A Course In Astral Travel

WEEK 5

Concentration

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Concentration

This is a short but very important topic, much of the success in astral projection depends upon the ability to concentrate, and that is to focus the mind upon one thing.

If you are able to do this in astral projection succeeds, it fails mostly due to a lack of concentration. It is the way to be able to project at will, whenever you want to, as long as there are no other factors such as illness that can stop you.

It is not easy to acquire, because of the way that the mind is ordinarily used, normally it goes on chattering throughout the day, or it is identified in whatever activity is taking place, so that one is not self-aware, which itself contributes to the chattering. Then when one goes to practise astral projection it usually fails, because the mind continues with its chattering activity.

It is the different egos the different parts of the subconscious that bring about this chattering, but it is possible to train the mind so that it focuses on one thing. The mind can be trained, it needs to be gradually educated to be on one thing, since it is not used to operating like that.

When the mind has been trained and is focused and you practice astral projection, the excise works very well, using concentration I have been able to focus upon my heart, and have projected again and again, going out into the astral coming back, going back out again and so on.

It does take a lot of effort to acquire this ability, but if you really want to Astral project this is what you need to do. With this ability all the techniques of Astral projection work. Even the mantras require concentration to get them to work.

Being Aware of What You're Doing

What you need to do is to be aware of what you're doing at any moment of the day, in the way that it is written in topic 2 of this course, wherever you are, in whatever situation, aware of the present moment, naturally aware of the information of the five senses. Practice and investigate how it works until you get it right. Whenever you are doing an activity concentrate upon it, do just one thing at a time, don't do two or more activities at the same time, otherwise you'll lose the focus and will easily become identified. You don't need to become mechanical or robotic to do this, practice and learn how to do it naturally.

It takes a lot effort and willpower to do it and to maintain it throughout the day, many sacrifices will need to made in one way or another, but you see the results eventually as you are more aware throughout the day and better able to concentrate on the things that you do. This also has positive effect in that you do things better and more efficiently.

Quite soon after I discovered the importance of concentration I would go for walks, sometimes for most of the day and would spend my whole time being aware and concentrating, this allowed me to develop this useful faculty.

With it you not only are more aware, focussed and organised but you are activating the spiritual part, the consciousness, it is from there that all spiritual development and progress begins. It is this part that has all the true spiritual qualities that one has, love and so on. It is with this part that you find peace. Explore and investigate the awareness, when you get it right, it will 'feel' right, it is at that moment of awareness, which is outside thought, the mind or the emotions and outside the egos that the spiritual within is activated.

Everything takes place within the present moment, by being aware you wake up to it.

Sitting Exercises

As well as this method, you can also trained the mind to concentrate by using the exercises where you sit down simply to concentrate (as given in topic 2), so far you have been practising for 10 minutes at the time, if you have been maintaining this then increase the time to 15 minutes.

It's very important however not to force the mind, gradually train yourself in these sitting exercises and slowly increase the time you spend doing them.

Problems with Falling Asleep

Concentration also helps with problems with falling asleep that many people who try to project experience. If you fall asleep too quickly it helps to graduate sleep so that you are more aware going into it. If you have problems of not being able to sleep when trying to project it's usually due to an over-active mind and a tense emotion (ego) that sometimes eventually arises, this is a consequence of a lack of Concentration. Concentration attracts the sleep and stops the mind from being over-active, allowing a more successful projection.

Its possible to force the mind when trying to concentrate throughout the day, this is due to trying to artificially be aware with the mind rather than naturally activating the consciousness by practicing the awareness. You will need to investigate to learn how to be aware and on what you are doing throughout the day.

Practicing this you will find life simpler, less cluttered and less complicated, but it does require a lot of effort and sacrifice. But if you manage to do it you will find that concentration is a very powerful tool.

Weekly Exercises

So for this week develop your ability to concentrate with these two exercises:

1. Be aware of what you are doing throughout the day, doing only one thing at a time and focussing upon whatever activity you do.

If you wish, try having a few activities where you make sure you do it, so that they become like anchors that help to maintain the daily momentum. Try being focussed upon washing, putting on your shoes and washing the dishes (or using the dishwasher if you have one).

2. Increase the duration of your sit down concentration/visualisation exercises, putting 15 minutes as the normal standard rather than 10 as it was previously, and increase the frequency of these exercises, so that you do two a day rather than one for example. This will greatly increase your ability to focus upon the technique you use for projection.

This Weeks Astral Exercise

Projection to a place

This week we are going to use the imagination and willpower to project to a place, the exercise is simple: when you go to sleep, visualize a place that you are familiar with, a

park, a sacred or inspirational place you may have visited, somewhere you like to be, your house, etc.

Visualize yourself walking in it, so that it becomes concrete and real around you, as though you were walking in a real place, imagine that you can taste, touch, feel, smell, hear and see the things in that environment in an intense and real way.

If you do this well enough you can be in that place, in that environment once the split from the physical body takes place, you can find yourself walking through it.

Stick to this exercise for the whole week, don't change it, this will allow you to learn more about how it works, it will train you better and you will be more able to monitor your progress throughout the week if you stick to just one technique.

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Questions And Answers

CONCENTRATION

I have astral traveled many times but almost always it just happens with no effort. When I try to relax in bed and concentrate, I almost always fall asleep. Am I doing something wrong or do I just need more practice. One more thing, my episodes of astral travel that just happen often happen if I have stayed up much later than normal and am very tired Thanks for any help.

It is very common to fall sleep as the exercise begins. This is because your mind needs to be trained to be on one thing. Otherwise, you fall sleep with the initial thoughts, which then become dreams immediately. You just need more practice, and as you practice the exercises more, you will learn to go further into the transition period between wakefulness and sleep. It is in that transition period that conscious astral projection takes place. Sometimes, if you are in that transition period you think you are awake, but in fact you could even be snoring with a very light sleep, so that you cannot even hear yourself snoring.

You get sporadic astral experiences because you are being helped, so that you learn to do it by yourself and in this way you are taught and encouraged.

Whenever I practice the exercises I never seem to fall asleep, when it doesn't work I just get up. Does this mean I'm not relaxed enough or am I too aware of what's happening?

In Astral projection it usually means that you need to develop the ability to focus the mind on one thing, if you do, you will find that you are able to actually attract sleep.

Every time I try to astral project it's really easy for me to relax my whole body. Then after I get the vibrations I always seem to make it to the point of the split but then immediately my heart starts beating really fast and intense. I always try to ignore it but it's too intense to ignore, it feels like my heart is going to blow up out of my chest! This usually stops me from making the split and sometimes it's my chattering mind. I know for a fact my heart doesn't beat like that because of any emotions like fear or nervousness because I'm always very calm and concentrating hard. It's like a physical thing that comes out of nowhere. So is there any reason why this keeps happening and how to I prevent it? What is the best way to breathe to astral project?

Try concentrating on the heart - then it doesn't matter how much it beats, once you get used to doing it then try it with the other exercises, if there is no emotional state involved it will go back to normal.

I think I had my first Astral Experience. But I cannot be sure it was astral travel, is there a possibility of dreaming of astral travel? The reason I ask is because in the middle of the night I sort of 'woke up,' and begun to feel the vibrations. I thought, 'OK - this time I'm going to concentrate on my heart beat.' Sure enough, the vibes got deeper and more powerful and I feel I had projected (I'd cast a circle before also). After flailing around in my Astral body unsure of how to use it for a few moments, I was able to get up and walk around the house. I did the conjuration of Jupiter everywhere just in case. Then I tried to go outside my window and I was unable. I thought 'stuff this - I'm doing it' and took a run and jump through the wall in my living room, and ended up sort of flying outside. I tried to fly to my girlfriends' house, tried to fly a little way down the road - this is where my memories stop. My question: It wasn't nearly as vivid as I'd been led to believe or expected it to be. Also, it happened in the middle of the night, some time after I'd fallen asleep from trying the exercise. I can't be sure I was fully conscious. And even during the experience it felt like I was a little out of it. Do you have tips or explanations? Also - how do I make the experience more vivid? Like daily consciousness or even more so? This would be so appreciated!

It is good to see that your efforts are paying off. It was an astral travel experience and you did very well in your first go. Your determination, clear decision and the use of the conjurations have played a big role in it; and also the fact that you did not get involved in the vibrations but carried on with concentration on your heart.

The technique of the concentration of the heart normally has that effect. You can be woken up in your dreams or have a very vivid dream with very useful information for you own work; or you can be woken up the middle of the night to try again and you took advantage of the latter.

Your experience was foggy because you need more experience. As you try more and more, you will get better at it. However, you need to get more experience in daily awareness of the moment and your level of consciousness needs to increase in the physical for your experiences in the astral to be more vivid and clearer. Some people experience a vivid astral projection as a help, so that they know what is like, but in your case you have been given information in the experience itself to do more than just try the technique for astral projection. That is, you need to make efforts to do the exercises like the jump for waking up in dreams, that will help you make the experiences more vivid and more conscious.

However, ultimately, the information on the self-knowledge course and the esoteric course will enable you to have astral projection experiences far beyond of what you can imagine and more importantly you will be able to acquire esoteric knowledge that will be given to you because you got there consciously and by your own efforts.

Should we keep trying to concentrate until we eventually fall asleep? I just started the course and I've been concentrating for about 15minutes then giving up and going to sleep on my side. I have the time to do it longer, just never have. Also for some reason, I just cannot visualize the heart for more than 5 seconds... I can concentrate on my heartbeat but it's a quiet beat unless I take deep breaths. Any advice welcome thanks.

It is best to increase it gradually, if you are comfortable with 15 minutes then go onto 20 and so on. In this way you are going to train your body and mind at concentration very well, and you are not going to be disrupted by a discomfort of any kind.

It is normal to last very little time concentrated on the heart. This is because the mind is not trained to focus on anything for long at all. You will see that as you carry on with your exercises regularly your span of concentration will increase.

Going into the details of how your heart looks like through visualising it, it naturally increases the heartbeat. Try this it works very well.

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