

Astral Projection

Made Easy

By Marilynn Hughes

The Out-of-Body Travel Foundation

<https://outofbodytravel.org>



William Adolphe Bouguereau 1825-1905

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For information: The Out-of-Body Travel Foundation! <https://outofbodytravel.org>

If this book is unavailable from your local bookseller, it may be obtained directly from the Out-of-Body Travel Foundation by going there.

Having worked primarily in radio broadcasting, Marilynn Hughes spent several years as a news reporter, producer and anchor before deciding to stay at home with her three children who are now grown. She's experienced, researched, written, and taught about out-of-body travel since 1987.

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INTRODUCTION

Use each page as a daily affirmation towards your practice of astral projection. Use this book as a meditative tool in your practice. Contemplate each course of action deeply until you fully understand and have taken them in energetically.

CHAPTER ONE

Preparation for Astral Projection

Seek the Silence

Shut Out Noise

Set Aside Self-Serving Motivations

Seek the Will of God Alone

Humble Yourself

Approach
the Path with
Serious
Ardor

Approach
the Path with
Deep
Respect

Anticipate the Need for Mystical Training

Anticipate the Need for Discernment

Wait Upon the Lord

Cultivate Patience

Understand the Purpose

Anticipate Dry Periods

Cultivate an Attitude of Service

CHAPTER TWO

Purification

Engage with Prayerful Fervor

Prayer - is
Asking or
Supplicating
God

Detach from Things of the World

Examine
your
Conscience

Examine the Action of the Seven Deadly Sins in your Life

Seven Deadly Sins: Pride,
Envy, Anger, Sloth,
Avarice, Gluttony, Lust

Examine the Action of the Seven Virtues in your Life

Seven Virtues: Chastity,
Temperance, Charity,
Diligence, Patience,
Kindness, Humility

Counter your Vices with Virtuous Acts

Renounce
Inferior Acts
and Embrace
Superior
Acts

Contemplate
Remorse and
True
Contribution

Energy Follows Course

Energy will follow your actions. So the more work you do towards virtue, the more energy will of itself amend to a higher vibration. That is the law of eternal energy.

Exercise the Soul to the Next Level

CHAPTER THREE

Meditate,
Contemplate
and Practice

Meditation -
is Listening
to God

Contemplation -
is
Seeking to
Know God

Practice - is
Seeking to be
in the
Presence of
God

Seek Out that
Which is
Quiet, Serene
and Peaceful

Meditate for
as Much as
Three Hours
at a Time

Allow Deep,
Deep
Conscious-
ness

Meditate
Lying Down
so You Will
not Fall if
You Go Out
of Body

Carry on a
Dialogue
with God as
if He is Your
Friend

Pray without Ceasing

Lord Jesus Christ, Son of
God, Have Mercy on Me a
Sinner

Meditate on
Your Breath,
Let All
Thoughts Go

Adore the Attributes of God

Eternity, Goodness,
Graciousness, Holiness,
Immanence, Immutability,
Incomprehensibility,
Incorporeality, Infinity,
Mystery, Omnipotence,
Omniscience, Providence,
Righteousness, Transcendence

CHAPTER FOUR

Interim Glimpses Before Experiencing Astral Projection

You May See Colors

Like Purples, Greens and
White Lights in your Eyes
as They are Closed

You May
Begin to be
Aware of
Light Orbs

You May
Begin to
Become
Aware of
Presences

Pay
Attention for
Frequency
Shifts that
you May
Hear

Listen for
Changes in
the Tone of
the Room

You May
Experience
Conscious -
ness Merging
in Realities

CHAPTER FIVE

Preparation to Leave Form

You May
Awaken
from Sleep
Knowing
Things are
Happening

You May
Recall Things
Happening
But be
Unable to
Recall Detail

These will
Emerge in
their Own
Time, it is as
it Should Be

Subconscious
Things are
Being
Implanted in
Your Spirit

Dream Activity Increases

Lucidity Increases

Psychic Gifts
May Emerge
or Become
More
Advanced

You May
Experience
Semi -
Conscious
States
Occurring
During Sleep

You May Hear or Feel Buzzing Sounds

These are the sounds and feelings of the vibrational state as it emerges within a soul.

You May Hear or Feel Roaring Sounds

These are the sounds of
the Astral Plane.

CHAPTER SIX

Blocks to the Astral Projection Experience

Make Sure to
Empty your
Bladder
Before
Meditating
or Sleeping

Don't Fill
your Mind
with
Garbage
(Too Much
TV, Noise
etc.)

If you do not
Engage in
Enough
Solitude, it
Will Make it
Harder

Do Not
Allow for
Potential
Interruptions
During Sleep
or Practice

Always Listen to the Spiritual Promptings You Receive

They Often Contain
Specific Guidance to the
Astral Projection
Experience.

CHAPTER SEVEN

Fears

Death

Separation of the spirit from the body happens to all human beings during sleep unconsciously. You will not die by becoming conscious of the experience.

Dark Side or Demons

There are dark forces to learn about, supplement your learning . . . But also ask in prayer to be protected on your first attempts by your guardian angels from any fearful experiences.

Breathing

People can be afraid that they will stop breathing.

You will not. Because consciousness experiences breath differently than in the physical body, there can be moments where cessation of breath can be experienced. It is momentary and non-reflective of danger. It's a natural occurrence.

Fear of the Unknown

Prayerfully walk forward,
and take one step at a time
to allow yourself to take in
the new things gradually.

You will be fine.

Afraid of Getting Lost

If you ever find yourself feeling lost, remember that a single thought can take you back to your body and back to your home. Just think of your body or your home and you will instantaneously be transported back.

Being Able to Come Back

You will always be able to come back. And a single thought of your body and your home will bring you back to your body and back to your home.

The Unconditional Love of God

It is powerful and it scares people sometimes. Allow yourself to process it gradually and when you are ready, try again.

Holding onto the Ego

Your separate and individual identity is immediately challenged, as well as, your egoic perceptions. It's okay, they're only holding you back anyway. Be willing to let them go. Take your time. Take gradual steps between experiences.

Reality Being Threatened

Allow yourself to process these changes at whatever pace works for you. There is no rush. Take in whatever has challenged you and allow it to sink in. Give it a few days before you try again.

Two Biggest Fears

Being Alone with Oneself

People are afraid to go forward in their journey because they realize that they are going to change radically. Being alone with ourselves takes this even further because we will see things which are hard for us to see. No worries. We all have defects.

Normal Reaction to Intensity

When this happens, the level will overshadow anything you've ever known before. Some people react with fear.

CHAPTER EIGHT

Mechanics

You will Hear Loud Roaring Sounds

These are the sounds of
the Astral Plane.

You will
Seek to Enter
the
Vibrational
State

Frequency of the spirit is
higher than the body.

Merge these Two States

The Vibrational State only comes when you have gone very deep. This is why you may need at least three hours of practice time to reach this level. When you reach it, you want to maintain the vibration and keep it going at a steady hum.

You will then Link to the Mind of God

This is not something that you can induce, you must allow it. You will suddenly know the answers to all mysteries, and all things will make sense. Rest in this Link.

God's Uncon
- ditional

Love

Descends

Allow it. Rest in it.

Vibrational Raisings May Occur

These are highly powerful accelerations in the actual force of the vibrations. They will rise and fall, rise and fall.

It can be uncomfortable at first, but as you become more accustomed, they become very blissful. Do not interrupt. Allow them to continue until finished for minutes or hours.

You May
Roll, Lift or
Will Yourself
Out of your
Body

Your Senses
Will
Originate
From Your
Conscious -
ness

You Will See,
Hear, Smell
and Taste
From Your
Conscious -
ness

You Will
Speak with
Thought.

When you
Travel, you
Will do so
with your
Thoughts.

Think of a place and you
will be there instantly.

If You Try to
Walk you
will not Get
Far.

If you Wade
Through the
Ether, it will
be Very Slow
and
Ineffective

Physical
Objects are
more Tight
Vibrationally
than Air

You will
Learn to
Move
Through
Physical
Objects

You will
Sense the
Reality of
Spirits

You will
Hear the
Thoughts of
People

On the Astral
Plane, there
are
Overwhelm -
ing Masses
of Thoughts

You May
Receive
Information
about Souls
you See

In your
Spiritual
Body,
Thoughts
will Become
Things

Bring Infinity
into your
Reality and
the World

And thus
Begins, the
Path of
Purification,
Discrimina -
tion and
Discipline . . .

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