A COURSE IN ASTRAL TRAVEL

WEEK 1

An Introduction to Dreams and Astral Travel

By Mark Pritchard

This is the first of the weekly topics, there are eight weekly topics in all, and each contains reading material followed by exercises for you to try at home daily. The course is written from my experience of the Astral world and the exercises I have found to be the most effective ones for getting there. It obviously does not contain everything that I have gone through in that dimension, but it lays the foundation for solid Astral experiences for those who wish to take it up.

Contents Of The 8-Week Course

Week 1
An introduction to the Astral course

Week 2
How to Astral project

Week 3
Waking up in dreams

Week 4
Mantras for Astral projection

Week 5
Concentration

Week 6
Dealing with negative entities

Week 7
Astral and dream experiences

Week 8
Setting routines and overcoming obstacles

Introduction to the Astral Course

This course will explain what the astral is and what dreams are, it will tackle the basics of going into the astral, laying the foundations for the real experience and for getting results in the exercises. This first topic gives a broad outline of dreams and the astral, we will be focussing more upon the techniques to get there in following topics. It is an intensive course so you need to do the exercises as best as you can so that you get results.

The astral is one of two planes of the fifth dimension; it is the place where dreams occur, where mystical teachings are given and where the deceased go. It is more than that though because it is a complete dimension of life, waiting to be explored. It is possible to go there consciously, this course will teach you how. It is something real, it is not a figment of the imagination, but another place that exists, with the techniques on this course you can prove it.

Along with our other courses it will give you the proven techniques not only to go into the astral but also to get real esoteric knowledge. Visiting the Astral plane can change your whole view of life. You can fly and have a bit of experience here and there but the aim is to do something worthwhile, which is to receive esoteric knowledge, with this in mind in the astral you can meet spiritual beings, discover secret knowledge, learn about yourself, see where your spiritual obstacles and your inner defects are, learn hidden wisdom about death, the process of awakening, get premonitions of the future, receive guidance, discover the purpose of life discover what happens with death and much more. You need to consider the astral not just in terms of going to another dimension, but what you can do there and what are the best things you can do there.

It is more exciting than anything you can read in a book or watch at the cinema, it is something that really happens to you. You actually find yourself in another dimension, existing outside the physical world. You will be able to fly, go through walls and objects, meet people, travel to distant places, it is a profound experience.

Will power is a key element in achieving it; you need to make the effort to push forward, because if you don't then you begin to slide down, you need to be persistent and continuous.

This course will also teach you how to remember dreams and what you can do in the astral if you enter it consciously. You can’t really talk just about being in the astral plane and not say what is there and what the overall scheme of things is, and that knowledge of the scheme of things is not a matter of religious belief but of experience, much of it gained in the astral plane.

The spiritual is part of the astral plane; you can’t just explain about it without mentioning spiritual Beings, because the astral plane is their dwelling place, they live there just as we do here and if you travel enough you will meet them. The overall aim of the whole series of courses is not just to explain how to go into the astral and meet spiritual beings, but how to become one. Going into the astral plane is part of a spiritual search, it is used to get knowledge and information for the path of inner

transformation, with the experience I have of all this, I can explain to you the process you need to go through.

Dreams

Every night with sleep, dreams occur, whether they are remembered or not. In dreams the images from the subconscious become real, and one exists in the world that has been projected. Not all dreams are projections of the subconscious however; some actually take place in the Astral plane, while others are scenes or places that are put by ones own Being or by awakened Beings (Masters).

This happens because with sleep, we leave behind the physical body, which holds the psyche onto the physical plane and sensory impressions and enter the fifth dimension, what we call the Astral plane. We are connected then to the physical body through a silver cord, which makes it impossible to not come back to the body after we have woken up. So, while we dream messages are sent from us, the psyche, in the Astral, to our physical body, including the brain and vice versa, through that silver cord.

Now being without a physical body, there is no physical world to see, touch and taste, so what is left are thoughts, emotions and consciousness, but you are in the Astral plane. Unfortunately, when there what is actually in the astral plane is not normally seen, or it is only seen partially because of the images of the mind, which are projected onto it, even if what is seen there is real it is common not to even realise or question that you are there. It is the nature of that plane that one creates ones own world, which is not real, but there is something real there; only it is not normally seen when dreaming. To see what is there, we must be aware (which we will explain more about in future classes) and to be clear of the images projected by the subconscious.

When in the dreams the process of daydreaming that occurred during the day continues. Dreams occur at night because of the daydream of thoughts, images and emotions of the subconscious (the egos) that take place during the day, going through the day like that one is rarely aware of the information of the five senses, of the reality of where you are at any given moment. Therefore when sleep arrives there is also a lack of awareness of where one is.

Sometimes when dreaming you do actually see what is there in the Astral, it is because there can sometimes be periods of lucidity, in these periods someone may see what really exists in the Astral world or dream about a place that actually exists in the physical world (even though they may never have seen it and discover it later physically), in these clear times higher beings can show you things or teach you and they can awaken the consciousness, clearing the projections of the subconscious in order to teach something. For example, you could have a premonition about something that will happen in the future, something which you could have had no way of knowing, yet you see the event in a dream and it comes true.

Sometimes the dreams themselves can have a symbolic meaning. The meaning of the scene or of the symbols shown in the dream can be intuitively comprehended, or if you have some knowledge of Esoteric symbols, you can decipher the meaning of the dream as long as you apply intuition as well.

There is another type of dream that is the nightmare; these require more space and time to explain about properly so I will leave it for another lesson in another course.

There is valuable information to be gained by studying dreams, of both the meaningful ones and the ones created by the images and false scenarios projected by the subconscious. In this latter type, you may see yourself perhaps angry, fighting or stealing. They could be things that you wouldn't usually do in everyday life, or they could be things that you do usually do in everyday life. In either case, bizarre though they sometimes may be, they are an accurate reflection of what goes on in the psyche, in the conscious and subconscious processes during the day, during any day of ones life.

In the self-knowledge course you learn to see these different psychological states (egos) during daily life and learn how to study the dreams to get information about the states that occur during the day, for example, fear, anger or anxiety. On the esoteric course you learn how to get rid of the different elements of the subconscious and to replace them with consciousness. Gradually the subconscious increases and one is more and more conscious at each moment during both dreams and in daily life.

The less time is spent in these subconscious states in daily life and the less we have them, the more the psyche increases in its consciousness and lucidity and, as a consequence, increasing the lucidity of the dreams, because they are directly related. In other words, the more aware we are in daily life, the more aware we are in dreams. Eventually then we will see the Astral exactly as it is. But that is really a part of a long process, which I will explain more about as the different courses progress.

The Astral Plane

The Astral is the first of two planes of the fifth dimension. There are seven dimensions in total, most people know what the first three are and the fourth is known to science, which is time. Science in quantum physics postulates the likelihood of parallel universes existing and includes the fifth dimension in this, due to the discovery that minute particles behave unpredictably according to laws different to ours. They are correct in this since the laws of the fifth dimension are different and it is at this molecular level that the physical and the fifth dimension meet.

Going to that dimension is, however, an internal science. To do it you have to explore the psyche and that is where science effectively leaves it. This is where we begin though, because this is an internal science, you study, experiment, experience and gain knowledge.

Being in the Astral is provable to those who do it, although there have been many cases of people seeing objects, places or events while out of the body, then later being able to tell others about them, while to observers they were asleep and had no way of knowing about them. It is something real, it is not a figment of the imagination, but another place that exists. We are all familiar in a way with the Astral, because it's the place that we go to in dreams. Except that in an astral experience you are actually

there and you can know that you are in the same way that you know that you are in the physical world.

It is even possible to meet different people there, and that in fact was the first astral experience I had. I was with a group doing a practice in a Gnostic Centre, the instructor had asked us to go into a room, and to look at it, everything in, very intensively. I remember observing everything in the room in great detail, then we went back into the other room, an object was placed in the room I had just observed and we had to go back there in the Astral and see what was put in it.

As I lay down I concentrated on the room intensively, remembering all the little details that I had seen, soon afterwards I began to rise out of my body, I became very frightened and shouted help, help! But no one could hear me because I was in the Astral. I looked around and the instructor had projected, he was sitting there and another man had appeared in the room, my fear unfortunately brought me back to my body. I looked around and I was surprised that no one had heard me shouting.

Later on I spoke to the instructor and he confirmed that the gentleman who we both knew had been there. Although it was brief, it was an amazing experience for me, I had discovered that it is possible to leave the physical body and to meet with people there.

We only see a small part of life living here in the physical world, but through this, you see that there is much more, then you want to find out what it's all about, what exists there and why, so I will explain the whole picture as the course progresses.

If you try the Astral without knowing the whole picture you will not be able to do very much there of any real significance and will easily be confused, drawing misleading conclusions about it.

There are four ways to have an out-of-body experience, the first is to project, the second is to wake up in a dream, to know that you are in one and to realise that it's the Astral, the third is to have a near death experience and the fourth is with death.

I explain about the process of death on the esoteric course, and teach techniques to achieve the first two. Not surprisingly, you can learn a lot about death from the Astral, because the dead go into the other dimensions, so you can see something of what happens.

The Astral is a whole new world to explore, but the main use that we have for it is for spiritual development. With it you can see how you are doing, you can monitor your spiritual progress and can walk along the spiritual path knowing each step that you have made.

There you can see, meet and receive teachings from spiritual beings, those who have founded or have been mentioned in the world's great religions, in mythology, or in Esotericism. You can travel to distant places in the world and beyond, you can get access to incredible knowledge that is denied the majority of people in the world who do not go there consciously, however, you can get much more if you walk along the spiritual path, receiving knowledge and experience beyond what you can imagine.

The Astral itself, when it is not clouded by the projections of the mind, can look similar to the physical world. There you can see things that are here, as they are here, the things that are in the physical world are also in the Astral, so, projecting into your bedroom at night you can see it as it is in the physical, you can get up, walk out of your room and go outside. You can see the place, the town or city where you live, the outside of your house, the street, etc, all as they are in the physical.

Then, because it is the Astral and is governed by its own laws, you are able to fly, so you can jump into the air and fly upwards, looking down over your house and the area where you live, it will look very often as it does normally. Then, as many people have done, you can fly somewhere.

Things do not always look the same though, something may be different in your bedroom, you may project to different place, strange things could be going on, that's because either the mind is projecting something, so you don't see it as it is, or there are actually different things there, or things have been placed there, or you have been put in a place for you to learn something.

You should pay close attention to what you see because they may be information for you, in the form of a symbol, a number, an event or words that are spoken. Information is often given there symbolically, so you need to use your intuition and to learn about the spiritual path and its symbolism, then you will decipher the correct meaning, you can learn to develop intuition on these courses.

Symbols are used because they are a universal language, common symbols can be found throughout the great religions of the world.

In case you're wondering what kind of body you have in the Astral, I will explain more it in the esoteric course, because it requires too much explanation to fit here.

What About Fear?

Fear of the unknown is very common, but you learn to overcome the fear of being in the astral through experience. For example you may be afraid of eating a piece of fruit that you do not know anything about, however those who know about the fruit eat it and even enjoy it.

Fear is an ego and by understanding and eliminating egos, in this case fear (which you will learn about on our other courses), you gradually get rid of it.

Fear is also related to the overall state of the energies within the psyche, there is an exercise called Alchemy that transforms the energies within the psyche, when the energies are weak there tends to be much more fear. Alchemy, which will be explained about in the esoteric course strengthens the energies.

What About Danger?

Everyone Astral travels every night when dreaming. When you astral project, you are aware of the whole process through which you (minus the physical body) go to the 5th dimension. When this process is new it can be very startling, and many people think that when they get into the Astral they are not going to come back. But people come back every night after dreaming. It is a normal part of life to leave the physical body behind for it to rest and recuperate its energies, we could not survive if did not do that, it's just that with the process of Astral projection you are aware of the process that takes place when leaving the physical body and going into the Astral plane.

Another fear is that there can be entities there that will stop you from coming back or will harm you in some way, there are entities that exist in the Astral and we explain what they are and how to deal with them on this course, but they will not harm you physically in any case, so there is no need to worry about it.

Will Power For Astral Projection

Astral Travel can take a lot of effort to maintain and achieve. To do it, you have to be determined and single-minded. You need to be clear in your goal to achieve it and to make whatever sacrifices are necessary.

It can sometimes take quite a long time to achieve, so patience, effort and determination are very important; they will lay the foundation for continuity. If it looks as though nothing is working don't give up, persist and you will eventually succeed.

.. ..

This Weeks Exercises

The exercises on the course follow an order, which is designed to be effective for getting results; so to get the astral techniques to work you should do each one of them given every week in the order that they are given.

We begin with two simple ones, the first is a technique to relax the body the second is one to remember your dreams when you wake up in the morning.

Exercise 1 - Relaxation

It is very important to learn to relax the body, the whole body needs to be relaxed for projection to take place, if you are tense it will be more difficult to focus upon the exercise you are doing and it will be more difficult for the Astral and physical bodies to separate and to fall asleep as sleep is needed for Astral projection, so this exercise of relaxation prepares you for the exercises that will follow in this course.

This is a very simple technique and can be done easily; it's a matter of relaxing all the muscles in the body.

You need to lie down on your back with your legs straight and your arms by your side.

Go through each muscle relaxing them all one by one, you can start anywhere as long as you go through each muscle methodically, making each one completely relaxed.

Pay particular attention to the face once you get to it, there can be little areas of tension that are easily overlooked; relax them all.

Once you have checked everywhere, repeat the procedure, just to make sure that there are no areas of tension that you have missed, or that have been reintroduced and aim to be totally relaxed.

In this state you are now ready to begin your exercise of Astral projection.

Practice this every night before you go to sleep, when you go to do your exercise of projection you need to relax like this first, so for now do this exercise to get you ready for the techniques that will soon follow.

Exercise 2 - Remembering dreams

This is an exercise that you can do whenever you wake up from sleeping to remember your dreams. Dreams take place in the astral plane, there is much to be learnt from them, though much is projected by the mind, they can still be places that you have travelled to in the Astral plane within a dream and you can get much information from the scenes of dreams the symbols in them and teachings that may have been given.

Remembering your dreams will give you an insight into your psychology and will get you used to the astral realm you are going to explore. It is easy to miss many dreams that have occurred during sleep but here is a technique you can use to help you to remember them. Try it every morning, the more you do it the more you will develop your ability to recall them consistently. But bear in mind that as you go on in this course, you will learn to increase your level of awareness during daily life and so your dreams will become clearer and clearer.

When you wake up don't move.
Not even a finger, simply open your eyes and close them again and begin to remember your dreams from the first one you can remember, try to see it in as much detail as you can, then you may find that more dreams appear. Carry on remembering the ones before if you can. It may take a bit of training not to move when you wake up, but if you try time and again you begin to train you body. It is important not to move when you wake up because by moving the physical and astral bodies become merged, you become locked into the physical body, whereas when you just wake up, they often have a looser connection, which makes remembering dreams easier.

Pronounce the mantra Raom Gaom.
If you still can't remember any dreams, continue to lie still for a little while with your eyes closed, to see if they appear, if they don't then pronounce this Mantra. A Mantra is a series of sounds, a word, or words that have psychic effects. They have these effects depending upon the words or upon the sounds which are often based upon the vowels A, E, I, O, U, these vowels stimulate the Chakras, which then increase certain psychic faculties, each vowel corresponds to a certain Chakra and increases in particular faculty.

In this case, the mantra for remembering dreams is called RAOM GAOM. You pronounce it elongating the sound of each letter like this: Rrraaaaaoooooommmmm Gaaaaaoooooommmmm.

If you pronounce this mentally (not aloud) repeating it over and over again for a while you'll notice the dreams beginning to appear, as they do, concentrate upon each one. If you need to, pronounce it again several times and try to remember more and so on.

If you want to, keep a diary or a record of your dreams, you may find that things you don't understand now you will do later, but make sure that no one else can see it or find it. This is because someone may find out things that are personal to you.

To begin with, look into your dreams, to see what sort of dreams you have, what different psychological elements such as anger or fear you can find and recognise. Look too to see whether you have been to any places, whether you have been flying, because we can fly in that plane, whether there are any symbols (symbols are a form of communication in the astral plane) that you can recognise and intuitively capture the meaning of, whether you had any teachings, or even had mystical experiences.

If you are in doubt about what you see and don't understand it, try using your intuition to work it out.

¨ ¨ ¨ ¨ ¨ ¨ ¨ ¨ ¨ ¨

Questions And Answers

Below are some questions that I have answered on the Astral generally and on remembering dreams:

Astral Travel

Q: Is there ever any chance I won't be able to get back to my physical body after I've been Astral travelling?

A: We go to the Astral every night when we go to sleep. The only difference with Astral travelling is that we are aware of the fact that we're in another dimension. In fact, you usually get pulled back to your body too soon,
the hard part is staying out there.

Is astral travel the same as lucid dreaming?

Astral travel includes lucid dreaming and also travel after a conscious projection. It is being self-aware in the Astral plane of the fifth dimension.

Is it possible to attract the attention of people in the 'physical' world and interact with them while I move about in my astral travels?

You are extremely unlikely to be able to interact with people who are in the Physical while you are in the Astral, the person in the Physical needs to have polyvision active to be able to do that.

Can I move objects in the astral environment?

You can move Astral objects in the Astral environment, just as you can move physical ones in the Physical environment.

Can I move forward or back through time to any period I wish. If this is so, can I go back in time and change events, like preventing myself from making a bad decision?

You can move backwards in time in the Astral, but not truly forward. Although you can see events that are going to happen while in the Astral, it's often not 100% certain that all of them will happen because it is possible to change circumstances here in the Physical world and that alters what will eventually materialise. Usually though things don't change here and what is seen there materialises here. You cannot go back in time to change events because what you see of the past are the Akashic Records. You step into what are basically records of what has happened, you cannot change events.

Is it true that only certain people can Astral Travel, and that it is the kind of thing you inherit 'genetically'?

No, Anyone can learn to Astral Travel, I had never done it until I was taught how.

How do I ask for help from my guides when I am trying to project?

Presuming that you mean beings that have awakened for light, you call the name of the Being. For example, if you call the Master Anubis, you call "Master Anubis, I invoke you" or words to that effect, over and over. If you ever advance far enough on the Esoteric Path you can choose a Being who can help you personally.

I was wondering if taking Prozac or any other antidepressants some how affect your brain so you won't be able to Astral Project?

Yes they will affect your Astral, making it more difficult. They affect the consciousness which needs to be as clear as possible.

Can drugs (alcohol, marijuana, psychedelics) help you get out of your body?

They can damage your Astral body, make the mind and emotions more active and can make your consciousness more asleep, all of which are not good for continuing Astral success, not to mention the Spiritual Work. Cultures like the Shamans use them for projections, but they can only go to the inferior Astral and get experiences that look spiritual sometimes, but which in fact belong to the negative side. I've seen their ceremonies in the Astral so I know about that. All drug induced experiences belong to the negative side and that side is only strengthened in a person by taking drugs.

I just wondered if it was possible to meet with other human beings whilst astral travelling. Either while they are astral travelling too or while they are awake and their friend has come to see them by astral travel.

Yes you can meet with other human beings whilst Astral travelling, but to talk to them meaningfully, they also have to be conscious in the Astral. Otherwise if we find them and they are dreaming they will look like drunk people. They are unlikely to recognise us although they may remember seeing us in a dream. You can see people who are awake in the Physical because you see their Astral part, but you cannot communicate with them because they won't be able to see you (unless they have polyvision).

How do I get my eyes open when I'm in the astral?

It is quite common to see darkness or to be unable to open your eyes at the beginning, as you are not used to the Astral or your Astral body. Sometimes the Astral can be dark even if our eyes are open. There are techniques called conjurations that you can use which help to get rid of negative influences that can often cause this.

Can reduced eating daily help out-of-body experiences?

Some people say that they find OBE's easier when they eat lightly, however the main problem people have with Astral projection is that there is a lack of concentration. All you need for Astral projection is concentration and sleep, so how much you eat shouldn't have much of an affect. Having said that, it is not so good to try an Astral exercise or to go to bed after a very heavy meal because if it upsets the stomach it can take you into lower parts of the Astral. You need to be careful about eating less and fasting and so on, because it can cause other problems. As long as you are eating sensibly, I suggest you keep your regular eating pattern and continue practising in order to improve your concentration and OBE experiences.

I really want to learn how to do this but I am scared that when I do start to split that I will become frighten and will not get to enjoy the experience.

That fear is only natural to start with, but you will overcome it as you practise. And even if you do become afraid when you split the first time, in retrospect you will cherish the experience because it is something so new and magical, and it will

confirm the reality of it for you. Then after that you will be able to approach it with more stability, and it will become better and more magical if you persist.

Are there any moral implications to mystically uniting with a soul on the astral plane who is married on the physical plane?

Yes, we wouldn't advise that be done, the esoteric course explains more about why that is.

Every time I try to Astral Project I lie there for a long time and I feel things but I never seem to make it.

If you are feeling all sorts of Astral sensations, try to get up out of bed like you would in the morning. It's not always true that we project into the air when we split. We sometimes split but remain on our bed, feeling like we are still not split. So then you need to, carefully get out of bed and take a little jump to float - and you may get a pleasant surprise.

I am very interested in gaining spiritual knowledge through astral travel but is it also possible to gain knowledge on any other subjects while out travelling? Information we can use in the Physical?

The Astral Plane is full of all sorts of knowledge about our inner psychology, about the past, present and future. You could learn about ancient cultures, nature, divinity, the process of life and death. You could see if there is life on other planets and much much more. It is a whole new dimension to discover. The learning is endless. It can also reveal earthly things.

If I astral travel, is my body sleeping and resting so that I will wake up refreshed as always, or will it be tired after you start travelling? And after starting to travel, will you be able to return to normal sleep?

Yes, if we Astral travel, the body sleeps just the same as normal, so when you wake up, you feel refreshed the same too. Once you start to Astral travel, you need to keep doing the exercises to keep going there, otherwise, very little usually happens and the sleep goes back to normal. At the end of travelling you usually go back to your body and wake straight up in it, or the Astral turns into a dream and you wake up the next morning remembering usually that you have travelled.

What's the difference between an out of body experience and astral projection?

Out-of-body experiences cover all experiences in the Astral, while Astral projection refers specifically to projecting out of you Physical body into the fifth dimension.

When you project, why can you still see things on the material plane?

When you project, you are not seeing actual Physical matter but the Astral part of what is in the Physical world, because everything that exists here also exists there.

I get to the point which I believe is right before separation but I still see only blackness. Then I start worrying about my eyelids and wonder if I am supposed to somehow see through them upon projection.

This is a common problem. You won't normally see through your eyelids, you need to open them. Sometimes when trying to split we can suddenly seem to 'see through our eyelids', but we are then already in our Astral body with our eyes open. Try not to confuse the functions of the two bodies: the Physical body and the Astral body. Once you feel you have separated, I would suggest firstly getting up out of bed carefully as you would in the morning. Perhaps just sitting on the bed. And then open your eyes just as naturally.

My friend has seen me watching her almost every night but I am not aware of it at the time she sees me. It is when I am in a deep sleep and almost always on the hour after midnight. Can you tell me why I am not aware?

There could be two reasons:
Your friend could be seeing your Astral body while your Physical body is asleep. While we are asleep, we go to different places during the night. It's possible that you unconsciously end up at your friend's place.
Or, while your friend is asleep she thinks of you and a projection of her thought (which is an image of you) appears in the Astral looking at her. This is because in the Astral all our thoughts turn into real scenarios of life, which we call dreams, some more than others.

While trying a practice of Astral projection, I saw dark shapes (shadowy, dark clouds) moving around the room. In fear I snapped out of the practice feeling very scared.

Fear is something that can be overcome. The negative things you perceived could have come from your subconscious, although they are more likely to be negative entities in the Astral. To deal with them you will need to know about conjurations, which we use to expel negative entities of any kind.

Is there any chance that someone else could get into my physical body while I'm off travelling in my Astral body?

No. There is no danger of that happening, you are attached to your own physical body by the silver chord, so only you can get in, that is unless you decide to become a medium or to channel, in which case all kinds of negative entities can get in without you knowing (not recommended).

What is the best way to get rid of an unwanted attacker while trying to leave the body?

To deal with them properly you need to use the conjurations, which are explained on the course.

Can other beings within the astral plane can sever the silver cord?

The cord is severed by divine beings when the appointed moment of death arrives.

What is the difference between lucid dreaming and astral projection?

The difference between lucid dreaming and astral projection is that you project from your body during projection, while in lucid dreaming you wake up in the Astral from a dream. Sometimes though in lucid dreaming the dream images can distort what is there. But as long as you are not affected by those, you can be in the same place, do the same things, etc.

Ok this question might sound a little bit weird. I don't know if its got anything to do with astral projection or not, but before I astral projected for the first time a few months ago, I heard singing. It was a woman singing although I couldn't make out what she was singing it was like it was far away in the distance, and it was definitely not out side my head (this sounds weird) but I had to listen inwards to hear it. Do you know what this means Mark?

You can hear sounds from the other dimensions, this is called clairaudience. You usually hear them in the transition period between wakefulness and sleep. It indicates that you were probably assisted in your projection.

Voices of a different kind can also be heard in that transition period before going into the Astral or sleep, these come from the egos when they are leaving the physical body to go into the fifth dimension. They sound like shouts, moans and babble, these were not the ones you heard at that time, but it’s worth knowing about if it happens to you in the future.

My friend who's interested in astral travel, told me that while out of the body, if there is a spirit around your body while your spirit is away, travelling, it can take over your body. Is that true?

No a Spirit can't take over your body like that.

Hi, I was just beginning to do the exercises and looking forward to astral travel (hopefully). I'm curious whether I can go to a place that I want to in the real world when I astral travel. Say if I want to go to an exact place at the exact time, is it possible??

You can travel to any place in the physical world but you will see it's Astral part, not the physical one, because you are in a different dimension and see the things that are there. The dimensions intermingle and everything that is in the physical has an astral part.

Hi, I have read and heard lots of rumours about things you can do while astral travelling e.g. go back and forward in time, so I was wondering would you be able to come into contact with departed relatives or loved ones through astral travel?? Any information on this subject would be grateful.

You can go back in time, because it has already happened and everything is recorded in Akashic files, the future is different, events permeate down the different dimensions until they reach here.

So we can see or be in things that have yet to happen, sometimes though our actions here can change the events that were going to happen.

You can come into contact with departed relatives or loved ones through astral travel, because a recently deceased person is in the other dimensions, but you mostly see their personality, that is what we probably recognise as the person, you can talk to them and they recognise you.

If the "Astral Plane" as you refer to it is only our "dream state", is the "Astral Body" then not real? What I mean is this: say I become adept at astral travel. As my family lives far away say for example I get the feeling that my sister is unhappy or in trouble, and I want to check on her. Can I travel in my astral body to where she is located, in her physical body, unaware of me, and check that she is alright? In other words, can the astral body travel through the physical world and, although it is obviously removed from the physical, still view the physical plane as it exists in physical reality? Or is everything you would experience in the astral body necessarily "false" i.e. if I told myself I wanted to go see my sister and suddenly I was there next to her, asleep or whatever, is that my real sister in her real bedroom at home in the real world or is it just a dream "vision" of my sister?

Just wondering because sometimes I worry about her so much and would like to check on her in this way, but if it is "false" and just a dream, then what is the point.

The Astral plane is real, but we often don't see it accurately when we are in the dream state, because of the projections of the subconscious. But when we Astral Travel we are no longer dreaming and can see what is really there.

So yes you can travel in your astral body to see the real her, you will see the Astral counterpart of her physical body, she will be unaware of you unless she is travelling too, but she may remember seeing you in her dreams if she is dreaming herself.

Everything that exists in the physical world also exists in the Astral, so if you throw a shoe on the roof of your house in the physical for example, you can go and see where it landed in the Astral, then you can find it where you saw it if you check later in the physical.

That's great, thanks Mark. Now another question that kind of follows from this one: say I go visit my sister and she wakes up while I'm there. Will she see me? Is the astral body visible to those not in the astral plane? Or will she maybe "feel" my presence on some other, non-visual, intuitive level? If I speak to her, will she hear me, or will my voice enter her mind as thoughts?

It's unlikely that she will see, hear or feel you. Things are taking place in the Astral all the time and they are normally not perceived.

That's not to say however that it can't happen, because there are many latent psychic faculties that would allow it to happen. These are increased with the Esoteric works that we are carrying out on this course, but normally she wouldn't perceive anything.

I just wanted to know if there are any rules which 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.

You need to know much more about what's happening in general to know what is best to do and what not to do.

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, or do anything that you know to be wrong.

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 for us, or could be projections of the mind. Again you can use your intuition and gain experience, because experience makes things gradually clearer.

Remembering Dreams

I find if I come out of a dream that I don't want to leave I just remain still. If I just had a nightmare and don't want to fall asleep into it again I change body positions.

You are likely to move as soon as you wake up from a nightmare because of the fright. Nightmares are different from normal dreams, they occur in a different place to them, we will explain more about these in detail as the course goes on.

It is possible to avoid recurring nightmares and also to avoid nightmares altogether. I used to have them, but I don't any more thanks to this work. As you progress in these studies, you will learn more about the Astral and about psychology and you'll eventually be able to prevent them altogether.

Just a little tip for now to avoid the likelihood of having nightmares, avoid having a large meal before you go to sleep.

Also, taking drugs that alter consciousness increases the chance of nightmares, so for this and many other reasons it's better to avoid them. I will also be explaining about drugs on the self-knowledge course.

I have read the introductory lesson and I have these following questions relating to the general topic. Usually when I wake up I can't remember my dreams at all, is there anything else I could try other than the mantra? Next thing I would like to know about is this. Whenever I have a nightmare I always prove to myself in the dream that "it's only a dream nothing to worry about" at that point the dream either ends or I gain control of it for a while and it ends soon. What does this mean? The last thing is the reason why I can't remember some of my dreams is because they're always so abstract and unstable. The scenery is always warped and constantly changing and so are all the people as well as my emotions. Nothing ever stays the same for more than a couple of seconds and nothing seems logical or orderly. Please I hope you can explain this. Thank You.

Bear in mind that the technique for remembering dreams needs to be practiced, the memory is trained with it and so it improves with practice.

In the dreams where you had control you were partially awake psychically there. So if you are in a dream and you know that its a dream, say to yourself that you are in the Astral and jump with the intention of flying, you will see that you can fly and can then travel to different places. If its a nightmare though, or has unpleasant things in it, you need to use some techniques called conjurations that we will explain soon on the course.

You have to take what happens in dreams and the ability to remember them as part of an overall psychological study. The reason why they are so abstract and unstable is because of the state of the psyche itself, as they reflect it.

With the psychological work you will be able to create more order within and to have more coherent dreams. They are also related to the level of Awareness we have in daily life, the more Aware, the clearer the dreams.

I tend to remember my dreams and have been trying to write them down which I am bad about not doing. But there was one I remember in particular that I was flying around a very high mountain. I feel pretty sure it was in Tibet or that area. I remember becoming lucid and trying to change direction of my flight I could not control it and then I lost the dream. Is this common? Is there something I could have done that might have helped me control this experience better or was I just not ready?

Yes it's very common to lose the astral like that, particularly if you are not experienced at it. The more you do it the more you learn how to stay there and to go where you want to. Treat it as a learning experience and try to see what happened at the point that you lost it.

Having more awareness while you are there and learning to concentrate when you want to go somewhere, will also help. As will the work on transmutation, which is in a later topic.

I'm aware that dreams of flying usually are astral travel. But my most recent one was of flying throughout a gigantic Antique Store. Plus most of my dreams that

really have left an impression on me have been dreams that deal with antiques. Do the "antiques" have any real significance?

Very much depends on the context of the dream, intuition can usually give you the right direction, that's catching the first feeling you had about the dream when you woke up.

Antiques can be projections of your subconscious, or they can be more symbolic, for example, they could symbolise something ancient that you have to uncover with the spiritual work, or could relate to the state of your spiritual work at the moment.

I was aware that I was in bed but I was also sitting at the foot of the bed and a being swathed in black and very deep black came in the room at first I was rather interested then fear took over and as it approached me I started to fight it. I remember while doing this I could not move my real body I continued to fight and try to speak and was paralyzed. I finally woke up. This scared me quite a bit. Anyone else have an experience like this?

Experiences like this are quite common and are well recorded in history. You were paralysed because you were in the transition period between being awake and asleep, and so did not have movement of the physical body.

What you perceived coming towards you was a sinister entity, there is nothing to be frightened about though, they can be there at any time, its just that you were aware of its presence then. Later in the course you will have a technique that you can use to get rid of anything like that.

After reading the exercise, I am not sure how I will be able to do this. I usually wake up with an alarm clock. When it goes off, my first reaction is to slap the snooze button. So once I am awake, I have already moved. In between snooze button slaps I can usually fall back asleep.

What would you recommend I do? I am not sure if I can give up the alarm clock- I would never get to work on time!

It's possible to train yourself to wake up before the alarm goes off, but you will still need to have the alarm anyway, its just one of those things of modern life.

If you can wake up before the alarm goes off, it's much better and you don't need the snooze button, just the first alarm.

But if the alarm wakes you up, you just have to try the mantra or concentrate, so that the dreams can be remembered before the snooze button goes off, the concentration and dream recall can improve the more you practice it.

I have a question about a dream I had (dream edited out)….

I cant go into details of peoples dreams because they are so personal to the dreamer and it's best not to say much or anything about dreams or Astral experiences that have

an esoteric side because darkness follows and we don't see things for a while. Esoteric knowledge is secret.

I awoke one morning early enough to practice the Mantra, it seemed to work and I was remembering dreams, that is until I heard a voice so crystal clear and it seemed to be right beside my head it bed. It startled me so much that I jumped away from it almost in a fighting stance to protect myself. My question, are voices such as this evidence of the Astral?

Yes, because you have been practicing you are more receptive to the astral and because you still had a slight connection there as the astral body had not quite merged with the physical one. Sometimes higher beings can speak and you can hear them like that. This is different to the voices of the egos, which sound like yells, screams, etc.

I just started this course and dreaming is not a problem here. I dream every night and most of the time I remember them. My dreams are crazy ones though. I dream of seeing new homes for my family members, seeing unknown objects in the night sky and more than once seeing different shapes of stars that move. Like foreign objects up there just moving across the dark night sky. I've had that one more than I care to mention. I mostly dream of family and material things we get here on earth. Got an answer for these???

Its best for you to find the answers to your own dreams, because they relate to you, but you need to learn how to, it will help if you know more about Esoteric symbolism and use your intuition, you can learn to develop it.

This will help you to differentiate between a projection from your subconscious and something which has meaning and it will also help you to capture that meaning. If you see strange things in your dreams, you can use them to wake up in the Astral, sometimes they are placed in dreams for that purpose.

Can you advise how we are supposed to use the Raom Gaom mantra? Is it something we should repeat as we fall asleep, or first thing in the morning when we awake? Thanks!

Its something you should do when you wake up, you lie still and close your eyes repeating the mantra in your mind until the dream images appear.

Maybe it's beginner's luck. Last night, I had two lucid dreams, including a flying dream. In the first I was aware I was dreaming and able to direct it. I was able to focus sharply on things and even read small text, which didn't make much sense. In the second, I was able to fly where I wanted, for a while at least.

My question is- what does this mean? It was a nice experience, and I will try to duplicate it, but what context is there for this, and what is the next step? Also, doing the first exercise of remembering the dream before completely waking up has helped me to retain a good bit of it, though a lot has faded.

You are being helped to learn about the astral by spiritual beings, if you or anyone makes real efforts to try these exercises you can get a good deal of help.

The next step is to continue with what you are doing and to try the exercises that are going to be given with much patience.

I've been practicing the RAOM GAOM mantra for four days, and always yield the same result... I fall asleep again and have another dream.

The interesting part is that I can recall this subsequent dreams easily, as if it was real life memory from the previous day. And the dreams were mostly a lecture-like session about dream, fear, and feelings. In one of the dream someone give me a book of interpreting dream and he taught me how to read the index and find threads.

From this book I re-discovered a description of my inner fear that has been forgotten for a long time. Is this normal or should I remain awake??? I am afraid that these subsequent dreams were only dream and I haven't actually learned anything.

Even though you are falling asleep you are being taught and are benefiting from it. Keep going with what you are doing.

Can you tell me if it is possible to control our dreams. I once had an experience about it, sometimes I'm aware of my dreams, so when I know that I'm dreaming, I do almost anything in my dream like by thinking of objects to appear in my hands, there it is just what I had in my mind. So can you tell me if it is possible, because I doubted it?

Yes you can do that, what you think of can materialize, but it's not a good idea because then you won't see what is actually there. It's best to be aware, because then you can get real information and teachings, rather than seeing what is in your mind.

Mark Pritchard

© Copyright 2001-2002, Mark Pritchard *6th April 2002*

The contents of this course nor this topic may not be altered in any way. This topic is supplied to you under copyright laws and may not be forwarded or reproduced or displayed on a website without the consent of the author. If you would like to share this course with someone on the Internet please advise them of the website www.mysticweb.org and ask them to join the course. You may print a limited numbers of hard copies of this topic to distribute to third parties, provided that they are given free of charge and impartially and are not used to promote any kind of classes, courses, books, workshops or groups be they mystical or of any kind that is not associated with or part of this website and provided that the third parties are made aware of the series of lectures and the website. This course cannot be used for profit in any way. Anyone abusing these terms will be pursued to the full extent of the law.