

ASTRAL
Projection
AND
HOW TO ACCOMPLISH IT

By: DR. DOREAL

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In this article I want to explain what is meant by the laws of the Astral plane and the pathway that we must follow to get there. Many people say, "If the spiritual is my final goal, why should I attempt to go into the astral plane?" The answer is simple. We might liken the universe to a series of concentric circles, the inner circle of which is the spiritual plane, the next circle the plane of the Divine Mental, the next circle the astral, and the outermost circle our material world plane. To get to the spiritual we have to pass the astral plane - it is on our path. Remember, to become absolutely one with the Universal or Divine consciousness we must be one with all phases or planes of its existence.

There are certain limitations of human words, and expressions in the material world, and we can only express relatively, things of higher planes - we are limited to words of the three dimensional world because of which we often do not give, or convey, a clear picture of what we are trying to say. Therefore we must go to the higher planes to become cognizant of them through our own experience. It is on the astral plane that the Great Adepts begin their teaching - they seldom instruct in the physical body: - first, because they are Neophytes and those that they are working with

may be widely scattered over the earth and do not come to a certain place and stay there with all of their attention self-centered. At the same time they are learning they are also doing, and for that reason the Adept must be able to call his Chelas to him wherever they may be — Miami, New York or London, and if they are not able to liberate the Ego from the physical bondage then they cannot be called together as often as is necessary, and by so doing, the work of the Adept is multiplied, so that not only does the Neophyte receive instruction while at the same time he is giving instruction, or doing a specified work in the world; because everyone, Adept, and Chela, must work and express at the same time of receiving work and experience. After all, it is not just enough to take anything in to our own inner self and retain it — we have to become channels for the expression of the thing. Understanding the necessity and reason for the necessity, then it becomes more of a goal for us to bring about the liberation of the Ego or Soul.

Many people have been frightened about the astral plane — because many in the western world not being conversant with the laws of that plane often make mistakes which act as barriers to them, and prevent them from perfect attunement with the harmony and beautiful things of the Fourth Dimensional plane. They think they have to pass the "Dweller on the Threshold", whom some believe are fearful and horrible entities ready to seize them. Some have had that fear inculcated by teachers, who have had insufficient training themselves, and are totally unfamiliar with the laws of that plane, and who may, by accident, have approached that plane and because of their own fearsome experience have transmitted that same fear to students they came into contact with. Or there are some teachers who have gone to that plane without experiencing anything fearful but they try to hide

It and hold the student back because they do not wish them to know as much as they do, for fear they will lose their power over them. Those are the two reasons which have caused so much fear to be raised about the astral plane.

On that plane there is no negation, but there are certain definite laws. For instance, we know that on that plane thought is creative. Whatever you think IS, whereas on the material world thought may also be creative but it does not manifest immediately. We know, too, that man has an astral body composed of certain radiis or channels and certain spiritual and material centers in that body.

Most of those who have studied the astral realm and astral body have assumed that the astral body leaves the physical body and passes into the Fourth Dimensional plane. We must realize that the astral body is already in the astral plane - it does not have to go there. Why is it necessary to pass into the astral plane when the astral body is already there? The astral is a Fourth Dimensional body. The mistake arises from this fact. Individuals are accustomed to having a vehicle to move about in. If they want to pick anything up they are accustomed to having hands; if they want to walk, they are accustomed to having feet; and if they want to be transported from place to place, they are accustomed to trains, boats, automobiles, etc. Therefore, when one's Ego or consciousness passes to the Fourth Dimension, the first thing they do is to look to see if their body is there, and they see a body. Why? Because their thought created one, and because that body is separated from the physical body and capable of locomotion they assume it is their astral body, when as a matter of fact, it is not; it is only a thought form created by their consciousness on that plane where

thought is creative. The astral body is the very foundation or matrix upon which your physical body rests, and it is through Fourth Dimensional channels that the forces, powers, and energies flow into this body. If they were dissipated, or withdrawn from the physical body, in that instant the physical body would disintegrate.

The physical body is formed around the astral as a nucleus, just as the flesh is formed around the skeleton — remove the skeleton and the flesh would collapse in a lump. Remove the astral, and the physical body disintegrates, because it would have no sustaining force or power. This is contradictory to any teaching in the western world. Those who see a body in the astral plane see it fully clothed. Are we to assume that a piece of cloth which a tailor can sew up with a needle has an astral body? Then why is that body clothed? Because we are accustomed to seeing the physical body clothed and the clothes will appear in a similitude of what we are accustomed to seeing in the physical flesh.

As I said before, the astral body is always on the astral plane — all we do is to change our focal point of consciousness from the physical world to the astral world. Most of us have all our attention fixed on the material world around us. To go to the astral we must do the reverse. We have to center our attention on the astral realm, for it is the focalizing of our consciousness that makes us aware of the astral plane, because as an entity we are already functioning and manifesting on that plane. It is merely that our consciousness is centralized here in the objective world.

Examine the two minds: subjective and objective. If we center on the objective we find it impossible to draw anything from the subjective. Release consciousness from the objective, then we

can focalize on the subjective. Release consciousness of the material, then we can focalize on the astral. The dominant law on the astral plane is that of creative thought.

What we ordinarily think of, and call the astral plane is only the borderland. Many people have had experience on that borderland — but very few have passed within the true Fourth Dimension, because when one actually passes into the Fourth Dimension or true astral plane they are not able to see anything in the physical or material world. If you can see material objects you are only in the borderland, or second dimension — the space between worlds, at the junction point. The Ego or consciousness which goes consciously to the astral plane never loses any of the memories which it has accumulated in its lifetime in the physical body, and as a result it remembers what it has learned about the Dweller on the Threshold — the old bogey man.

The first sign of a false teacher is one who tries to inculcate fear into a student. If we have that fear the first thought we have on the astral plane will be the rushing in of these negative memories, for we are in a strange realm of which we know nothing, and one of man's greatest fears is that of the unknown. There is nothing on the astral plane to be afraid of. It is man's own memory and accumulated misinformation in the material world upon which he draws, and fear begins to rise and materialize forms around him which will take on a similitude or illusion of a horrible entity or appearance, and when that appears before him he mentally screams and flees shuddering back to his physical body, and says to another "Don't ever try to go to the astral plane or something fearsome will rush out at you." He is afraid of himself. You may frighten yourself if you look into the mirror by the fears materialized by creative thought. That entity cannot exist any longer than you hold it in your consciousness, because negation does not

exist on that plane — but we can surround ourselves with an illusionary world. Our thought regulates our experiences. My instructions to my Chelas is this: When you first make a projection to the astral plane be calm and realize that nothing exists which is to be feared — bring into your mind the most beautiful thought that you can think — a memory of a beautiful strain of music. Think of beauty and harmony and you will find all around you will change in accordance with the most beautiful thing you can conceive of.

On the astral plane you are surrounded by a grayish blue mist — a heavy fog in a circle all around, like one of the early morning mists on the Seacoast. Everything looks vague and misty, and things around you will change in accordance with your thought. If something horrible begins to form it is a little of your fears coming into manifestation — just change your thought to one of beauty and happiness and joy. Then will with all your consciousness to be where you can receive the wisdom or knowledge which is best for you to receive at that moment. Don't say or think, "I want to be taken to where I can get a certain thing — because you may not be ready to receive it at the moment and you will be thrown back. If we command to be where we can receive the wisdom or knowledge for our next step there will be a path opened for us.

I want to clarify what the astral plane is. The astral plane is not down, not up, nor out, nor east, west, north or south. It is no direction of the three dimensional world or material space from you. The three dimensional world and astral are separated from each other not by distance or direction, but by curves and angles of space as well as difference in vibration: three things, curves, angles of space, and vibration. In the Third dimensional world we are limited to three directions at right angles from each other; length, width and height.

Take a point, extend it, it becomes a line; extend the line, it becomes a surface and extend the surface, it becomes a solid. If there were a two dimensional plane, dwellers on it would be unable to realize height. Suppose you, as a third dimensional creature would reach down into a two dimensional room and take something out. To the two dimensional creature it would suddenly vanish — you would pull it from what, to them, would be a Fourth Dimension, because it has no consciousness of other than its own two dimensions. Did you ever see a shadow? It moves, but is only two-dimensional. A shadow has length and width — you can see it — you can become conscious of it, but it has no depth. That is a sample of two dimensional manifestations.

Again we say that man in the material world is conscious of three dimensions — height, depth, length, or breadth. Now the Fourth Dimension would be a direction to the Third Dimensional individual in exactly the same height was to the two dimensional creature. We appear to be in a perfectly sealed room, yet one from the Fourth Dimensional plane might pass through and we would not be aware of it because our consciousness is limited to the three-dimensional, material realm in its manifestation and because our body is of the same nature as the directions of the world around us; i. e., thickness, width and length; we are incapable of moving in any direction except the three which we are associated with, and our own consciousness being bound within that materialized body is subject to exactly the same limitations. Living in a three dimensional material world, limited to three directions of space, we are unable to be conscious of a Fourth Dimension or astral plane. Many persons have had experiences of what is called projection; that is, they have at times been liberated from the

physical body and have been able to see their own body in the material world. That often happens under anesthetics. Some are given this experience to lead them on into higher things.

A man in Oklahoma whose brother tried to get him interested in joining the Brotherhood, followed the exercise for projection in a casual careless manner not expecting anything to come of it, but was transported back to the Electric Plant where he worked and there witnessed an accident to an oiler, and after coming back into his physical body, he rushed down to the plant and arrived just in time to see them actually carrying out the man who had been hurt, and although it was three o'clock in the morning he rushed to his brother's house, woke him up and said he could sign him up for membership. It was because he had evidence of his own senses.

We gain knowledge by conscious projection.

You are not in a dream, or trance but in a state where you are just as conscious of yourself, and just as much in control of your actions and power of thought, as you are when you are in your physical body. I have heard of teachers who told their students "You know it." I do not believe that anything which you do not know is of any good. I think the things you do consciously, and which you yourself accomplish, do you the most good. A thing you have done cannot be taken away from you. You pass along the occult path and sometimes you are given an experience — one time. If you are in the right state of mind you will be given an experience but after that you have to do it yourself. Some are given that experience to show what can be done, and then some do not put out the effort to do it again. Opportunity only knocks once. Everyone of us, sometime in life has an experience brought to us, which, if followed up, would lead us into greater and higher things. There is always a door open for us; some walk through; others go back to sleep. Some evolve and some do not.

Returning to the concept of the astral plane, we said that we are separated by vibration and curves and angles of space. Let us realize that the astral plane, as also the spiritual plane may be found right there in this room. We are only separated from them by our own inability to move in the angle or in the vibration which separates these planes because there is a barrier. We know it is absolutely possible for objects to appear in a closed or sealed room. I have seen it done many times. It is called teleportation. It is possible for material objects to be teleported through the Fourth Dimension to any place in the world. Those working through Madame Blavatsky did it. That teleportation takes place through the borderland, because the Fourth Dimension is separated from the material world.

In occult philosophy we do not call this a three dimensional world, we call it the third dimension. It is a dimension separate and distinct in which we have a consciousness of three directions. Actually it is a world of one dimension in which we have a consciousness of three directions. We say the second dimension, is something entirely different, as is also the third dimension. Let us say that this material world is the third. We are separated by a barrier which runs as high as height and as deep as depth. We are taught that in the material world regardless of how we may appear to curve we can only move in angles because our world is an angular world. Our three directions lie in angles, and although I walk in a circle yet it is a circle composed of tiny angles. All our movements are angular, and every direction is in an angular movement. Our consciousness is, therefore limited to angular motion. If we try to go to the Fourth Dimension we are separated by a Cosmic curve. Our consciousness cannot bend around the curve be-

cause it is an angular body. We have to change the angle to the curve, then as we approach the bend we can just slide around. We have to become curved in our movement also. We are separated by curves of space, and our consciousness being angular in motion is limited to the dimension of materiality — the three-dimensional world in which we dwell. We must learn to move in consciousness along the curve which separates us from the Fourth Dimension. That curve, in the occult wisdom, passes from the material world to the Fourth Dimension and is called the second dimension and it penetrates the fifth, seventh, eighth, ninth and first dimensions. You will learn what those other dimensions signify later.

The second dimension is considered to interpenetrate all dimensions except the sixth which is the boundary of this cosmos. The Second Dimension is considered as the actual pathway or highway — the road that we travel to arrive at the Fourth Dimension, and we travel further to arrive at higher planes. When a person begins to leave their physical body in projection they will often find themselves in this peculiar situation. They may suddenly find themselves in a long hall or corridor, or tunnel which may be through rock or mist or it might be like looking through a long tube. This is your mind translating it into a symbol. Once Dr. Ramose, visualizing himself on a fast trolley, found it coming to a curve and using his mathematical mind he could not see how the trolley at that rate of speed could negotiate the curve, so he came back into his physical body. The thing he did wrong was to conceive of the impossibility of making that curve. The next time it occurred, he said "everything is possible" and he attained projection. The laws which apply in the material world are limited to the material world. Dr. Ramose became perfectly conscious of the possibility of the impossible.

We say this. That when one is passing into that Fourth Dimension they may have the experience of passing into a tunnel at a high rate of speed, or passing through a hole in a vast, misty cloud. If you have such an experience, don't worry. Keep moving, and as you move, just relax all of yourself and let yourself be swept along, through the curve and into the Fourth Dimension. And do not have the fear of not getting back to your body. After you have projected three or four times you will be asking how you can keep from going back to your body too soon. All you need to do is to think about your body moving and you are back in it. Your ego is never really separated from your physical body - that is one point of importance. You have merely become conscious of yourself in the astral realm. Your consciousness has changed its focal point from the material to the astral world, but the silver cord still remains between the spiritual plane of the Divine and your physical body, where it connects with the third eye.

There is a certain guard there without any volition of your part, and as soon as anything might approach to disturb your body you are drawn back immediately. It is automatic. You need not be afraid, also that any entity will take possession of your body while you are out of it, for never yet has there been a case on record where an elemental person in a state of projection, for the reason that the elemental entity is the lowest form of intelligence, and it is a universal law that the lower a thing is the more angular its movement. An elemental could only possess a person who has been mentally living in angles rather than curves. That is why every exercise I give you has a curve in it - that curve automatically makes its own protection, and you set up a barrier through which the elemental cannot pass.

In the old medieval magic the circle was used as a means of protection. George Arliss in the picture "Richelieu" drew a circle around himself. The circle has always been considered as protection against the lower or negative forces. That is why the Turkish Mosques have circular domes. We are fully protected by the circle or curve which we make in leaving the body.

We are afraid because we do not know the actual laws. When I do a thing I like to know the law behind it. I try to give an explanation of what you are working with, rather than say "do this and that, and you will have an experience." If we know the law; the law will make us free. A lot of people have not realized the significance of these words. The first law is this: No one need fear possession or obsession in a projection into the Fourth Dimension, because the projection itself creates an automatic barrier or circle which no negative force or entity can pass. Second, you need fear no disturbance because, though the focal point of consciousness has been removed, there remains the archetypal type of your soul present to guard and watch the body, and it regulates the "Ruach" or astral soul if anything happens.

You have four aspects of soul: (1) Spiritual — CHIAH. (2) Soul of Divine-Mind — NESCHEMAH. (3) The Astral Soul — "RUACH," and (4) Material soul — "NEPHESECH." We are bound in our "Nephesch," the lowest aspect of the manifestation of the soul. When we pass into the higher states or planes we merely have to change our realization from one plane of manifestation to another.

Some say, "Oh! I would be afraid to go to the astral plane." I have to laugh — they are already there — their souls are always on the astral, but they are not conscious of it. Because we are only

conscious of our present state of being we find it impossible to function on that plane. We must bring into our consciousness a realization that we are now manifest on the astral plane — we must evoke that consciousness before we can pass into that higher state. We have to pass through the curve and create the protection so we will not be bound in any way. What do we do in that case? Simply this: To supersede, or rather to evade or escape the material realm of bondage of our physical body — we must learn to move our consciousness in certain curved movements. Our ego is attached to the physical body at the pineal gland — therefore the first centralization or focalization must be at that point. To do it we may lie or sit (and I might say you should never attempt conscious projection immediately after eating a heavy meal or while lying flat on the stomach. These are the only two "don'ts.") (One should not attempt to make a projection except under the direction of one who has traveled the path for there are certain laws which must be observed.) Relax the body as much as possible. The best way is to bring it in a partial state of suspension of animation. I recommend lying down rather than sitting. While lying down concentrate the attention on the toes, then on the ankles, then the knees, thighs, abdomen, chest, throat and then the head. Allow the consciousness to sweep slowly up the body, do it for two or three minutes. As you come up, be conscious of the body below, and will for it to go to sleep — first the toes and then up until you draw your consciousness into the head where it centers automatically above and between the eyes on the pituitary gland. Then move it towards the back of the head. Move it backwards and forwards two or three times, like a shuttle, back and forth as in a sewing machine. You will discover that one side seems a little weaker than the other. Do not push with a lot of force — just let it drift back. If you feel pressure hold

ing it back, just press a few more times, until you have a rhythmic swing back and forth. Then let it rest at the back of the head on the third eye. Then visualize a light of any color you wish, spinning around and around. Then will for that light to expand and contract; expand and contract and to expand just a little more each time until you finally feel as if your head is full of light and pulsing with expansion and contraction. When you get that right, turn loose of it and you will find it will go on contracting and expanding without your concentrating on it. It will keep up for a moment or two to ten minutes. When it does that just let it go until it dies out of its own accord. The reason is this: There are twelve spiritual centers around the pineal gland at the points where the twelve great major pairs of nerves in the brain terminate, and relative to them, in the astral anatomy are the twelve spiritual centers, which are the twelve channels through which the soul or ego draws its energies, forces and powers for its manifestation in the physical body. That expansion quickens and livers them. Then when that dies down the ego or soul which is centered where the pineal gland is found in the head, has drawn the strength and power to break its bondage to that third eye or to the physical body.

Center the consciousness on the pineal — visualize a light — swing it back and forth like the pendulum of a clock and get into rhythm. Find the side which seems to give the most and swing a little farther each time, then swing it down and through a curve. It is that movement of consciousness which swings you into the Fourth Dimension. Make the consciousness curve down a little more and almost complete a revolution — a sort of loop. Somewhere in that spin there will be a click and you will be out of your body. This is the mechanics of it. You follow the line of the least resistance between

you and the material and astral. Make the light get larger and smaller, just like your pulse. After it gets spinning, ignore the spinning and concentrate on the expansion and contraction. That builds up the protection and helps build up the vortex which attunes you with the Fourth Dimension. The contraction and expansion is for the purpose of reaching into the astral body and drawing the power from the twelve centers I spoke of. Then as you swirl back and forth you draw your power from the contraction and expansion that you have just made. The visualization of light is to give your consciousness the concept of certain movement. In other words you can think of anything as spinning. You have to build an image of something spinning to get a realization of that correct motion. When you have become accustomed to a certain path and make it a

habit, then you need just to relax your body and center your attention on the pineal gland and out you go. You will emerge on a plane where everything will seem like a mist and you will feel all alone. Then think of beauty and harmony and demand with all of your consciousness to be where you can be given the thing which is necessary for your advancement, and you will be there in that instant. Do not make the mistake of saying, "Now I want to see what is going on over here, or what my brother-in-law is doing" or you will be pulled down into the borderland. Demand to be taken to the place where you can gain the wisdom and knowledge for the next step higher. Remembering your thought is creative. You may then find yourself in a place listening to instruction given perhaps to many others with you. On the astral plane, every minute of the twenty-four hours, instruction is going on, and you will be taken to the place where your consciousness will receive understanding. If you are out of your body thirty minutes or two hours it will be perfectly normal when you return. The first thing to do is to relax your body — relax, relax.

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