening of the energy field, enabling it to also operate on the physical plane, and render itself visible like a real UFO. The vehicle can connect to the synchronic lines, and travel across ample distances through space in a very short time. Astral travel in this way is however a very specialised area of practice, requiring much experience and a deeper esoteric training than what is presented in this book.

## 11. Evolutionary aspects

### The “little death”

The astral voyage, practiced at a certain level, can have applications that are not only purely of an experimental or academic interest: for example, some healers can utilise the technique of astral travel to cure people or to examine the psycho-physical state of a person even over large distances.

As we have seen, it is possible to participate in medianic seances or extract energy or knowledge from the astral libraries – for example the *Akasha* - or synchronic lines. However it should be realised that your evolutionary growth is not directly related to the development of paranormal faculties, but rather it is your particular evolution that permits you to make a real discovery and an intelligent and controlled use of the real superior possibilities which exist within.

From the evolutionary point of view, astral travel helps us to comprehend our eternity and permits us to overcome the fear of death. In the astral we indeed become aware of how myopic our view of reality is and how far reality and our conscience truly extends – beyond mere material appearances.

Astral travel and death are very similar: when a person dies they evidently go into some form of astral travel with the same mechanisms of exit that we know. In this case the physical body has exhausted its vital aim of living, so the astral body and the various subtle and spiritual parts are destined to permanently abandon contact with the body and material reality. Of course at this point the umbilical cord slowly dissolves itself. The person remains in the astral plane for around seventy days after the physical death after which its spiritual essence abandons completely this plane of existence to reach the “dimension of death” and normally to prepare itself, according to complex and diverse processes, for the next incarnation.

During these seventy days, the person travels in the astral and hence can be “seen” by others in a state of astral travel or contacted by spiritic groups through the medianic seance - we strongly discourage this type of contact.

Those that practice planned astral voyages know what happens during death and hence will be better prepared to front this delicate and important moment in one's life, which normally is a moment met with great fear. Those that learn to “exit” using astral travel techniques will also be able to cut the cord with life in the final moment, and front death with awareness and dignity.

### Energy, emotions and daily life

The strength of your astral travel and the possibility to reach progressively superior levels depends on the vital energy that you are able to invest in the various phases of your trips, monitored via the observation of your silver cord.

At this level of experience we have seen that the projection of our physical senses permits us to orient and move ourselves, but we also know that the aim of astral travel is not that of imitating what we do in our daily lives, but to permit us to explore new perceptive possibilities and amplify our horizon of reality.

The next step in respect of the use of the memory of our physical senses, is that of training a more subtle sensitivity: a sensitivity that is more compatible with the environment in which we live. We are talking about our emotions.

Our emotions can be used as if they were senses and can give us much information on the astral environment and our energetic state. There have been classified some principal or basic emotions that are easily identified that permit us to know our own level of energy, and other information on the astral world that regard the second phase of knowledge.

If, during the trip, you feel a positive sensation it means that you can sustain well the experience within the astral environment that you reached. If on the contrary, you perceive an uncomfortable sensation, that corresponds to negative emotions, it is a signal that you have an energy deficit that will limit your possibilities.

The observation of your emotions can arise in real time, during the astral trip, or even on our re-entry. This is why it is important to annotate your diary the emotions felt. If we live negative emotions it means that we cannot sustain or pass the current level of experience.

How do we create energy?

The energy we are talking about is “vital energy”, that is, the energy used for our vital processes: physical, psychic, social, relational, creative and more. Hence the source of energy is our own life; our behaviour; our mode of being, living; relationships with others; and the way in which we approach the many events of our life, in summary, our way of growing through the experience of our existence.

The accumulation of vital energy is hence a phenomenon that we can define as “spiritual”, meaning by this word the effective capacity to self improve ourselves through life’s experiences. It is not a question of “morality” but of deep values that we can discover within ourselves – despite any religious or other external ideological beliefs.

A negative emotion corresponds to an energy deficit, and this specific lack of energy in turn corresponds to a certain mode of behaviour. Modifying your behaviour in daily life you can close this energy deficit.

To know the various emotions you need to exercise a little and to apply auto-observation techniques, meditating on the various sensations that reach you.

Analyse closely the table in the following page and try to apply the suggestions given on the basis of the energy deficit which you are facing.

**Positive emotions**

**Negative emotions**

**Action**

Sense of completeness

Incompleteness.....

In your daily life try to be more positive and proactive. Act with initiative and a sense of responsibility, catching the synchronic opportunities.  
*Key word: ACTION.*

Happiness

Unhappiness.....

Try to be more constant and be consistent. Give continuity to your actions in order that they be efficient and significant.  
*Key word: CONSTANCY.*

Love

Hate.....

Learn to give meaning to things. Don't be superficial. Give an ideal sense to your choices and whatever you do.  
*Key word: DEPTH.*

Sweetness, tidiness

Hardness, loss, separation...

Try to make yourself more accessible and conciliatory. Give stability to what you have achieved.  
*Key word: OPENNESS.*

Diffuse joy

Pain, suffering.....

Try to be determined. Explore new possibilities. Have courage to make changes. Be innovative.  
*Key word: CHANGE.*

Beauty, art, sharing

Ugliness, Solitude.....

Try to be creative. Make your life more artistic. Fantasy. Observe things from a range of point of views.  
*Key word: CREATIVITY.*

Certainty, comprehension, security

Fear.....

Develop your capacity to front unforeseen occurrences and new events. Try to be more adaptable and ready for change. Learn to manage uncertainty.  
*Key word: ADAPTABILITY.*

Curiosity, knowledge

Suppressing, oppression....

Transmit to others that what you are and that what you know, without fear, with generosity and love.  
*Key word: ALTRUISM.*

