



ASTRAL PROJECTION

THE OUT-OF-BODY EXPERIENCE



OSBORNE PHILLIPS

THE COMPLETE GUIDE TO ASTRAL PROJECTION & THE ASTRAL REALM

Come out and play! Meet astral friends and spirit helpers, gain insight on past events or possible futures, and experience freedom and adventure you've only dreamed about.

Astral Projection Plain & Simple teaches you how to project easily, naturally, and safely. This complete guide is comprehensive in scope, with step-by-step instructions for both basic and advanced techniques. You'll discover many ways to learn, create, and simply have fun on the astral plane, including how to:

- Perform astral healing techniques
- Develop your psychic potential
 - Create an astral "watcher" to gather information
 - Increase your creative and problem-solving abilities
 - Experience astral love and sex
 - Encounter beloved pets who have crossed over
 - Travel through time to explore past eras and places
- Meet elementals - the "native inhabitants" of the astral realm

Osborne Phillips (England) has been involved with paranormal disciplines for thirty-six years. He is an acknowledged authority on the Western Mystery Tradition and is Grand Master of the esoteric Order Aurum Solis since 1977. He is the coauthor, with Melita Denning, of seventeen books, including four best-selling books in Llewellyn's Practical Guide series.



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**ASTRAL
PROJECTION
PLAIN & SIMPLE**

*. . . spiritual teaching which is right for
you will generally hold one drop of
wholesome bitters in the sweetness. It
will call you to rise a little higher than
you wanted to go just yet. That may be
the very reason you needed to hear it. . .*

- Osborne Phillips

About the Author

Osborne Phillips is a long-time student of the occult, involved with paranormal disciplines for thirty-six years. He is coauthor, with the late Melita Denning, of a number of books in Llewellyn's Practical Guide series, the Magical Philosophy series, and other titles.

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2003

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Astral Projection Kit

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Deep Mind Tape for Creative Visualization

Practical Guide to Psychic Powers

Practical Guide to Psychic Self-Defense

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Foreword

Whoever you are, wherever you are, there's a great life waiting for you - a lot of great lives - and you don't have to die to get them. That's part of the wonder and splendor of it, and it's waiting there for you now, at this present time.

Come out and play!

Perhaps most of your days you sit at a desk, your moments of daydreaming spent in counting the months and the dollars to the glowing annual burst of vacation freedom.

Perhaps you are a homemaker, putting up a secret struggle to keep those wide horizons of imagination open for yourself and your partner until the kids are grown.

Or your job may involve lots of travel, and you may just long for the time to explore some of the places of which you catch such tantalizing glimpses. Or you may be an astronomer for whom the far sight of the cosmic glories is no longer enough. Or you may be a prisoner to a hospital bed or to a wheelchair. Or you may, for that matter, be in jail. Or you may be simply a dreamer, wishing your dreams could be something more than only dreams, with all their fantastic happenings.

Whoever you are, come on out!

Another kind of freedom?

It may be another kind of freedom that you long for. You may have read books on religion, on philosophy, psychology, the occult - any or all of these subjects - and you may have wished very deeply that you could see beyond the conflicting viewpoints, to have your own experience of the unseen worlds, to be able to draw your own conclusions on these matters.

Is there life after death? - you may have asked yourself.

What about reincarnation?

Who am "I"? Who have I been? What can I become?

What can I do to help myself? To help others?

Can I do these things while making the most of my present life?

You can discover the answers to these questions and comprehend them in terms of your own living experience.

This book: what is its "line?"

This book does not set out to teach any particular system of religion or of philosophy, although if you have knowledge of a particular system you may, through this book, gain insight into some of its underlying truths. This book sets out to take you into the great psychic art of astral projection, an art that is a natural part of your birthright as a human being.

It is as natural as the will to live. As natural as dreaming. As natural as the impulse to self-expression in image-making, dancing, music, acting, every creative art.

It is as natural as the certainty that we ought somehow to be able to fly without aircraft: the certainty that brings to dreams of free-flying such a deep feeling of happiness and fulfillment.

Your potential

Discover how much astral projection offers you. It will show you the reality of much that had seemed beyond human vision and knowledge.

It will open up for you the mysteries of the past and the future. It will whirl you to unsuspected heights of sexual ecstasy and fulfillment. It will empower you to explore the wonders of the world, to look into the marvelous potential of your psyche, to help others overcome the seeming limitations that beset them; and it will give you access to the shining vistas beyond - the infinite levels and dimensions of the astral world.

1

What Is Astral?

The range of the astral world • Etheric sight

- *Your astral senses • Astral boundaries*
- *Body and psyche: built-in safeguards*
- *Astral substance: one kind only • Astral wholeness*

The astral world or plane covers a wide range of reality. In its highest reaches it gives form to what is spiritual and helps make a thought thinkable. At its lower levels it is so close to the physical universe that a dividing line cannot easily be maintained. It includes our astral bodies, the soul-stuff of the individual psyche.

Etheric sight in ordinary consciousness

The lower levels of the astral world are sometimes termed "etheric." Many people, without leaving their physical body at all, can make use of "etheric sight" - the power to see the colors, forms, and living beings of at least the lower astral levels. With practice, you can almost certainly cultivate this power of seeing. It is a knack. It has nothing whatever to do with the sharpness or other aspects of your physical eyesight. It has nothing to do with virtue, either. Sometimes people

who declare they can see nonmaterial beings are treated as if they were claiming to be holy, or somehow spiritually gifted. In fact the only virtues needed for etheric sight are attentiveness and open-mindedness.

Certainly the level of one's awareness of the astral is governed by one's state of inner readiness; but that too can be developed, and aspiration generally grows in proportion to the knowledge of something to aspire to.

The senses in astral consciousness

When you are out of your body you will, of course, see, hear, and be generally aware of what is around you. Every manifestation of being is real and palpable at its own level. If you travel astrally at the level of the material world you will see it as it is at that time - if that is what you wish - although you are likely to perceive more of its past, and perhaps of its future, than earthly traveling would show you. As an astral being you will be able to pass directly through a solid earthly wall or closed door with no trouble, no matter how solid or closed it may look.

At some time when you are out of the body, however, you may well encounter some high astral boundary that is not for you to pass as yet - for it, being astral, too, and of a higher astral potency, is solid and effective at astral level.

Body and psyche

Not to get too technical: "you," an intelligent consciousness, are the unifying focal point in a combination of body and psyche. Body and psyche alike follow your conscious will to a great extent, but both have their deep reticences - areas in which they pursue their own life outside your knowledge or control.

When you, the intelligent consciousness, fare forth to out-of-the-body experience, how much of the psyche is thus temporarily separated from the main organism? It feels to you just like your physical body. Is it, then, your entire astral body, the totality of your animating soul-stuff?

No, it is not! You can depend upon your breathing and heart-action to continue steadily while you are out; and you, the roving consciousness, however remote and adventurous your travels, never lose your way back. Like the hero of a thriller, you always get home safe again. All these safeguards are functions of the stay-at-home part of your astral body.

Traveling light

At the same time, your consciousness does not go out alone and naked into the astral world. It needs - *you* need - a certain amount of astral substance to gather impressions and information for it. Astral substance performs this function very well, as it habitually mediates between the physical nervous systems and the psyche.

Inevitably, too, this astral substance that fares forth with your consciousness, since it comes from the instinctual and emotional region of your psyche, will carry some of your customary feelings and reactions; all of which helps to make you feel complete and thoroughly yourself in your travels.

Fortunately, any person in a tolerable state of health has more than enough astral substance to spare, without robbing what is needed to keep the body's necessary services running meanwhile. Your astral body is, in any case, continually giving off small quantities of its substance and replenishing from outer sources; a person in vigorous psychic health, even without great bodily strength, gives off so much astral substance that even bystanders may perceive it: "electrical vitality," or "vibrant personality," they comment.

The probability is that when you first begin to project your consciousness from your physical body, you'll take considerably more astral substance with you than you need.

With more practice you'll begin to travel light.

The soul-stuff is remarkably elastic and expansive, and a small portion of it is enough to give an experienced astral traveler the feeling, and far more than the faculties, of the earthly body.

Astral substance: one kind only

The part of the astral body most closely engaged with the physical body is described as the "gross astral," on account of its greater density. Gross astral substance as such is not usually taken for purposes of projection: it may be taken by accident, as by a beginner, or for a specific purpose, as a physical medium can do to ensure its visibility to a minimally clairvoyant audience.

This does not mean however that gross astral substance is essentially different from the general kind. Air at sea level is not essentially different from air on a mountain peak. The air at sea level is denser, but if the wind carries it to the high peaks it becomes at once as rarefied as any other air at that altitude. Astral substance is far more elastic and more swiftly circulating than air. To say therefore that gross astral substance is not usually taken out by the experienced traveler is not a statement as to the *part* of the astral body from which it is taken - the astral body does not really have parts - but simply refers to the condition of the substance when taken out.

The same all over!

The fact that there is only one kind of astral substance has some interesting and exciting consequences.

Each and every organ of your physical body - eyes, nose, ears, and so on - has its counterpart in the astral body. This does not mean that the different areas of your astral body are limited in function like the corresponding parts of your physical body. The whole of your astral body, or any particle of it, is capable of discerning whatever can be seen, heard, or otherwise known by the physical senses - plus, of course, its own world of purely astral perceptions.

This means a lot of good things.

Astral well-being for everyone

To begin with, it means people who are physically deaf, or near-sighted, or have any other bodily disability whether slight or serious, need not carry over that disability into their astral experience.

This needs to be stated emphatically: sometimes, from sheer force of habit, people go on assuming they have this or that disability even in their astral life, and they can need a fair amount of determination and practice in the astral world to be free of it. When they can do so, however, this naturally adds a lot of joy to their astral traveling - and also, whether the physical disability is lightened or not, the spells of awareness of astral freedom can improve considerably the quality of their earthly life.

This applies even to amputations. Your true astral body is whole, fit, and strong; it is a body of light and energy.

Certainly in your astral travels you may meet with lame people, people with scars, and so on. That probably means they still have to realize they are truly free and independent of all bodily mishaps. But it can also be that they've come to regard these blemishes as signs and features of identity, and would not travel without them.

Still, you should always remember that in the astral world no one is bound to any physical limitation whatsoever.

Thrilling!

This all pervasive, high-level perceptiveness and sensitivity of astral substance confers other benefits, too, upon the traveler. All experiences are enhanced, not only because they are liberated from the possibly dulling effects of earthly sense organs, but also because your perceptions are not limited to definite sense organs at all.

If you hear astral music for instance - and there is incredibly enchanting astral music to be heard - you will not simply receive it with perfect astral ears. You may concentrate upon hearing it with your ears because that's the way you are accustomed to hearing things, but in reality you will be hearing it with all the substance of your astral vehicle.

Similarly with the astral perfumes, delicate yet wonderfully refreshing, which psychic people try in vain to describe in terms of earthly flowers; and a part of their invigorating power lies in the fact that they are not merely inhaled, your entire astral substance is receptive to them.

And so with all else, subject only to your will and attention.

2

Cosmos and Psyche

*Four levels of the universe * The Neo-Platonist View*

- *The material, astral, mental, and spiritual worlds*

** Our participation in the worlds*

- *Levels of the psyche involved in projection*

Our universe in its entirety is, in western esoteric thought, discerned as being made up of four "worlds" or levels of being. In ascending order, these four levels of existence are:

- The material world.
- The astral plane.
- The mental realm.
- The spiritual dimension.

The great Neo-Platonist Plotinus (A.D. 203-269) defined these levels as:

- The world of matter.
- The lower soul-world, the actual "soul of the material universe," that looks downward to matter.
- The higher soul-world, that looks upward to Nous.