

Teach Yourself to Astral Travel

Do we leave our bodies while we dream and explore other worlds? If so, can we learn to do it intentionally?

Alexandra Salkova McKenzie reports.

Have you ever felt there is more to life than we can see? That you are more than just the body?

The ancient Egyptians believed that a person died when their Ka, or vital essence which was part of their soul, left the body permanently but they also believed that this Ka could travel out of the body and return.

They're not the only ones. In the ancient writings of China, Tibet, India and Greece, there are records that our physical body has a counter part – a subtle body, which can leave our realm and communicate with spirits.

OUT OF BODY

Astral travel, also called astral projection or out of body experience, is the separation of our consciousness from our physical self, done either unaware (dreaming) or deliberate.

Throughout history, people have reported spontaneously or consciously leaving their body and travelling through time and space. Many claim to use this phenomenon to access inspiration, wisdom or higher states of consciousness.

Author and metaphysical lecturer Richard Webster said: “When you are out of the physical body, you are free to go anywhere and do almost anything you wish.”

I became familiar with astral projection through practicing meditation and self-hypnosis over the years. Many of my hypnotherapy clients report similar experiences.

Every night when we go to sleep, we leave our physical body and go to the astral plane or to the next levels of existence. There are many worlds and dimensions existing beyond our physicality.

During sleep we are unaware of the separation between our physical body and our consciousness. Whereas, intentional astral travel allows us to be fully conscious and able to explore higher planes of unimaginable and wondrous things.

HOW TO ASTRAL TRAVEL

The best time to practice is just before you go to sleep, or upon awakening. Deep relaxation is the key.

1) Relaxation of body and mind.

Start by progressively relaxing your body. Watch for the feeling of heaviness, tingling or internal movement (spinning). Focus on the sensation. Calm your emotional state and accept that feeling. Relax your mind. Observe yourself breathing. Watch your thoughts as if clouds in the sky. Gradually, there will be fewer of them. Connect to the state of stillness.

2) Intention

Set your intention, something you emotionally believe in and is aligned with your ethics. For example: 'I am consciously aware of my astral travel experience'. Repeat this like a mantra.

3) Separation from the physical body.

Your thoughts, consciousness, or awareness is your vehicle to different dimensions. All dimensions are thought responsive because consciousness creates their reality.

Begin by visualizing your body lying in bed and your astral-self looking down at it. As if you step out of your physical body and look back at yourself.

Think of somewhere familiar. Visualize yourself moving to that location or object.

There are many techniques. The point is to keep your mind away from the body. If you think of your body, you will be sucked in.

You may feel yourself floating, or some kind of movement. Through practice, you will learn to control it.

4) Exploration

Decide what you wish to experience and you will instantly move there. There are no limits.

All energy in this universe is directed by thoughts. Thought is a powerful vibration. Different thoughts correspond to different dimensions. Aim to investigate the astral world and beyond.

If you feel you may panic, create a form of protection. Prior to your experience, visualize a ball of white light or a white pyramid enclosing your body. Visualize a sword and armor to feel invincible. Find a way that works best for you.

Astral travel is a completely safe activity, however, if you are unsure, consider learning with a therapist.

5) Returning

When you feel ready, visualize yourself back in your room. Set the intention or simply think 'back to the body'. You will instantly pop back into your physical body. It may be gentle, or you may feel a jolt, due to frequency differences.

There is no evidence of people losing themselves in other worlds. It is like a meditation, hypnosis or other

healing methods. Your consciousness naturally comes back, or in the worst scenario, you will fall asleep.

BENEFITS OF ASTRAL TRAVEL

Nearly everyone who has experienced this phenomenon wants to do it again.

Through astral travel we begin to see we exist beyond the physical world. We experience that our thoughts create everything around us, and we become masters in manifestations.

We consciously begin to live our spiritual experiences, understanding higher forces of universe and applying the knowledge into our lives. We see our very existence in a different way.

We can transcend space-time, visit historical events or see our own past lives. We can see premonitions of future events. We empower ourselves with direct knowledge of the spiritual, instead of being satisfied with a belief or scientific theory. Importantly, we can look into our thoughts, emotions, belief systems and deeply understand what is behind them, to gain precious knowledge of ourselves. 🌿

For upcoming Astral Travel workshops Level 1 and Level 2, contact Alexandra Salkova McKenzie, Inner Self Consultancy, email alexandra@innerselfconsultancy.com www.innerselfconsultancy.com

To watch an interview with Alex about astral travel on The Awakenings Show, go to www.awakeningsme.com



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