

The Fundamental Truths To Astral Projection

Intro

There are many techniques and paths open to you in order to pursue astral projection, however, fundamental truths still exist, regardless of techniques, and are critical for you to understand in order to attain success.

Below is a no fluff guide mixed in with "truths" about astral projection. This is meant to be used in conjunction with the three articles contained under the Beginner's Guide link. This guide is really more of an accessory to the Beginner's Guide to simply point out specific concepts that need to be understood.

Reduce Magnetic Hold/Mimic Sleep State

Simply stated, the magnetic hold over the astral body must be reduced. This naturally happens nightly in deep theta, or delta but we are usually preoccupied in dreams to take notice. When you go to bed, the following process happens: you lie down, mentally digest your life's activities while in alpha and as you drift off, your body enters light theta. As your sleep starts deepening further still (entering delta), your astral and etheric body start to vibrate and your chakras open to receive energy to replenish yourself for your next day's activities (your heart rate also slows and body temperature drops). The vibrations, of which you are not consciously aware of, allow for the slight misalignment of the etheric vehicle from the physical body in order for the chakras to open. This accounts for the jerk we sometimes encounter when our bodies realign themselves. The trick to projection is to consciously mimic the REM sleep cycle (see "Sleep and Inducing a Projection" article). If you were to mentally wake yourself up in theta (using a dream mask, or becoming lucid in a dream) and thought of your body, yet remained physically asleep, you would find that your body was in the deep vibrational state required for separation. But to become lucid in a dream is not sufficient for it's the focusing on the body that terminates the dream and leaves you in the hypnopompic state (the state of consciousness coming out of sleep). Click here to see the different levels of consciousness related to sleep [Sleep Cycles](#)

It was no fluke that Sylvan Muldoon had so much success with astral projection. He was bed ridden for years and whenever we are ill, our magnetic hold is naturally loosened. Robert Monroe was also an older projector and as we age, our magnetic hold loosens. This is why teenagers have such a tough time of projection; they are healthy and their magnetic hold is very tight (except in those instances where this person has a naturally loose hold over their astral

body). How many books have you read recently where the projector was under 30?

Find the Right Aid For Your Sleep Type

Now, to mimic this sleep state can be done several ways. One is mastering meditation. The other is using valid aids. I say valid because there are so called "aids" that are just mental crutches and don't do a thing. First, before you can figure out what aid to use, you have to know your body sleep type. Deep sleepers require different aids than light sleepers. I am a light sleeper (and light sleepers are also better projectors because they can bounce in and out of the hypnagogic state which is the state of consciousness going into sleep). Brain entrainment tapes help light sleepers go under but too much so for the deep sleeper. My tester Kristina is a deep sleeper and finds the lucid dream mask very good as she is able to maintain her sleep state, yet notice the cues in her dreams. I myself practically leap out of bed when these flashing lights start pulsing. The dream herb (calea) keeps you from going into deep sleep and for me, it's like taking a shot of espresso before bed, but is effective for Kristina.

Another effective means of modifying the brain waves are hemisync tapes. I've listed two good ones on my webpage (the Transcendence cd and the astral projection one from Brainwave Mind Voyages) Both are under \$20. Very much part of our existence is vibrations (both light and sound), and these tapes alter your brain waves. They WILL increase the hypnagogic state and are worth the \$15.00 they cost. I also recommend the Gateway series, but you're going to drop a lot more money for these and should start with the cheap ones first. The dream mask isn't cheap either, but if you're a deep sleeper and can afford it, it's good. All these companies are listed on my site under the Aids Link.

Before a person can progress beyond this point, they have to achieve the first stages of separation (the vibrations). Here is what I recommend: Decide if you are a light or deep sleeper. This is pretty self explanatory. Deep sleepers have to be shaken to be woken up and light sleepers wake at the drop of a pin. Then, pick up legitimate aids (definitely the tapes, and maybe the mask if you're a deep sleeper... depends on how much you want to invest in this whole process). Then, focus on learning how to put the body asleep and yet keep the mind awake. I cannot stress this enough; you have to really mimic sleep. To be relaxed is not sufficient. We relax all the time, but nothing happens. You have to literally hear your body falling asleep (I often hear a slight snore or two!) but I keep the mind focused. This is rather difficult to achieve, as you naturally want to start dreaming or fantasizing. Images will appear and take your concentration away. A good tip for that is to focus on the internal ringing in your head. Sometimes you won't hear it, but if you focus on this, it will start to

slightly be heard. If you're already in theta, and start to listen for this and think of nothing else, the vibrations may happen within 5-10 minutes.

Other Tips

Some other important tips; try in the morning vs. night. Most people are too tired and get nowhere except really frustrated when they try at night. If you can, set your alarm for an hour early, enter theta and focus on the internal ringing. Afternoon naps are really good as well as it disrupts our natural sleep pattern and leaves us in that groggy state which is perfect for projection.

Saturating your subconscious is effective too. Whatever we dwell on, we manifest. This can be done with reading astral projection topics, affirmations, or just thinking a lot about it. The reason that so many techniques exist is because someone had success off of an attempt and thinks that it will now work from then on. The fact is, most of the time, when we switch techniques, it initially works because we stimulate our subconscious into activity. Whatever we do for too long, our subconscious bores of and it stops working. The rope technique, visualizing a box in front of you, asking for help, all those are just the stimulated subconscious. I can't tell you how many e-mails I get saying "it worked for a week but never to return". I myself stimulate my subconscious by switching my concentration from one area of thinking to another. No matter what your technique, if your body is not asleep and mind awake, it won't be effective more than once or twice. Try and reduce other outside strong mental stimulants as well. Like I said, what we dwell on is what we manifest. When I go through periods of stress or something exciting happens, my projections terminate. To be honest, the more boring your life is the better.

Try and take control of dreams. This is hard, but the dream state is an excellent portal into projection. People sometimes try to master this by checking their watch throughout the day and asking if they are dreaming. Of course, you **MUST** do a reality check in your dreams, otherwise you will think you are awake. Many times my tester and I have questioned if we are asleep (we are) but think we are not because we failed to do the reality test (like levitation or something else normally impossible.)

Summary

In summary, really understand body asleep/mind awake concept, get your appropriate aids together, and start utilizing morning hours to achieve the desired state of awareness. Discipline yourself from mind wandering and focus on putting your body into sleep paralysis.

Initially, you may experience such things as seeing through closed eyelids (etheric projection, not astral), intense heat waves (stimulation of chakras, aka

kundalini energy) or fear when you finally do experience the pre-projection vibrations and you just didn't realize they felt like a huge earthquake. This is the beginning, but very important. Most people can't get past this because they don't grasp the fundamental truths of projection.

[More Anatomy Articles](#)

Our Amygdala: The Astral Projection Switch?

I'm always curious about how the physical body, especially the brain, behaves during projection, conscious or otherwise. As I've mentioned on my site, it appears the following occurs during a projection:

- Pulse and heart rate drop (this is also present in spontaneous projections when laughing gas is used)
- Body temperature is lowest (thus reducing heat which causes energy resulting in magnetism which keeps us in)
- Brain signals become slow and long which reduce electricity in the brain
- Breathing is slower which sends less oxygen to the brain. You might think the brain, compared to the body, doesn't account for much blood circulation, but because of the high energy demand of the brain, oxygen delivery and blood flow to this organ is quite large. Although the brain's weight is only 2% of the body's, its oxygen consumption rate is 20% of the body's, and blood flow 15%.

We could probably deduce that the brain is the last to separate from the physical because most of our energy is generated there through electricity in the form of nerve impulses called "action potentials". This also means if we want a conscious projection, we must quell activity in the head through control of breathing and body/brain interaction. I don't say "thought processes" because I think as long as we're not sending signals to our body such as "I'm hungry, I'm cold, I'm afraid" we can still "think" and induce the hypnagogic state. I used to believe that "thinking" itself was a hindrance, but most of us fall asleep with thoughts on our mind. As long as it's not accompanied with worry or our thoughts are not excessive, we should be okay. We also think continually in the astral and this doesn't noticeably bring us back to our physical shells, unless the body itself is calling for us.

So where's the trigger? When does consciousness shift from the physical plane to the subtle? Is it more easily reproducible?

This led me to further investigations into the brain, and primarily, the frontal lobes. This is where 90% of our brain is untapped to conscious use. What activities do the frontal lobes perform that we know of? Laughter, listening to music and our emotions to name a few. These fall into the higher cognitive functions of the mind. The back part of the brain, sometimes called the "reptilian" portion is responsible for our survival instincts.

This led me to a fascinating article by Neil Slade from Dormant Brain Lab. They claim, through years of medical research, that the "amygdala" (pronounced ah-MIG-doll-uh) is located in the frontal lobes and can be voluntarily "clicked forward" to automatically trigger emotional highs, nirvana, bliss, and yes..... astral projection!

Neil Slade does what he calls "Brain Travel" by clicking his amygdala forward. He states, "it is an elementary thing to switch on the remote/astral travel components of your brain, which reside primarily in the frontal lobes. Both Eric and I have been doing this for decades, myself having learned this skill at the age of 18 from a master of meditation."

Neil states that during sleep, our reptilian brain ego function is at its lowest point of control which allows our frontal lobes to take over. This happens during REM sleep (and this is also what I said under my sleep article; that we shouldn't mimic sleep, but REM sleep!) He also states that "during sleep, our brain's electrochemical currents are allowed free access to the frontal lobes-precisely because our amygdala are clicked forward out of reptilian self-preservation circuits".

Now you might think, "who is this Neil guy?" Although his writing is very humorous and flashy (he states that humor is a sign of frontal lobe activity, hence of a "higher" nature) he's got the credentials.

Here's a bit of background on Neil:

"Neil Slade attended Metropolitan State College, the University of Colorado, and the University of Denver, and graduated Magna cum laude in 1978. He was assistant to Brain and Behavior Researcher T.D.A. Lingo, Ph.B, B.Sci. M.A., for 11 years at Colorado's Dormant Brain Research and Development Laboratory, established by director Lingo in 1957. Since December 1997, Neil has been a regular guest on the internationally broadcast Art Bell Coast to Coast radio program. This included a record 4 appearances in one month with an

estimated audience of 15-20 million listeners for each interview and live audience question and answer session. Neil has recorded and released 8 albums of original music, and has written and published three books on learning, creativity, and the brain."

And his credential go on!

The amygdala is not something he made up or was coined by Dormant Brain Lab. The amygdala can be easily referenced in any medical brain material. It was first established in the scientific community by brain researchers Jose Delgado of Yale University, James Olds and Peter Milner of the Montreal Neurological Institute, and Dr. Robert Heath of Tulane University Medical School.

So here we are. We know the brain creates energy, that during REM sleep that energy is reduced, and that electrochemical currents switch from the reptilian "survival" mode to the "highly cognitive" frontal lobes. So the switch, it seems, is pointing the amygdala from back to front. Neil offers insight on his webpage for clicking your amygdala forward at will, but I also invested the \$20 dollars and bought one of his books. I'll let you know how it goes...

For those interested, here is his link: <<http://www.neilslade.com/>>

Here are some drawings of the amygdala:

Amygdala (1)

<<http://www.astralvoyage.com/projection/images/amygdala1.gif>>

Amygdala (2)

<<http://www.astralvoyage.com/projection/images/amygdala2.jpg>>

Amygdala (3) <<http://www.astralvoyage.com/projection/images/amygdal3.gif>>

Take care,

Anne

Internal Ringing and Astral Projection

What is the link between initial separation and our ears/hearing? Typical sounds associated with separation have been labeled: roaring, screaming, buzzing, bees in ears, high pitched noises, etc. I am also able to hear a greater range of sound waves when I first leave my body (read my radio frequency article).

I and other projectors have told people to listen to the internal ringing in their ears to bring on a projection. Numerous people responded to success with this. Why? The conclusion I originally drew was that it was because this narrowed our thread of thought, which reduced the electrical input to the brain and less input reduces energy, thus magnetism.... This may be PART of the reason, but I think it also relates to the following:

Most internal ringing is normal. Why? Because the internal mechanism of the healthy ear creates sound vibrations, and your "ear sounds" or otoacoustic emissions (OAEs) can be recorded by a microphone probe fitted to your ear! In fact, OAEs are routinely used to test for normal hearing in newborn babies. This internal ringing is normal. However, excessive ringing is called tinnitus and is so annoying that it leads subjects to severe depression. Although excessive ringing in the ears is considered a disease, it has been documented that "in more than half of the cases, the exact cause of the tinnitus cannot be identified". Now, the American Tinnitus Association, using the brain imaging technique called PET (positron emission tomography) surprisingly discovered that when internal ringing was present, the hippocampus (viewed by some scientists as the seat of emotion in the brain) was stimulated. And where is the hippocampus? It is part of the temporal lobe along with the olfactory cortex and the..... amygdala! (see the amygdala link). Although each function separately, they are grouped together as "the limbic system". The vibration of one, stimulates the other.

I wrote about the amygdala based on information from Neil Slade's site and how this part of the brain, when properly triggered, helped achieve the out of body state. Neil Slade states repeatedly that listening to certain types of music flips the amygdala switch forward. He sites numerous examples of how certain music enhances learning, mental travel (OBEs) and remote viewing. Here is one of his quotes: "Just as in any other kind of music, our impressions and emotions while in our out-of-our-body experience leave and transmit the same impressions to the listener. Thus, this particular Out-Of Body Brain Travel Music will facilitate your own remote viewing and astral Brain Travel to this alien place."

Sound has been linked to OBEs for ages. My first mental projection while listening to classical music. The Monroe Institute and many other sites (including Neil Slade's site) sell "brain music" that help achieve altered states of

consciousness and astral projection. Crystal bowls are used that supposedly resonate with different chakras and stimulate projection and awareness. However, it wasn't until this year (2001) that I realized that REM sleep, sound (hemi sync or otherwise) were related to OBEs via the frontal lobe.

Take care,

Anne

[More Anatomy Articles](#)

Sleep and Inducing a Projection

I have stated that one of several ways to induce a projection is to "mimic sleep". However, this statement needs clarification. It isn't just sleep that needs to be mimicked, but the correct cycle of sleep.

Scientists divided non-REM sleep into four stages, accounting for about 75 percent of total sleep. In each stage, brain waves become progressively larger and slower, and sleep becomes deeper. After reaching stage 4, the deepest period, the pattern reverses, and sleep becomes progressively lighter until REM sleep, the most active period, occurs. This cycle typically occurs about once every 90 minutes in humans. The time which most conscious projections occur is during the REM cycle (or the hypnagogic/hypnopompic state). Rapid eye movement (REM) sleep is an intense activity in the brain during which dreaming occurs and with practice, astral projection. During the REM sleep state, the brain functions in the alpha/theta brain wave state which can also be achieved in meditation.

I've often said that it's not advisable to practice at night because you're just too tired. Stages 1-4 indicate progressive degrees of sleep with stage 1 being the lightest (alpha) and stage 4 being very deep sleep (delta). Usually after about 90 minutes we have progressed through all 4 stages and then we enter REM sleep (theta). This is the stage of sleep when most people dream. Stage REM is usually very short early in the night but gradually increase as the night goes on. By the time morning rolls around, we are in REM almost all the time. 99% of my projections have been in the morning bouncing in and out of REM sleep and also why multiple published authors report projecting after "several sleep cycles" because they have transitioned out of sleep stages 1-4 and are in REM. I think many dreams are indeed disguised astral projections because people have shared the same unusual dream content, received information not normally accessible to them and visited people and were seen.

I also found references to companies on the net that use Rapid Eye Technology to simulate the REM sleep state in order to perform passive emotional healing. They do this by mimicking the REM state via eye movements (moving side to side and gradually moving up). I found this an interesting correlation because the astral utilizes the "emotional body" and by duplicating REM sleep, (the time we naturally project) to work on emotional wounds does make sense. Even doctors that don't utilize Rapid Eye Technology state that "dreams help people process emotional material".

In summary, the goal isn't to mimic sleep, but mimic REM sleep.

More Anatomy Articles

The Catatonic State

There is a state of awareness that most of us encounter at some time or another that is not astral projection, nor is it a dream.

The catatonic state of awareness is when our consciousness detaches and transfers itself from our physical body to our etheric body (but not yet in the astral body). However, the etheric body is still considerably attached to the physical, and has most of the "control".

Clinical psychologists call this Sleep Paralysis, but they are wrong. They define this as a REM sleep state and that the consciousness can not become aware of anything by perceiving it and that it can be aware of nothing except what it "hallucinates". When I read about Sleep Paralysis, I have to smile, because here are some of the symptoms:

- Vibrations and shaking
- The sensation of floating, as in "out of body"
- The sense that other beings are in the room or vicinity
- The ability to see through closed eyes.

We are immobile because the abilities are no longer with the physical. You can "see" through closed eyelids because we are seeing in the etheric body (I get this all the time). Your physical "muscles" don't work because your consciousness is no longer sending conscious signals to your physical body.

Since the etheric is also known as the electromagnetic body, you can hear radio waves and people on the lower planes. Another common side effect is the inability to move (again, because you are not completely attached to the physical body so you cannot scream, move, or anything of a physical nature). It's like having a mind, and no body. This can be a terrifying state (and is for about 90% of reported cases) because although you can hear people in or near your room, you are immobile! If you read my Science and Astral Projection Link (and then read the "test results") you'll see that the catatonic state increases with the use of these magnets due to the nature of the etheric body.

The chemical process that creates this catatonic state, thus allowing the consciousness to switch vehicles, starts with REM sleep. REM sleep begins with signals from an area at the base of the brain called the pons. These signals travel to a brain region called the thalamus, which relays them to the cerebral cortex. The pons also sends signals that shut off neurons in the spinal cord, causing temporary paralysis of the limb muscles (the catatonic state).

So what does one do in this state? Well, I'm a big advocate that fear should be overcome, so I try and face it, regardless of the outcome. Just this weekend I woke up in this state and felt someone in my room, I killed all fear and just "welcomed" it. It turned into a very pleasant experience unlike the one before where I was very afraid.

You can also try and project from this state. Several days ago I woke up in this state, told myself to try and not be afraid, and then focused on my third eye. Vibrations rushed in, but I just couldn't let the nagging thought escape me that I was "vulnerable" in this state, so the vibrations continued for a few minutes, and then dissipated.

It's important to learn control and develop the ability to manipulate the consciousness in this state. Practice and facing fear is the only way to get around this.

Here is additional information from Trionic Research Institute on the Catatonic State (or what they refer to as ASP-Awareness during Sleep Paralysis) Trionic Research Institute

The Magnetic Body Range

Often we go along with what is told to us because it's popular, hard to prove, or a general public consensus. The term 'cord range activity area' (which is what I believe is really the Magnetic Body Range) is commonly described as the area near your physical body that, when first projecting, pulls our astral bodies to and fro because of the astral cord. The cord supposedly acts as a link from our astral form to our physical body (like an umbilical cord), and when we die, it dissolves, or breaks, and separation is final. When we initially separate from our physical, we experience the sensation of a magnetic pull (likened to being drunk), astral blindness, auditory signals from radio and tv frequencies, and vibrationally low entities.

I believe that the astral cord has nothing to do with the symptoms experienced when too close to the physical body during initial projection. If the cord remains attached to us throughout our excursion, then moving 10 feet away from the physical body does nothing to remove us from the "cord range" as it follows us everywhere. I believe it is being in the etheric field (or as I call it, the Magnetic Body Range) that creates these symptoms, not the astral cord.

The human body is surrounded by an electromagnetic field (this is science, not any paranormal theory). Kalen Craig, author of the "The Kalen Universe" and retired Naval Researcher (<http://www.kalenuiverse.com/>) states that "Our primary postulate is that space (ether) exists as a super fluid of electric and gravitational fields composed of quantum action particles ..." This to me explains why when we first project, and are near the "etheric" body, we experience the magnetic pull (as magnetism is created from moving electrical particles). As soon as we leave the magnetic body range then all of these symptoms vanish.

Some extraordinary people have exhibited certain magnetic and electrical properties. For instance, a 14-year old Soviet student, Inga Gaiduchenko, has been likened to a human magnet. Not long ago, she demonstrated to specialists at the Moscow Technological Institute that pens, china, spoons, books and other objects can adhere to her hands, just as if she was a magnet for non-metallic items. Pauline Shaw, a housewife of Manchester, England, has so much electrostatic energy in her that she routinely blows out home appliances with a single touch!

It is proposed that 'ether' accommodates electromagnetic and gravitational waves. Our etheric body is also electromagnetic in nature which is why when I used neodymium earth magnets, my etheric activity greatly increased (but not so much my astral projections). If the cord does exist, it is only to keep us

connected to our physical body, yet does not possess any electromagnetic properties.

[More Anatomy Articles](#)

The Five Bodies

Eastern esoteric yoga informs us that the human has not only the physical body, but a series of overlapping, multidimensional bodies. These bodies are variously described according to different traditions, but essentially they include the etheric/electromagnetic body (seat of the chakras), the astral/emotional body (the basic formative dimension for emotions as polarized expressions), the mental body (the sphere of abstract knowledge and concrete thinking, the realm of Forms). The last is the causal body (seat of the Soul, the timeless, spiritualized agent behind sequential human incarnations).

Physical

This is pretty self explanatory. The physical body has the lowest vibrations and is attached to the etheric and the astral.

Etheric

The etheric body can leave the physical, but when it does, I don't think it goes any great distance. I think its role is a "life energy" body. When the body goes to sleep, the etheric expands, the chakras open, and we receive energy and restore our depleted supply. This is why it is also referred to as the vitality sheath or health body. When I'm tired and drained, I can lay down for half an hour, enter a trance like state and wake up feeling totally refreshed. This is not the projection of the astral body, but a charging of the etheric. If the etheric projected a great deal, our bodies would feel drained, not refreshed, upon return. When I astral project, my etheric is doing its job of replenishing my body, and when I come back, I am refreshed. The two are independent.

When people experience "duality" aka mind splitting (where the consciousness resides at two locations) I believe one part of the consciousness is in the etheric and another one is in the astral.

There are also a lot of discrepancies on the silver cord. I personally have never seen this cord (but I haven't really looked for it either). It has been suggested that the cord is related to etheric projection, not astral. If the cord was associated with just astral projection, then we would see it every time we astrally projected.

I remember once leaving my body and out of curiosity I looked back towards my physical body. I saw a body, but it was in a totally different position than my physical! It was the etheric body that I was seeing. In the astral, we see the astral counterparts of the physical, but I think we can also see our etheric shell (this explains why I saw the etheric body, and not the physical).

On several occasions, during meditation, I have been able to see the ceiling through my physical eyelids. This is also not astral projection.

People who are sickly have reported more OBEs. I think this is because the etheric is weak and the astral is able to separate more easily. Both our physical and etheric bodies are magnetic in nature and influence the pull of the astral.

When objects are moved, I think it is more from the influence of the etheric body, rather than the astral which does not share the same vibrations as objects in the physical. The etheric is of a higher vibration than the physical, but lower than the astral.

Astral

The astral body is aligned with the physical and is of a lower vibration when it is attached. To unattach, the frequencies must be raised. The astral body can transcend various levels in the astral plane. It reacts to thoughts and can see the astral counterpart of the physical world. It cannot affect physical objects because they do not share the same vibrations. The astral body can transcend time and space. There is a feeling of separation when consciously projecting from the body. Rushing, vibrating, roaring, crackling and popping (to name a few). When in the astral, our filter is removed and we are able to see, hear and feel more.

Mental

The mental body is where remote viewing happens. When you achieve bi-location during remote viewing, there is no feeling of separation as with astral projection. There is also no visual distortion as there sometimes is with astral projection (depending on where you are at on the astral plane). My first "projection" was a mental one. I went straight from the physical to the mental body which explains why there were no vibrations. I just involuntarily "popped" out and was several blocks away. I also think the mental body is often independent of our physical one. Unlike astral projection, when I separate, I detach from the body and travel accordingly. In the mental, you just show up somewhere and have done nothing to travel there. The mental body does not contain the thought "junk" of the astral. You may be able to see partial thoughts formed in the astral (as in a partially built ship), but not in the mental. When I wake up in the mental, I am usually nowhere near my body and have no sensation of a body of any kind. I once "woke up" in the mental and I had no way to determine where I was. It was pitch black, I had no ears, no eyes, no body. It was a void that I remained in until a sudden return to the physical. It was a pure state of 'being'.

The mental body also transcends time and space. Advanced remote viewers, using their mental body, communicate telepathically.

Causal

The causal body is where past life memories are stored. This plane is one up from the astral. When we die, we enter the astral and eventually experience a second death (the astral body diminishes) and we enter the causal plane where we then remember our past lives and can then make decisions for our next.

Is Low Blood Pressure Linked to Astral Projection Ability?

A "polar molecule movement theory" was recently submitted to me by Mario Fernandez, a reader of my web page, but I wanted to analyze it in more detail here. Mario's theory is posted below (and also under the Science page) with my comments following.

THE POLAR MOLECULE MOVEMENT THEORY by Mario Fernandez

The following came to me in a sudden intuition, while attempting an astral projection in the afternoon.

I have read about Anne's conviction that projections are deeply related to magnetism. Admitting the magnetic field of the body pulls the etheric or astral body back, one should try to understand the source of that pull, in order to minimize it.

Now, not all molecules behave the same, in terms of their magnetic properties. Some molecules are like little magnets, while others do not show magnet-like properties. The magnet-like molecules are the so-called "polar" molecules, while the others are called "non-polar" molecules. It is easy to check the difference between both kinds of molecules with a simple experiment. Place a cup of lard and a separate cup of water in the microwave oven and microwave for, say, one minute. You will see the cup of water is boiling, while the cup of lard is lukewarm, at best. Now, the lard represents the fat inside your body (sorry about that), while the water represents mostly your bloodstream. The microwaves are nothing but rapid electromagnetic pulses that change the orientation of the tiny magnet-like polar molecules, many times per second. The

more polar a molecule is, the more heat it will pick up in the microwave oven. Water is one of the most polar molecules in our body. Well, this shows that we should not care about our non-polar molecules, such as our fat, since they do not contribute to our magnetic pull. On the other hand, our polar molecules create a magnetic field around them as they vibrate or as they move around.

Why do they vibrate? They vibrate because of their temperature: as the temperature is higher, so are the vibrations. And why do they move around? They move around because the water molecules in your bloodstream travel all around within your body, pumped by your heart. This leads us to two conclusions. First, projections should be easiest at the time the body reaches its lowest temperature: maybe between 4 and 6 A.M. Second, projections should also be easiest at the time our pulse rate is at its minimum, and thus the bloodstream movement is slowest. Maybe we should think of some ways to lower our heart rate without risk. Or maybe another aid-device could be designed: one that would wake us once a selected heart rate has been achieved.

I think Mario's conclusion is excellent. When I was researching laughing gas (nitrous oxide) for its ability to cause spontaneous projections, they mentioned "lower blood pressure" as one of the side effects. I looked up low blood pressure and it is indeed lowest during sleep which is when we project naturally.

When we sleep (or meditate) the heart rate decreases prior to a decline in body temperature (which reduces energy and thus magnetism) and allows for separation. I repeatedly tell readers that if they are trying to project, to "reduce all thought and focus on the third eye." A projector should also focus on slowing down their heart rate via breath and mind control. Just thinking of lowering our heart rate will work just as thinking of something sour will make our mouths water. The goal is to "deaden" as much of the bodily activity as possible in an attempt to mimic sleep.

Starting immediately, I will gather statistics from readers who have naturally loose holds over their astral bodies. The people having naturally loose holds over their body that I've asked so far ALL have naturally low blood pressure. Even myself, when I had my physical several years ago was told that my blood pressure was rather low.

More Anatomy Articles