A Course In Astral Travel

WEEK 7

ASTRAL AND DREAM EXPERIENCES

By Mark Pritchard

In this topic we are going to look into what happens in dreams and in the astral, how you can understand the things you see and experience there and the kind of things that you can best do while you are consciously in the Astral plane.

The language of the Astral is intuitive and symbolic so to understand it you need to develop and use your intuition, to gain experience of being there and to progress along the esoteric path thereby awakening psychic faculties and consciousness.

You can also get a basic understanding to start with by reading the information given on these courses, particularly the Esoteric course, so by the time you complete that you should have a wider understanding of the Esoteric work, because basically in the Astral everything relates to that.

Using Intuition

It is most important to use intuition when interpreting the meaning of a dream or an astral experience because of the intuitive and symbolic nature of the language of the astral. Each symbol there can have many different meanings. Each is relevant to the one who experiences them even though there are symbols with universal meanings.

Intuition is a sense that allows us to capture information from a higher plane that could not otherwise be gained from the mind or from the five senses. The information reaches us from a spiritual part within that is located in the higher dimensions. It is one of several psychic faculties that can be developed on these courses and can be very useful to have.

Intuition works immediately, when you remember a dream you get a first feeling about what things mean, go with that feeling without allowing the mind to come in and reason,

because the ordinary mind lacks that higher connection.

We can be forewarned of danger and other things because events that are going to happen often take place in the higher dimensions first and information from those dimensions can reach us here.

Everyone carries this sense to a certain extent and probably most have experienced it. The problem however, is that most people do not develop it or pay attention to it. The self-knowledge course explains how to activate it while the Esoteric course explains how to develop and awaken it and other faculties, but everyone has it, so begin to use it when you want to discover the meaning of a dream or Astral experience.

Symbols in the Astral

Much of what is seen in dreams in the beginning of the work are the projections of the subconscious, so intuition should be used to tell where they are coming from. It is very important to learn about the subconscious and how the psyche works because then you can take the steps to clear the elements of the subconscious, which we call 'egos'.

Without this astral experiences are always subject to the subjective projections of the subconscious.

Generally dreams and Astral experiences have a symbolic side, If you look at a dream plainly there may be nothing much to it, but when you recall your first intuitive feeling about it when you wake up, you know that it is referring to a certain aspect of your life, it is giving information about a person, a situation, etc and you know what it is and what is going to happen. In this way you gradually begin to interpret your dreams and experiences and the symbols in them. It is very useful for inner development, because as you gradually remember your dreams more and more you intuitively know that a particular dream is telling you what aspect in your life you must change, what egos you urgently need to work upon, which situations are harming you, or are harming others, etc.

In the Astral, a particular symbol may sometimes have different meanings and the right one can be grasped through intuition. It's important though not to tell any esoteric symbols that you may see in the Astral to anyone, because secrecy is very important there and if you tell others, whoever they are, you may not be shown any more for some time.

What to do in the Astral

It is very easy to waste an opportunity to learn something important when you go to the astral, time spent flying around nowhere in particular, looking at details on walls, etc is not the best way to use an astral experience. It is better to get esoteric experiences.

Sometimes these experiences are given anyway and are there when you astral travel, for

example you may wake up in the astral in a situation that is full of symbolic meanings for you. At other times however you have to seek out the learning.

This can be done by asking your divine Being (either the divine Mother or Father, who are the male and female aspects of the Being) to take you where you need to go, then they can take you somewhere.

Or you can go to a temple to be taught, if you know one concentrate upon it or ask your divine being to take you to the Gnostic temple to be taught. Don't be surprised if you are not allowed in, because often a certain level of esoteric work is needed to get into many of them.

Another option is to invoke a Master, these are spiritual beings who are awake in the higher dimensions, everyone has their own Master, which is incarnated within a person if they progress enough along the Esoteric path. Then the person gets the title 'Master' but it is the part of the being that is really a Master. You may know of some already and can invoke them, but be warned, because some that you have read about could now have fallen and be a demon, since they can rise and fall (there will be more explained about this on the esoteric course). At other times a negative entity can appear first, so you need to use the conjurations if you are in any doubt. Also, people can call themselves Masters here in the physical world but they have not incarnated their being and therefore do not have the true esoteric title of 'Master' so calling them in the Astral is a waste of time and can easily lead to being deceived.

Travelling

There are different ways to travel somewhere in the astral and using your intuition at the time is a good guide, you can always walk in the Astral but its much quicker to fly. You can be taken somewhere if you ask, or you can concentrate upon a specific place and you can go there immediately. Or travel from the spot you are in using what you see there to guide you. If you want to go back to a place you have been to before visualise it and you can go there.

It is possible to concentrate upon a place and project directly there, as the exercise in this topic explains. Or as you go to sleep, you may see dream images, concentrate upon one of them and go into it, and then you can go directly into it and be in the astral.

If you are already in a place in which you are being taught, stay there and continue the learning unless it is time to go.

Don't worry about getting stuck in the astral, we always come back unless the physical body dies, you just wake up from sleep, or more often straight away after the experience. The difficulty is staying in the astral without going back to the body, it helps to hold onto something that is astral, to stay aware to avoid the experience becoming a dream and to watch the emotions, since any emotion can bring you back quickly. Emotions such as fear

and worry are major culprits.

If you get there and can't see, conjure away; an ego or a negative entity could be the problem.

Sometimes in the Astral a being can appear in front of you, sometimes telling you different things, through intuition you can tell if that being is good or evil just by looking at them and using that sense. If you look into their eyes, you can often tell what they are, because their eyes can uncover the evil ones.

Through the process of the esoteric path, the consciousness is gradually awakened, that means that you clear the consciousness of those elements (egos) that make up the subconscious. Then in daily life you are more aware and are more aware in dreams until the consciousness is awakened.

The level of teachings that someone gets is entirely due to their capacity to understand and receive them. This is according to the level of spiritual development that one has, which you can learn to progress in on the self-knowledge and esoteric courses.

The real way to get profound wisdom and understanding is to take up the esoteric path. The capacity for wisdom contained in the ordinary consciousness is very limited. The knowledge about oneself and life that is attainable is small for an ordinary person compared with what it is possible to achieve on the path.

On the path, spiritual beings both in the Astral and in their influence upon events of everyday life, put events and situations so that the person can be tested, situations that test how the person acts in relation to anger, or honesty for instance. By doing this the spiritual beings can see how prepared someone is to receive true knowledge. It is not given just to anyone because then it is not valued and is easily rubbished and abused.
Knowledge is given according to ones own merits, when someone is prepared for it and has earned it. It's given according to the capacity and level of spiritual development of the person.

Exercises to do for this week

This week there is a different technique to astral project with, using visualisation, so have a go at this for this week. The concentration you have been (hopefully) building up with your 10-15 minute concentration/visualisation exercises will be put to good use here.

The exercises in the weeks following will be about getting into the Astral and on the esoteric course they will be about getting teachings in the astral.

Note: These weekly exercises are most important for getting into the Astral, if you do them all methodically each day this week you will have a much better chance of being able to succeed than if you just try a mix of things here and there.

To Astral Project

a). **Projection to a room** – This week you are going to try to project into a room in the house where you live. Before you go to sleep, go into the room that you intend to project into and study it in great detail, walk around and use all of your senses to perceive it, take as long as you need to really take everything in and to feel present and aware in the place. If another person lives in the house with you who knows about the astral, ask them to place an object in the room, an object that you know, but it should be put in a place that you do not know. Remember to study the object as well before you go to sleep.

Then go to sleep visualising the room in great detail, placing yourself back in it with your imagination, with the intention of projecting there and discovering where the object was placed. If you don't have any one in the house who can place an object, then visualize just the room and try to project there. If you do this well enough you can rise out of your body or go to that place once the split from the physical body takes place. Of course, you don't need to stay in the room for the whole time that you are in the Astral; you can leave your room and travel.

Don't forget to use the conjurations and circle of protection before you go to sleep.

Exercises to be done from Previous Weeks

1.To Prepare to Astral Project

The following will make Astral projection more effective:

1. To concentrate the mind on activities in daily life.
2. To practice concentration/visualisation for ten or more minutes once or twice each day.

Much of the failure in Astral projection comes because the mind is not trained to be on one thing, it is used to chattering away all day, then when you try to do an exercise to project, the mind carries on chattering, so it is important to train it, increasing the ability to focus it on what you need to.

a). To concentrate the mind on activities in daily life. - This tackles the way the mind is used, normally it just runs of its own accord, resulting in an almost continuous state of daydreaming. It can however be trained so that it becomes an effective tool, which can be used as is needed.

The important thing is to concentrate upon whatever activity you are doing at the time and to do only one activity at a time. Even if you have a lot of tasks to do and are under pressure, deal with the most important one, giving it your full attention, even if it is just for a few moments before you have to do another task, give whatever you are doing at

that moment your full attention.

This needs to be done throughout the day, but to help to get to that, concentrate upon three activities that you do each day, making the effort to use them to practice being concentrated upon what you're doing. Any activity can be used, but try these three, however other things are going during the day, use them to anchor yourself in concentration:

1. Washing yourself.
2. Putting your shoes on and taking them off.
3. Washing the dishes.

Concentrate upon each of these activities, not allowing the mind to interfere, if you have thoughts go straight back to the activity you are doing, investigate how concentration works, then apply it throughout the day.

b). Visualising an object for ten minutes each day – Take an object, it can be any object, sit down and place it where you can see it clearly, then concentrate upon it in great detail, observing how it looks, textures, shapes, colours, the way that light reflects on it, etc, everything you can about it. When you have clearly seen it, then close your eyes and recreate the object exactly as it is in your mind. If there are things that you cannot recreate because you didn't look at them properly, or if the image is fading away, open your eyes and look at it again, study it, then close your eyes and recreate the image again in your mind. Keep doing this process so that you visualise it as clearly as you can. Do this for 10 minutes each day, then continue with your exercise of Astral projection at night. If you want to do this for more times each day then do it, but increase it very gradually, because the mind needs to be educated and you shouldn't force it.

Vary the objects, for example, a glass of water, a plant, flowers, etc and continue with at least ten minutes each day. Remember to close your eyes when you are recreating the object in your mind and to recreate it often. Don't try to stay there with your eyes open or force yourself to keep staring at the object for a long period of time. Gradually increase the time you spend on this exercise, begin with jut a little.

2. To wake up in dreams

a). **Questioning where you are** - Ask whether you are in the physical world or in the Astral world by using the jump and pulling your finger and by seeing if there is anything strange around you, in the ways that I have described, remember to genuinely question, looking around you with as much awareness as you can and try it as often as you can.

b). **Practicing Awareness** - Being aware during the day, helping this exercise to work by making sure you try when you do the three things I mentioned above – remembering to be aware whenever you are washing yourself, putting your shoes on and eating.

c). **Practicing Awareness and Questioning** – Go for a walk for 10 – 15 minutes each day and intensively practice being aware and practicing questioning which dimension you are in by pulling the finger and jumping.

3. To Remember Dreams

Lying still when you wake up, going back over the night's dreams, using the mantra Raom Gaom.

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Questions and Answers

Q. I just wanted to know if there are any rules that we should follow when in the astral, I don't want to get there and do something that will offend anyone or anything! Also if you went to the astral and saw something like a building that only existed on the astral, and you described it to me and then I went to look at it, would I see the same thing as you or is the building represented to us based on are own individual experiences and thoughts? If that's how things work at all in the astral.

A. The more you know about the esoteric work the better, because the symbols relate to it. But you can still use your commonsense and intuition, remembering that you are there primarily to receive spiritual information. Of course don't do anything sexual or go along with any evil entities.

Things can sometimes be there because they do exist in the Astral and others can see them, there are many things that exist there that do not exist here. But things can also be put there for a teaching, or could be projections of the mind. Again you can use your intuition and gain experience, because experience makes things gradually clearer.

On a recent Astral experience, I was taken somewhere and I was shown some things I did not understand at the time. The first was of what appeared to be an ancient wall. On this wall were round objects that upon closer observation became scenes of different people and different times. The only thing that comes to mind is the Wheel of Samsara. Was this an esoteric symbol, to teach me?

Yes this very much sounds like symbols that were used in the Astral to teach you. If you don't understand them now, remember them very well, so that later if you continue this work and your capacity, your consciousness increases, along with the information that you get from this course, then you will find that you can understand the things which seemed to be obscure in the beginning.

Does the "infinity symbol" have any significance? Likewise does classical music have any significance?

The 'infinity symbol' has a meaning; it is a true esoteric symbol. It represents the cycles of evolution and involution, which travel round and round, represented by the figure eight, from existence to existence. The real spiritual work is needed to get off this cycle.

The symbol can be found in the ninth sphere, which means that the work with Alchemy needs to be carried out. Classical music can be spiritual; there is music in the higher dimensions, which is very significant to certain experiences. The symbol of infinity is an esoteric symbol, so you shouldn't say anything about these kind of things to anyone if you see them in the Astral, they are given to the individual and if they are spoken about; darkness follows and you may not be shown things. In the Esoteric world the ability to be silent is important

When you say not to mention anything about these symbols - does that include to you in these questions and answers or just in my "everyday life"

I've had no real new experience since this one - is this because I spoke about it (also I've been quite sick and run down with a bad tooth ache - hopefully this is the reason) Because of above didn't do my exercises for about a week – I see what you mean about loosing what you built up very quick.

It includes everyone, but distinguish between ordinary experiences and the properly esoteric ones.

Both speaking about personal esoteric information and illness can bring about the loss of experiences. When the continuity in the exercises is lost, it needs to be built up again. Don’t force the body to practice when you are ill though.

A comment of yours in your lecture on dreams struck me as being strange at the time. You said that it may be useful to keep a diary of your dreams but to keep it secret - If I see symbols in the future and keep a record of them is this okay as long as I keep it secret?

Yes, you shouldn't have any problems with writing things in the diary as long as you keep them secret.

The other night was the first time I have ever consciously got up in the astral. I made the conscious decision to gently roll out of bed. I wasn't even sure it worked but then it was as if the lights came on and I was somewhere else. I took that little jump and floated along effortlessly through walls and any object. I went through a plate glass window and hovered above the trees I did not know where to go since I did not know where I was. This confusion brought me back to the comfort of my bed. I went back in the astral several more times as I often do, but when I tried to pass through a different wall I thudded to the floor. Is this common? What was holding me back the next few times, it was as if the walls were solid!

The problem with the wall was your mind, doubts cause that problem, push into the wall with your hand so that it starts to go through, then follow through with the rest of you body.

I've heard that you should be careful when shape shifting in the Astral because you could come back with a part of that animal and start developing some of its wild characteristics. I would really appreciate your comments on this. Is there danger there?

No you can't come back as an animal by doing that, what you are doing has nothing to do with the process of birth and death. You would do best to forget about shape shifting because it is a projection of the mind, go into the astral clear of that and get some real spiritual teachings.

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