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Astral projection is there to add another dimension to your life, not replace the existing aspects of it. 3. Scary Experiences. Unfortunately, you won't have a pleasant experience every time you head out to explore astral planes. Sometimes, you might see disturbing images and have sleep paralysis. Even worse, to your astral body, these ...

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Astral projection is better to preform alone, in a dark atmosphere, so be sure to close the shades. Lie down with closed eyes and clear the mind of all thought. Concentrate on the body and how the body feels. The goal is to be in a state of complete relaxation.

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Astral projection is the name used to describe a consciously induced out of body experience, this is where we perceive reality from outside of our physical body. There is nothing quite like your first out of body experience: the constant feeling of awe, seeing reality from a whole new vantage point and feeling liberated from the fear of death.

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Astral Projection - Basics

Astral projection meditation is to intentionally exit your body with your energy or your 'spirit' and travel to places known and unknown to our Universe. This experience can happen entirely on accident - which is the easiest way but unfortunately, there is no way to accidentally do something on purpose.

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