

AF #4

AN OUTLINE OF DEEPER ASTRAL TRAVEL PROCEDURES

Al Fry



Death allows persons to change bodies occasionally and spend a little time in the Astral realms catching up on things they missed in a body. Death as many perceive it as, simply doesn't exist. Persons going over to the Astral realm after the loss of a body usually review what they have done with their lives. They then decide what they wish to do next time around. The persons Soul makes the major decisions but there is sometimes great influence from guides, teachers. These identities will be of either the Free Choice system..or of the reflection or domination. Since both systems are working toward bringing about a paradise on Earth, it is difficult to see any difference for the average person. In the works of A.B.Glaser and further on in this outline you will see the surprising difference. Astral travel can bring deception to the naive. Beings of the 'reflection' pattern may represent themselves as beings of great light and wisdom...where in truth, they are manipulative fakes. You discover their real allegiance by simply asking them whether they are of the 'Real' or the 'reflection'. The one law of the universe is CHOICE and all identities of intelligence must answer such queries honestly, or leave. There are lower level identities that may simply wish to play around with you..or appear as creatures they are actually not, yet you will often be warned inwardly whether there is any danger in such contacts. You will be well served to learn to listen and follow your 'inner' guidance. All types of humanoid & animal forms are encountered in the Astral, and while most are friendly, you want to be sure.... It may even happen that you get involved with higher level space beings or contacts. This can sometimes steer you in directions that transcend physical reality. It is wise to never let this go to far. Many spiritual beings have been locked up for years by psychiatrists, when they ran off at the mouth about their experiences

Astral travel is absolutely safe once you gain a few simple little defense concepts. No other world entities have any power to harm you once you know your rights. Lazyness and lack of application are the major hindrances. Remember then, you didn't learn to walk or talk overnight...and it's just not logical to expect overnight master in Astral traveling. The Astral body is an energy concentration that can be shaped and moved by thought. Since the Astral dimensions are made of wavebands beyond other planes of existance. Time actually exists only in the physical world. It is used by your Minds. You can dream up any adventure you wish in the Astral...Free of time.

Since your minds are restricted to the physical and this planet. It is necessary to shut off what we call the priority mind in going beyond Earth. This is done simply through complete relaxation and dropping well below the 'Alpha' wave levels. As in hypnosis, it sometimes helps to start relaxation in the toes and slowly work up until all your body parts are relaxed. You can then concentrate on building up a charge of manna or energy in the body. Once charged up sufficiently, you can virtual create any world you wish. Your reality will come from your carefully directed imagination & will. You will generally have a sharp vivid awareness during your projection. If you start to lose the sharpness and clarity you started with, your will and concentration are probably slacking off. You may slip into a dream state if you don't start getting in control again. Some persons find that Positive affirmations are helpful before you begin to relax and project. An example could be; " I am shortly going to project to..... I wish to remain in control and not interfere with others choice. Sometimes chanting such affirmations helps loosen up the body vibes & 'set' the goal mode. Mental travel is far less vivid and fun, but it's a great way to pick up distant data without going through so much flight and 'sight' work. Each of your components go out of your body to gain distant data. Some persons have even more than the 3 component Mind components. Their 'alien' components frequently have a base in some other dimension. With such a higher component or your 'SOUL', you can project beyond the ordinary lower astral levels and reach 'home base' so to speak. You then can get re oriented find out what your doing ...or supposed to do on Earth. Many do not want to return 'going home'. It is probably best you set an alarm clock for 15 minutes or so, to ensure this prior commitment forces you back (further data in Earth Report-\$20.)

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AN OUTLINE OF DEEPER ASTRAL TRAVEL PROCEDURES. Part 2

In projecting beyond Earth, there are millions of possibilities. Each plane, system, or Planet can be different. This will require you to be open minded and reasonably strong willed. If you can become a mental explorer on your own, you will be in for great experiences. Virtually nothing dangerous to your existence can occur if you overcome your fear and learn your rights as a child of the true Creator. Even if you do run into problems you can't handle well at the time, it is simple just to will yourself back where you started. Your 'silver chord' can reel you right back....

It requires a bit more build up of Kinetic energy to reach distant Star systems. To get this extra energy, some visualize themselves charging up as they pass through long tunnels of energy before projection. If you can make a mock up of a bent tunnel so much the better. A vortex action increases speed and power. (Refer to report on Schauberger Vortex Principles-\$8.) Some persons have a hard time willing themselves around in the void, so to speak, and may prefer a 'guide'. Just keep in mind that you will probably wind up with a guide of 'reflection' origin, unless you are choosy... Again, all you must do is challenge beings who show, to learn their allegiance.

The last Modern Humans text shows how the Kinetic tendrils of Atoms can extend enough to reach any point in space. It also shows how the Priority Mind energies are held to this planet. You either jump down out of the higher P-Mind resonations, or stay restricted. We humans are simply not going to be allowed to spread our chaos to distant systems. Persons with self control and ethics will have the protection and abilities that affection & intuition allow. The natural protective energy bubble around a body is only opened when we stay in priority Mind mode. Negativity and fear are typical magnets to restriction and problems in this mode. If your 'flow line' intuition warns you against leaving your body or acting in some new direction, follow your promptings. In the end you can only depend on your own warning system.

Our Creator has only one major law and this is the law of CHOICE. All beings of intelligence are subject to this law. If you follow the laws of choice yourself, then you have the right to reject any being who is bothering you or abridging your choice. If entities disregard your command to leave in such cases, they become subject to severe actions...including destruction. If, on the other hand, you are acting in domination or invading the territory of another, you have lost such rights. Following the Golden Rule' generally keeps you in the Choice pattern of action. "Earth Report" covers this subject in depth. Nature spirits sometimes contact humans in a curious, childlike way and since many astral creatures do not have 'intelligence', a 'Choice challenge' will not have affect. Simply remain calm, fair and firm until the confrontation passes. If lower entities suck energy from you & won't leave, simply start mentally draining their energy back. You are always allowed to defend yourself...answering 'like' with like.

Sometimes an 'alien' or very strange intelligence may disrupt your thoughts or energy in complete innocence. You can recover in such cases by simply commanding yourself to 'adapt'. Return to your body if you can't handle the situation. If you get an occasion jolt or shock, no big deal. Insulate yourself mentally.

The Brain tends to erase memories of your Astral projections...unless you ask for memory retention from your minds. The Body brain isn't particularly interested in wandering around the Astral out of Mind based curiosity. It is very easy then to get sidetracked then if you don't keep your attention constantly focussed on your goals. You will slip back in a 'dream' state as soon as you keep mentally wandering from thought to thought. fantasy. Keep in mind that each mind can dream and create Astral worlds. Your EMind may not leave the planet, but it often winds up in one of the 144 thousand worlds of its brethren. Emotions usually get expressed better in dreams. Emotions bring experience. Experience brings recognition and further balance. If you want to pass the 'veils' so long touched on in sacred texts, study the drawings in the Modern Humans work. Immortality can come through such a journey.

Since there is a magnetic bonding force or pull between the Astral & physical body it sometimes takes a lot of effort to get a separation. Some times it helps to will arms or head out of the body 1st. This allows you to pull out the rest of your body. Some persons send a mental beam of energy to a distant point and then pull out their astral body with this beam ..or retractor ray. The body chakras or energy flow points the life energy you need for Astral travel, along what we call the 'Silver Chord'. By using your mental energy, you can shape yourself to any form you wish.

AN OUTLINE OF ASTRAL TRAVEL PROCEDURES Part 3.

Because we have all experienced different pasts and made different choices, we are all different and unique. Each Astral trip we make then will be different or unique from the ones that others take. You may meet others who go regularly to strange 'hells' where lower entities purge themselves through satiation of disgusting appetite...or you may reach realms of beauty and joy. Remember through it all, that each of us is tied to all other life forms through bonds of the Creators affection energy. Some of us may slip around in darkness for a time, but sooner or later we either come to perfection again or self destruct. In entering the Astral world, we open up new vistas and experiences that can aid our spiritual progress. I am aware of persons who crammed many lives of experience into a few short years of Astral experience. Like dreams, these experiences rounded out the character of the individuals in a non physical reality. The biggest hindrance to spiritual growth, is denial of self responsibility. The reflection or dominion systems always offer worldly gain or power through following others and their dominion systems. Years of experience are seldom enough to recognize such systems never work for long. Life after life, we get caught in these 'dead end' systems. In Glasers remarkable Comprehension texts, you can find both sides of the issue. Whole sections of Glasers manuscripts would be 'neutralized' by dominion leaders when his comments were deemed inaccurate by them. Once you see both sides, then, you can make final choices in full knowledge. If you desire to follow dominion systems you will remain a tool for manipulative superiors, Here, or in the Astral.

The great science fiction epics started to open up the perspectives of humanity very quickly in the 70's. Many of the projection concepts and flight procedures were quite accurate. As we go past the machine or mechanical stage, we will learn to use the mind. Our most advanced technology is only a crude mock up of the human body. With the body energy controlled through ethical and balanced mind actions we can do anything the so called 'miracle workers' of the past ever did. You can actually get a head start on all this in the Astral. You construct your own reality in the Astral. If you wish more efficiency, you simply will yourself into becoming a self contained energy ball. You can extend energy retractor beams instead of arms to gather data.

How all this can be done may be a bit perplexing to some, but it should not stop the experiments. Actually, you can easily see that the universes are made up of simple circles of energy. Just as gas, water, and different sizes of material can all fit in one container, so to, it is simple to see dimensions superimposed on each other. In the last Comprehension text, this interplay of matter is clearly outlined. You will also see how simple concentration can rearrange Atom structures into whatever a human can mentally put together. If you focus yourself into a neutral point, you get the same action as that of a retractor or transporter beam in some space epic movie.

There are many techniques to lift yourself out of the physical body. Some persons mentally spin out toward the head. Others roll or pull themselves out with astral arms. To get the extra energy needed to project, it may help to concentrate on the Solar Plexus (Above belly button) or on the Crown Chakra (Top of head) These are where a lot of the bodies energies are stored and collected. Once you get the feeling that it time to try projecting, you can mentally see yourself lift off. Some start by focussing on a small object in a room - and project to it, to start. You may wish to project to your recollection of what a friends room looks like... Whatever will get across your programming desire. A computer needs precise programming & your body components are different in this respect. Sometimes, only the name of the place is necessary, other times you may use symbols or visual pictures. To go someplace you simply put in a clear initiative order to your components. Many persons tend to wander around meeting mock ups of old friends, teachers, lovers, or acquaintances. ESP is often used to communicate. W you, as an advanced seeker may do is get down to serious business and use your exper to bolt ahead spiritually. Amuse and acquaint yourself with the lower Astral regions then go a little farther into the higher levels. Find out why your here and what you can do to progress without having to wait around for more death and birth recycling.

Just as in Hypnosis, you can use the old countdown routine to relax your body. The you can use tunnels or doorways to enter any dimensions or realities you want. If you desire to travel backward and forward in time, great. If your ready and have prepared enough you will do it. (Refer to our publications on Time Travel)

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