

Includes 6-Step Astral Travel Technique

ULTIMATE Astral Projection



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Ultimate Astral Projection

A Beginner's Guide to Astral Travel

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1.

Understanding Astral Projection

Astral projection practitioners believe that there are two bodies: the physical body and the astral body. Projection occurs when a person's consciousness leaves the physical body and enters the astral body, allowing a person's consciousness to travel outside of the physical world.

The spirit, or soul of a person, then enters a new realm outside of the physical world, known as the astral plane. In essence, the practice of astral projection is to transition the consciousness from the physical body and place it in the astral body; where it can be free to roam in alternative dimensions.

Astral projection is considered an out-of-body-experience (OBE), but with one core difference: OBEs often happen unconsciously, whereas astral projection is a controlled choice. For example, out-of-body-experiences tend to happen during trauma or surgery. An OBE usually doesn't last for very long, and the duration cannot be controlled. Astral projection, on the other hand, lasts as long as the practitioner wants it to.

It is important to understand that the astral plane is not the dream plane. Astral projection is an entirely different experience to a dream. In a dream there is always a sense of non-reality, no matter how real the dream feels. In a dream, your consciousness is essentially an observer, whereas in astral projection the consciousness is fully present and controllable.

The concept of astral projection is rooted in the age-old belief of an afterlife; that when a person dies their soul ascends to another dimension. During astral projection, the astral traveller temporarily leaves their physical body behind in the same way a person does in death, with the key difference being that the traveller returns to the physical body when the journey is over.



People often report astral projection-like experiences when undergoing surgery, suffering illness like flu – which can cause hallucinatory experiences – recreational drug taking and during episodes of sleep paralysis. However, astral projection is very specific in its definition: it is not a hallucination or dream, but rather a fully conscious trip to another dimension.

Sleep paralysis is often confused with astral projection because a sufferer becomes stuck in a transitional state between wakefulness and rest, paralyzed by muscle atonia (muscle weakness). In sleep paralysis, a person remains aware while the body shuts down. The person is then usually subject to a feeling of terror as the presence of an invisible intruder stalks the room. However, the key difference between sleep paralysis and astral projection is that sleep paralysis is a medically defined sleep disorder, largely characterized by identical experiences, whereas astral travel is not a by-product of a sleep disorder and is seldom identical in form.

Like sleep paralysis, near death experiences (NDEs) are often reported as episodes of astral travel. However, the majority of NDEs can be more closely linked to episodes of lucid dreaming.

During a lucid dream, a person is aware that they are dreaming, so much so that the dream appears as a reality. Those who have been brought back from the brink of death through resuscitation, or who have been pronounced clinically dead for a period of time – only to be brought back to life minutes later – often recall similar experiences of body separation. This usually involves seeing a light at the end of a tunnel, entering darkness and a feeling of extreme peace.

While it is impossible to say that astral travel cannot be triggered by an NDE, the fact that the majority of NDE cases document identical experiences, suggests that an NDE is the result of imagery, triggered by neurological processes rather than a person's consciousness acting outside of their body.

2.

Astral Projection vs. Lucid Dreaming

There are distinct differences between astral projection and lucid dreaming, yet the two are consistently confused as one of the same thing. The best way to understand these differences is to breakdown the process of each discipline.

Astral Projection:

- To project you must first awaken higher awareness by activating the third eye.
- You cannot be asleep (fully) while astral projecting.
- Your experience begins and ends wherever your body started the process.
- Your consciousness leaves your body; leaving only the physical assets behind.
- To some degree, you can manipulate the environment in the astral plane, as you can in the physical world, but you cannot control or manipulate the actions of other inhabitants on the plane.

- When you return from the astral plane, you return to your body by merging your consciousness with your physical body.
- The experience is considered real, as opposed to hallucinogenic.

Lucid Dreaming:

- To lucid dream you must be asleep.
- Your experience starts and begins wherever you want it to and with whomever you wish to be accompanied by.
- Your consciousness remains inside your body, as it would in a normal dream.
- You are able to control the characters and manipulate the environment.
- When you finish lucid dreaming you simply wake up.
- Your experience is a dream. It is not real.

When you dream, the environment and characters are fabrications of the subconscious mind. They are not real. When you astral project, you leave your body for the astral plane where all the

beings and organisms are real. These beings live on the astral plane, they are from other dimensions and you cannot change them to suit your perception.

When you separate your soul from your body, you will immediately know that you are not dreaming because you will sense that you are fully conscious. There is nothing else like it: you will be flying outside of your body in a new dimension that is entirely different to the physical world.

Think of astral projection like this: Imagine entering a new level on a computer game. You have no idea what is going to jump out, pass you by or appear in the distance. You are a visitor to a new, exciting place that already exists within another realm.

A common misconception is that you have to know how to lucid dream to astral project. This is not the case. Many people experience astral projection without ever lucid dreaming, and vice versa. However, learning to lucid dream means training the mind, which bodes well in your mission to astral project. When you lucid dream, you learn how to control the mind while your body sleeps, whereas in astral projection you learn to separate your

consciousness from the body so that you can take flight on the astral plane.



3.

Dealing with Fear & Negative Experiences

Astral projection is not dangerous. However, it can be quite overwhelming, especially for a beginner. The reason for this is that astral projection simulates what many people believe happens when a person dies: the conscious, the soul, the spirit, the “you” leaves behind an empty shell of organs, blood and flesh. The soul then continues on to its next destination via the astral body.

When you astral project, the body is left behind in a sort of stasis: it is alive and functioning even though the astral body is gone. A “silver cord”, as it’s referred to, attaches the astral body to the corporeal body and keeps you connected to the physical world. People speculate that when the silver cord is disconnected a person dies. This may well be what happens when it is your time to pass, but this certainly will not happen through intentional astral projection.

To put your mind at rest, in the late 1990s the Canterbury Institute conducted an experiment in astral projection involving over 2,000 people. None of them died or were hurt in any way. Three years

later, the same people were assessed and found to be living of sound mind, without any problems relating to their participation in the research study.

Depending on your experience, and like an out-of-body-experience, you may be able to look down on your body at some point during your projection; usually when leaving or returning to the physical world. This can be quite scary, and many practitioners instantly feel compelled to jump back into their body when this happens. This is a natural reaction to have, because our culture believes that this is what a person sees when they die. However, if you do suddenly return your consciousness to your physical body, you will break the astral projection and need to start again. In the event of such a fearful return, it is likely that you will need to wait at least 24 hours to re-centre the mind for successful projection. Not every astral traveller experiences floating above their body, although this may happen from time to time.

One important thing to be aware of is that not all beings and environments you encounter on the astral plane will be positive. Depending on your state of mind and your past and present life experiences, you may from time to time experience negativity

during astral travel. That said, you do have a certain level of control over your travel, and you can choose who you speak to and the places you wish to visit and remain in.

Practitioners do report encountering wayward souls, and entering environments that feel hostile and uncomfortable. All things considered, this is not unlike our physical world experience, and you should deal with these situations as you would in the real world: Simply ignore those you don't want to talk to, or politely greet them and walk on. And if you feel uncomfortable in a particular situation, run or fly away to a more enchanting place. Don't worry though; the majority of people report positive, fun experiences that in turn enhance their physical world interactions.



4.

Benefits of Astral Projection

Perhaps the biggest benefit of astral projection is curing one's fear of death. Astral projection helps us understand what happens when we die, and goes some way in proving that the soul is a separate entity to the physical body.

Astral projection is a comforting, liberating and highly spiritual experience that provides a person with a deeper understanding of life. Not to mention that exploring another dimension is a fun, natural high.

Below is a list of six benefits and experiences you may encounter during astral travel:

1. Visiting other planets and spiritual dimensions.
2. Talking with lost relatives and friends.
3. Helping lost souls find their way to the afterlife.
4. Flying around having fun with other astral travelers.
5. Meeting and speaking with spirit guides and higher beings.
6. Having interpersonal relationships with other beings.

Every astral projection experience is different and unique to the individual practitioner. Most projectors find it extremely difficult to return to the same situation in the same realm, and it is therefore impossible to say exactly what will happen on your journey.



5.

The Third Eye, Timing & Binaural Beats

Activating Your Third Eye

Astral projection requires a person to learn to control their consciousness on a deeper, more powerful level. Of course, this is no easy achievement and takes some patience to cultivate and manifest. To astral project, one must activate the third eye, also known as the “inner eye”.

The third eye is something humans are not used to using in everyday life. Think of the third eye like a sixth sense, a higher awareness that provides perception beyond ordinary sight. The third eye is the gateway that leads to spaces of higher consciousness, and the pathway to the astral plane. The third eye is used in all spiritual endeavors; practices such as meditation, clairvoyance, chakra stimulation, yoga and precognition.

Having the capacity to utilize the third eye opens a pathway to realms beyond the physical. Some people have a natural affinity with their third eye from birth, while others are required to

stimulate and activate it over time. Those who display psychic tendencies as a child, or experience episodes of lucid dreaming (without trying) are well placed to experience astral projection, as are those who meditate or pray regularly to achieve a spiritual connection with the earth/God.

But this doesn't mean a person without any experience of cultivating higher consciousness will be unable to astral project. What it does mean, however, is that a commitment of some weeks may be required before an episode of astral projection occurs.

Astral projection isn't an easy thing to do because the body naturally doesn't want the soul/consciousness separating itself for any extended period of time. So to achieve projection you need to raise your vibration to a higher frequency, so that your intuition trusts you to open a gateway for your consciousness to leave your body. To do this, you will activate your third eye.

To begin activating the power of your third eye, you should start by using your intuition on a daily basis. For example, do you ever get that feeling you should take action on something? It is a weird nagging inside that an external force is telling you to call someone, go somewhere or make a particular decision on something. This is your third eye trying to connect with you. Start learning to follow that intuition and interact with it.

Another way to begin fine-tuning your third eye is by learning to meditate. Meditation deeply relaxes the mind for greater clarity, opening a gateway for higher learning, deeper awareness and spiritual connections, all of which is conducive to achieving astral projection.

Choosing the Best Time to Astral Project

Astral projection is most likely to be achieved within fifteen minutes of waking up in the morning. This is because the mind and body are in a very relaxed state, having been asleep for some hours. In this state, the brain is seamlessly able to slip in and out of the sleep and wakefulness zones, and hover at levels in-between.

Brain frequency activity is operating mainly in the low theta and delta zones, which as you'll see from the brain states table below is a very relaxed, intuitive state. Because of this, you will have naturally have increased ability to hold onto your consciousness as you begin to fall back toward sleep.

Practitioners have also reported episodes of projection right before going to sleep at night. However, if you are someone who becomes very tired at night to the point of nodding off at a particular time each evening, you may find this difficult. Some people also report considerable success when taking an afternoon nap. This is because afternoon naps tend to be light sleep episodes, whereby the sleeper retains a level of awareness of his/her immediate environment while entering an daydream like state. This mental state provides the perfect setting for astral projection.

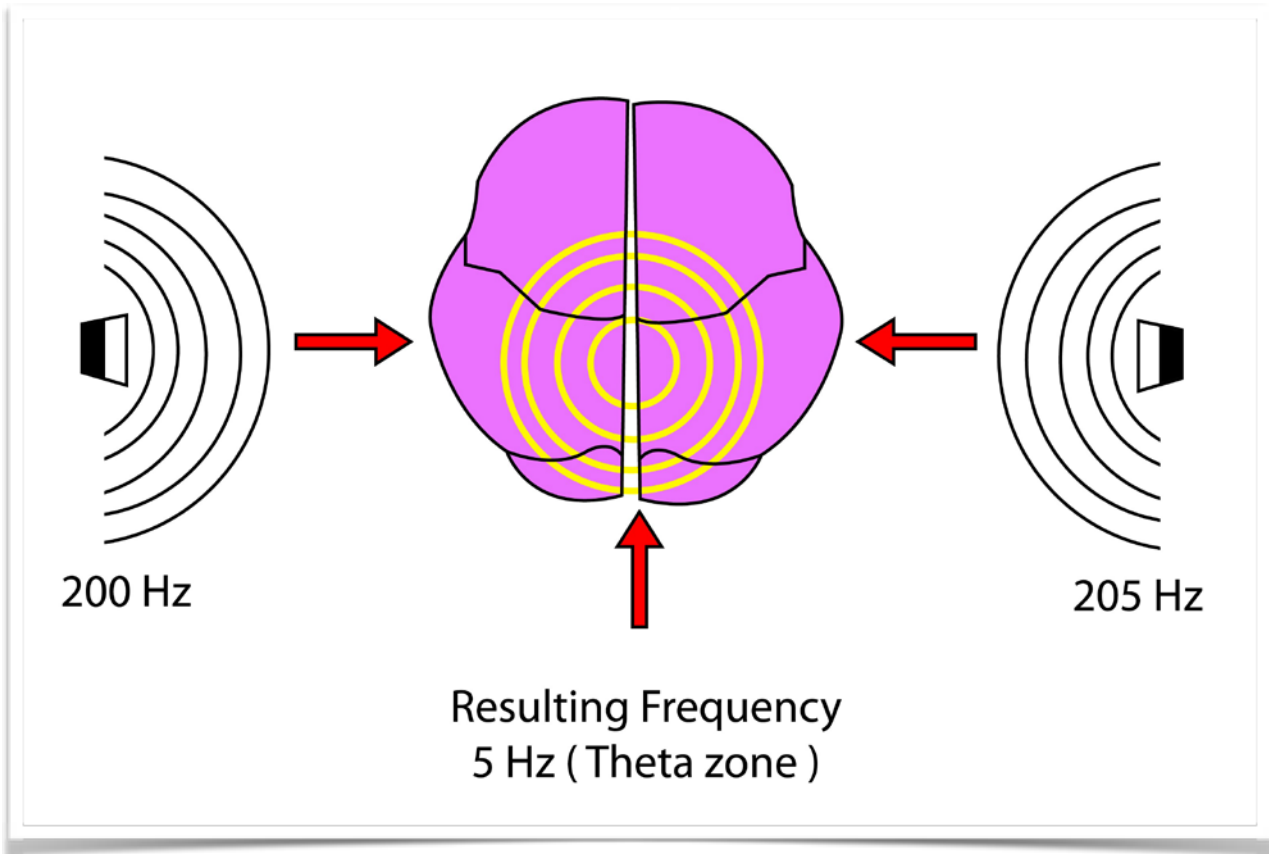
Using Binaural Beats to Assist Projection

Binaural beats technology works by sending a different sound frequency to each ear through headphones. The difference

between the two frequencies received by the left and right side of the brain matches that of the frequency we want to entrain the brain to (want the brain to follow along at), which in this case is a state most conducive to achieving astral projection. This tuning of the brain to a desired state is known as the *frequency response process*.

For example: if the right ear is sent a frequency rate of 200 Hz, and the left ear is sent a frequency rate of 205 Hz, these two frequencies combine in the brain to create the mathematical difference between each input, which is 5 Hz.

So, instead of hearing two different frequencies, one at 200 Hz and one at 205 Hz, the user will hear one rhythmic tone (binaural beat) at 5 Hz. In this example, the 5 Hz frequency will entrain the brain to the Theta state, which is the state responsible for deep meditation and intuitive awareness.



The recording is layered with by a hypnotic soundscape, designed to take the mind into a spacious state of non-distraction. The recording begins by entraining the brain to the Alpha zone, a state of relaxation and deep focus. It then winds down through the Theta zone, taking you into a trance-like state of meditation and giving you access to the unconscious mind. It eventually settles in the upper Delta state, where you will be on the brink of sleep but able to maintain control of your consciousness.

You should be ready to enter the astral projection zone at approximately the eight-minute mark, whereby you will be able to slip into a dream-like state that allows you to retain awareness of your consciousness and focus on activating your third eye.

6.

How to Astral Project in 6 Steps

Step 1: Deep Relaxation

The first step in achieving astral projection is to simply relax, both physically and mentally. Find a comfortable space free of distraction. This should be a place where no one will be likely to disturb you. Turn off your phone and any other electronic distractions such as the television or radio.

You must empty your mind as best you can to allow for deep relaxation. Ignore sporadic thought processes that pull your concentration in different directions. Just let thoughts float away and allow yourself to remain as centered as possible.

If you are an experienced meditator, you may choose to sit in the traditional lotus meditation position. If you don't want to sit cross-legged, then simply lie down on a bed or sofa, or perhaps the floor with a cushion to rest your head comfortably. Ideally, the astral projection recording should be played back on an mp3 player

(iPod/smartphone) so that you can rest the player next to you and place the earphones in/over your ears comfortably.

If you are listening through a computer or stereo system, make sure you use headphones with a sufficiently long lead so that you won't be distracted by any tension in the cord. Once you are in a comfortable position, press play on your recording.

Step 2: Entering the Hypnagogic State

As the recording begins, close your eyes and imagine emptying your mind of thoughts. Watch as perceptions, judgments and feelings leave your presence through the top of your head.

Let go of any arising thoughts or emotions; simply allow them come into the space and drift away into the distance. The idea is to bring the consciousness and physical body into complete alignment. Once this is achieved, you can begin to separate the two. Breathe in and out, slowly and deeply, watching the rise and fall of your breath as you inhale and exhale: inhale 1, exhale 2, inhale 3, exhale 4, and so fourth.

This simple breathing exercise, coupled with listening to the binaural beats recording, will soon have you entering the hypnagogic state, the state bordering sleep. You must hover on this border and not fall asleep. Try to passively watch the imagery that enters your mind while simultaneously remaining aware of your “being”. It is imperative that you maintain this state of near-sleep.

Step 3: Embracing Neural Discharges

Begin to observe your field of vision through your closed eyes. Stare deeply into the blackness in front of you; this will help you maintain a grip on your consciousness.

At this stage, neural discharges may begin to invade your space. This is a sign that your third eye is being stimulated. These discharges will appear as rays of light and colorful spots that often dance around. The deeper you relax, the quicker this stage usually subsides. But don't try to rush to the next level. Many people see these neural discharges and think they are almost at the portal of

astral projection. In their excitement they disturb the process: suddenly the colors disappear and wakefulness consumes the body, taking them back to step 1.

Instead, embrace this stage in a calm, controlled manner: Explore the lights intimately; lose yourself in them. The trick is to follow them as they disappear, but don't hold on or become desperate to see where they lead. Allow your field of vision to move with them as they dissipate, and then move towards the next light or sign that comes into your presence.

As the discharges fade, you will slowly begin to lose awareness of your body and sensory stimulation. This is your consciousness beginning to separate from your physical body. You are now ready to step into a void, in which all that exists is your awareness.

Step 4: Entering the Embryonic Stage of Travel

As your consciousness separates further, you will experience a mild tingling in your body, similar to that of an electrical charge

shooting through the body. No one can say for sure why this happens, but many practitioners experience this sensation prior to the opening of the astral gateway. It is therefore considered that this is the stage where the astral body is trying to leave the physical one, the stage where the silver cord develops.

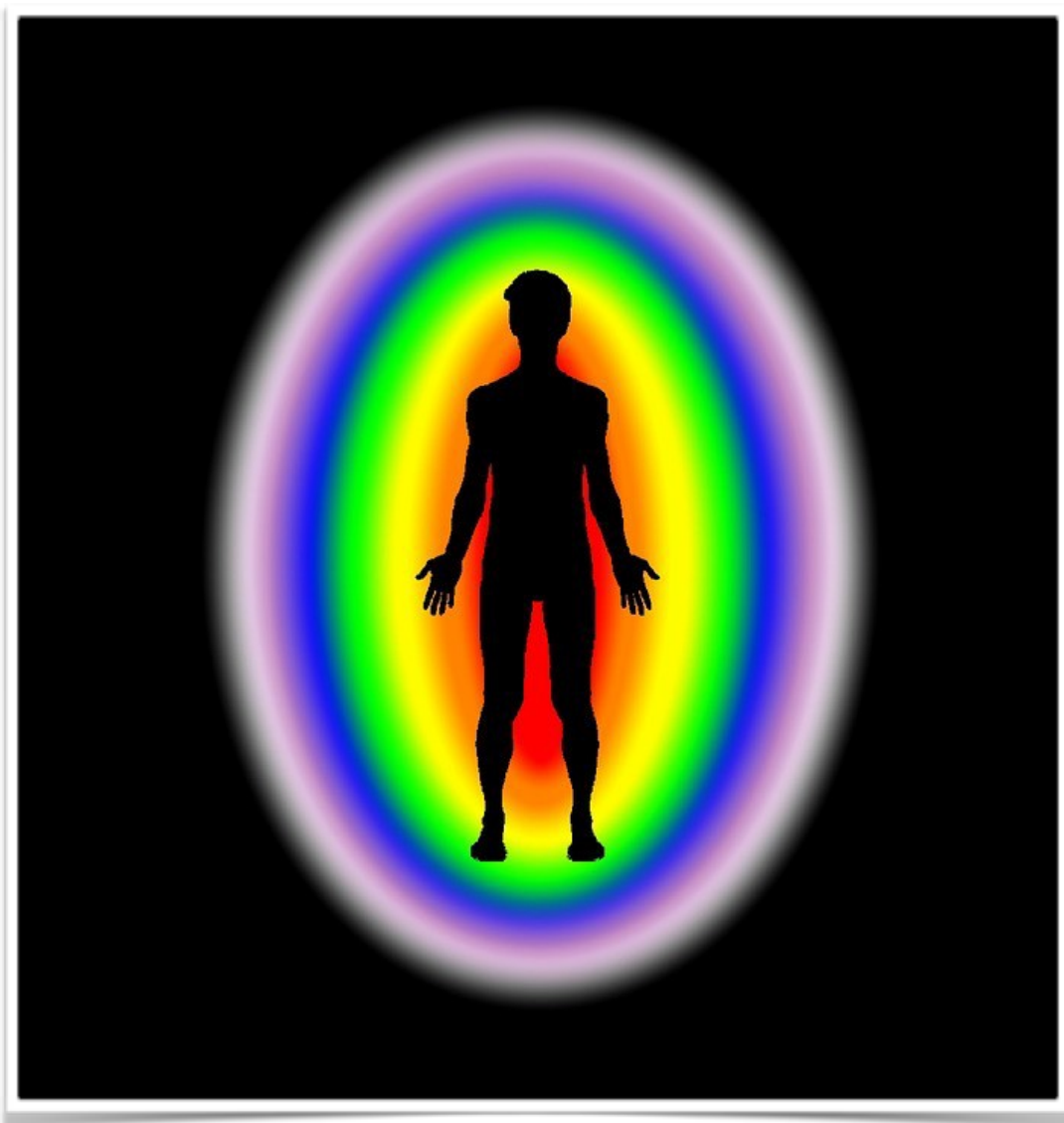
As soon as this embryonic stage begins, mentally push the vibrational waves through your body, from head to toe. Allow the charge to surge through and consume your body. It may feel slightly disconcerting at first, but if you become fearful and don't empower yourself with this energy, you will break the connection and return entirely to your normal, physical state.

Step 5: Opening Your Third Eye

It is now time to begin the separation. Here you will need to control your thoughts and keep your mind firmly focused on the idea of leaving the body. This is the point where the majority of unsuccessful projections occur. People have a tendency to get excited or fearful, and often distracted by their immediate environment, which results in a complete loss of connection.

With your eyes remaining closed, concentrate on the middle of your forehead, slightly above the junction of the eyebrows. This is where the third eye is located.

Visualize this area opening slowly, creating a gateway for you to the astral plane. Do not adjust your position or allow your mind to wander. Keep your mind centered and channel your vibrational energy toward the opening of the third eye.



Step 6: Leaping Through the Portal

See the portal opening in front of you. Think how exciting and amazing it would be to float up and enter through its gate. As the light pours in and it appears wide enough to enter, feel yourself getting lighter and lighter as you begin to float upwards and away from your body.

Now is the time to take your leap through the portal. Don't look back; just keep going. In the early stages of your practice this window of opportunity may be rare and won't last long. Keep your eye on the gateway. If it begins to close in front of you, leap quickly and try to make it through. If you miss your opportunity, don't panic. Stay focused and keep channeling your vibrational energy towards the portal. It can reopen, if you remain positive and allow the energy of your third eye to empower your intuition and allow the separation of consciousness to occur.

I hope you found this guide useful, and I wish you every success with your astral projection. I we to meet you in another dimension soon.

For questions, or if you require technical support with your download, or a require a replacement download at any time in the future, please send an email to:

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