

Astral Projection: How You Can Experience It

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Astral projection is the phenomenon where your astral body separates from your physical one and transcends the boundaries of the physical universe in order to travel to higher astral planes or different realms of consciousness. Astral projection, thus, is an out of body experience where all physical limits can be crossed and you can see the world and your own physical body from a distance.

This phenomenon is an experience of a lifetime for sure. Practitioners as well as beginners have a lot of query on this subject. Naturally, regarding astral projection how to do it is something everyone wants to know. The general queries are – in astral projection how to travel astrally, or in astral projection how to undergo the regression of past life. The ranges of questions are diverse.

The first query anybody would rise is how to astral project? To do this you have to make meditation a routine in your daily life. Thus you will be able to gain control on your energy as well as subconscious mind. You need to keep your mind awake as well as conscious but let your body sleep while astral projecting. There are four steps to achieve this. Relax, concentrate, energy channelization and astrally project.

Let's see how you should do it. Lie down and concentrate on each body part alternatively clenching it and releasing it. In order to deeply relax your whole body. Let yourself fall in a trance, but don't fall asleep. Basic meditational practice may be used here to keep your mind focused. You can also try to

concentrate thinking about an object at the back of your head. Thereafter become conscious about the flow of energy through your entire being feeling them flowing towards your palms and try to control the same. Visualize that you are floating or moving out of your physical body. Remember that success in this out of body experience can be attained if you can focus on this vision with all your mental strength and channelize all your energies onto it.

In case of astral projection how to actually travel or move around after you have left your body is another frequently asked question. Remember that after astral projection people tend to move around physically, that is in the routes they know, inside the room, around your locality, etc. But the strategy lies not in walking your way around but in thinking your way around. Think about where you want to go, affirm it to yourself and you will be there.

In case of astral projection how your vision is, is also another common question. It must be said here that vision in astral projection is very clear and not much different than it is in the physical world. However, higher astral planes give you clearer vision whereas lower planes are darker and duller.

Again, in the question of astral projection how to communicate is a frequent question. Do you meet other astral bodies? Ghosts? If yes, can you communicate? It must be noted that in the astral plane everyone is a ghost, that is, a spirit without a body. Moreover, communication with physical people are next to impossible since they and your astral self are at different vibrations. However communicating with other astral bodies is possible and language doesn't matter since the entire thing is telepathic.

Regarding astral projection how to undergo past life regression is the query of many, mostly the experienced

travelers. It is not an uncommon feature that one might travel to his past life while being in the astral plane. You need to carry out verbal affirmation. You have to convince yourself that you want to travel to your past life. It depends on how much control you have over your subconscious mind.

The author Russell Atkins writes for the <http://www.astralprojectiontravel.com> website. You can enjoy the incredible experience of [astral projection how](#) and you can try it yourself when you get twenty nine Free [astral projection how to](#) Binaural and hypnosis mp3 [audios](#) when you visit here.

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