Conference 03 from Phase A.

CONF. 03

THE ASTRAL PROJECTION

Why is it called "Astral Projection"?

Projection: Process of extracting the inner double or Soul, a body identical to the physical body, but in a molecular way.

Astral: It allows us to travel to the stars. It occurs unconsciously when people fall asleep (molecular world or dream region), but the goal is to enter the astral projection dimension consciously and voluntarily.

How is the practice done?

Methods to achieve the astral projection

1. By concentration.
2. With imagination.
3. Sleep vigil.
4. Eliminating the defects moment by moment.
5. Using mantras.

What is important is to practice the astral projection, then to do it. If you want to do it, you will succeed.

For the practice by Mantralization we recommend the following steps:

1. To do the protection of Belilín and the Magic Circle.
2. To beg for assistance from the particular Father and Divine Mother and to set an Objective.
3. Relax the physical and psychic bodies.
4. Mantralize one of the following Mantras:

- FFAAAAA RAAAAA OOOOONNNNN.
- LAAAAAA RRRAAAAAA SSSSSSS.
- OOOOOOOOOOOOOOOOOOOOOO.

- OOOOOOOOOOOOOMMMMMMMM.
- RRRRRRRRRRRRRRRRRRRRRRRR.
- SSSSSSSSSSSSSSSSSSSSSSSS.

5. Periodically check if we are already unfolded by getting up and jumping to see if we float or pulling a finger to see if it stretches.

Symptoms of splitting.

- You can feel your body inflating.
- You can feel that we are floating.
- You can feel the body rocking gently.
- You may feel your legs or arms lift and float.
- You can feel a little rush.
- You can feel that we are spinning at high speed.
- You may hear a noise from your ears.
- You can appear consciously in a dream.

THE SECRET TO SUCCESS IN ASTRAL PROJECTION IS BEING PATIENT. IF YOU WANT, YOU CAN DO IT.

End of Conference 03.