

# The How and Why of Astral Projection



**Step one:**  
I would like to find a comfortable place. The space should have minimal distractions. This is so you aren't tense for the next steps.



**Step three:**  
Try and meditate, this is the biggest step. I recommend focusing on breathing in and breathing out. Meditating is what leads to astral projecting.



**Step five:**  
Cleansing step. Imagine a light, any colour, and picture it around you and inside you cleaning the negativity away. I picture a magenta light, and this step is to reinforce that there is no negativity.



**Step seven:**  
When you feel almost the full separation of your body and mind, with no rush, just get up out of your comfortable position. You should see your body just lying there.



**Step two:**  
I recommend getting into a comfortable position. This is because you don't want to move for 15 - 20mins. This is so you can focus on meditation.



**Step four:**  
Create a protective circle by visualising a white light around you. Breathe in positivity, and shake negativity. Immerse yourself, body and mind, in the white light. This is because negativity can sense up the body and we want the body as loose as possible.



**Step six:**  
For this step I like to think of it as the body vibrating. What you want to do is keep your mind awake and send your body to sleep. How you do this is by breathing in tranquility and out disarray. To keep focus have a mantra. I use "my body is relaxing", however you can use whatever you want. By the end, your mind should feel light and your body heavy.

"you control where you are and what you are doing with your thoughts, rather than your body or speaking"

# Astral Projection Kit

**Robert R. Redfield**



## **Astral Projection Kit:**

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