

Astral Projection

Made Easy

By Marilyn Hughes

The Out-of-Body Travel Foundation

<https://outofbodytravel.org>



William Adolphe Bouguereau 1825-1905

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For information: The Out-of-Body Travel Foundation!
<https://outofbodytravel.org>

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Having worked primarily in radio broadcasting, Marilyn Hughes spent several years as a news reporter, producer and anchor before deciding to stay at home with her three children who are now grown. She's experienced, researched, written, and taught about out-of-body travel since 1987.

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INTRODUCTION

Use each page as a daily affirmation towards your practice of astral projection. Use this book as a meditative tool in your practice. Contemplate each course of action deeply until you fully understand and have taken them in energetically.

CHAPTER ONE

Preparation for Astral Projection

Seek the Silence

Shut Out Noise

Set Aside Self- Serving Motivations

Seek the Will of God Alone

Humble Yourself

Approach the
Path with Serious
Ardor

Approach the
Path with Deep
Respect

Anticipate the Need for Mystical Training

Anticipate the Need for Discernment

Wait Upon the Lord

Cultivate Patience

Understand the Purpose

Anticipate Dry Periods

Cultivate an Attitude of Service

CHAPTER TWO

Purification

Engage with

Prayerful Fervor

Prayer - is Asking
or
Supplicating God

Detach from Things of the World

Examine your Conscience

Examine the
Action of the
Seven Deadly
Sins in your Life

Seven Deadly Sins: Pride, Envy,
Anger, Sloth, Avarice, Gluttony,
Lust

Examine the
Action of the
Seven Virtues in
your Life

Seven Virtues: Chastity,
Temperance, Charity, Diligence,
Patience, Kindness, Humility

Counter your
Vices with
Virtuous Acts

Renounce Inferior
Acts and
Embrace Superior
Acts

Contemplate
Remorse and
True Contrition

Energy Follows Course

Energy will follow your actions. So the more work you do towards virtue, the more energy will of itself amend to a higher vibration. That is the law of eternal energy.

Exercise the Soul to the Next Level

CHAPTER THREE

Meditate, Contemplate and Practice

Meditation - is Listening to God

Contemplat - ion
- is Seeking to
Know God

Practice - is
Seeking to be in
the Presence of
God

Seek Out that
Which is Quiet,
Serene and
Peaceful

Meditate for as
Much as Three
Hours at a Time

Allow Deep,
Deep Conscious-
ness

Meditate Lying
Down so You
Will not Fall if
You Go Out of
Body

Carry on a
Dialogue with

God as if He is Your Friend

Pray without Ceasing

Lord Jesus Christ, Son of God, Have
Mercy on Me a Sinner

Meditate on Your
Breath, Let All
Thoughts Go

Adore the Attributes of God

Eternity, Goodness, Graciousness,
Holiness, Immanence, Immutability,
Incomprehensibility, Incorporeality,
Infinity, Mystery, Omnipotence,
Omniscience, Providence,
Righteousness, Transcendence

CHAPTER FOUR

Interim Glimpses Before Experiencing

Astral Projection

You May See Colors

Like Purples, Greens and White
Lights in your Eyes as They are
Closed

You May Begin to
be Aware of
Light Orbs

You May Begin to
Become Aware of
Presences

Pay Attention for
Frequency Shifts
that you May
Hear

Listen for
Changes in the
Tone of the Room

You May
Experience
Conscious -ness
Merging in
Realities

CHAPTER FIVE

Preparation to Leave Form

You May
Awaken from
Sleep Knowing
Things are
Happening
You May Recall
Things
Happening But
be Unable to
Recall Detail

These will
Emerge in their
Own Time, it is as
it Should Be

Subconscious
Things are Being
Implanted in
Your Spirit

Dream Activity Increases

Lucidity Increases

Psychic Gifts May
Emerge or
Become More
Advanced

You May
Experience Semi
– Conscious
States Occurring
During Sleep

You May Hear or Feel Buzzing Sounds

These are the sounds and feelings
of the vibrational state as it emerges
within a soul.

You May Hear or Feel Roaring Sounds

These are the sounds of the Astral
Plane.

CHAPTER SIX

Blocks to the Astral Projection Experience

Make Sure to
Empty your
Bladder Before
Meditating or

Sleeping

Don't Fill your
Mind with
Garbage (Too
Much TV, Noise
etc.)

If you do not
Engage in
Enough Solitude,

it Will Make it
Harder

Do Not Allow for
Potential
Interruptions
During Sleep or
Practice

Always Listen to
the Spiritual

Promptings You Receive

They Often Contain Specific
Guidance to the Astral Projection
Experience.

CHAPTER SEVEN

Fears

Death

Separation of the spirit from the body happens to all human beings during sleep unconsciously. You will not die by becoming conscious of the experience.

Dark Side or Demons

There are dark forces to learn about, supplement your learning . . .
. But also ask in prayer to be protected on your first attempts by your guardian angels from any fearful experiences.

Breathing

People can be afraid that they will stop breathing. You will not. Because consciousness experiences breath differently than in the physical body, there can be moments where cessation of breath can be experienced. It is momentary and non-reflective of danger. It's a natural occurrence.

Fear of the Unknown

Prayerfully walk forward, and take one step at a time to allow yourself to take in the new things gradually.

You will be fine.

Afraid of Getting Lost

If you ever find yourself feeling lost, remember that a single thought can take you back to your body and back to your home. Just think of your body or your home and you will instantaneously be transported back.

Being Able to Come Back

You will always be able to come back. And a single thought of your body and your home will bring you back to your body and back to your home.

The Unconditional Love of God

It is powerful and it scares people sometimes. Allow yourself to process it gradually and when you are ready, try again.

Holding onto the Ego

Your separate and individual identity is immediately challenged, as well as, your egoic perceptions.

It's okay, they're only holding you back anyway. Be willing to let them go. Take your time. Take gradual steps between experiences.

Reality Being Threatened

Allow yourself to process these changes at whatever pace works for you. There is no rush. Take in whatever has challenged you and allow it to sink in. Give it a few days before you try again.

Two Biggest Fears

Being Alone with Oneself

People are afraid to go forward in their journey because they realize that they are going to change radically. Being alone with ourselves takes this even further because we will see things which are hard for us to see. No worries. We all have defects.

Normal Reaction to Intensity

When this happens, the level will overshadow anything you've ever known before. Some people react with fear.

CHAPTER EIGHT

Mechanics

You will Hear Loud Roaring Sounds

These are the sounds of the Astral
Plane.

You will Seek to Enter the Vibrational State

Frequency of the spiritis higher
than the body.

Merge these Two States

The Vibrational State only comes when you have gone very deep. This is why you may need at least three hours of practice time to reach this level. When you reach it, you want to maintain the vibration and keep it going at a steady hum.

You will then Link to the Mind of God

This is not something that you can induce, you must allow it. You will suddenly know the answers to all mysteries, and all things will make sense. Rest in this Link.

God's Uncon - ditional Love Descends

Allow it. Rest in it.

Vibrational Raisings May Occur

These are highly powerful accelerations in the actual force of the vibrations.

They will rise and fall, rise and fall. It can be uncomfortable at first, but as you become more accustomed, they become very blissful. Do not interrupt. Allow them to continue until finished for minutes or hours.

You May Roll, Lift or Will

Yourself Out of your Body

Your Senses Will
Originate From
Your Conscious -
ness

You Will See,
Hear, Smell and
Taste From Your
Conscious - ness

You Will Speak
with Thought.

When you Travel,
you Will do so
with your
Thoughts.

Think of a place and you will be
there instantly.

If You Try to
Walk you will not
Get Far.

If you Wade
Through the
Ether, it will be
Very Slow and
Ineffective

Physical Objects
are more Tight
Vibrationally
than Air

You will Learn to
Move Through
Physical Objects

You will Sense
the Reality of
Spirits

You will Hear the
Thoughts of
People

On the Astral
Plane, there are
Overwhelm -ing
Masses of
Thoughts

You May Receive
Information

about Souls you
See

In your Spiritual
Body, Thoughts
will Become
Things

Bring Infinity into
your Reality and
the World

And thus Begins,
the Path of
Purification,
Discrimina - tion
and Discipline . . .

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