Conference 37 from Phase A.

CONF. 37

PRACTICE FOR ASTRAL PROJECTION.

THE LITTLE JUMP

To achieve Astral Projection it is necessary that we practice during the day; to take little jumps with the desire to float in order to verify which dimension we are in.

Repeating it during the day, asking oneself which dimension one is in, helps us to gain Consciousness, since during the night what we do during the day will be repeated.

We will discover that we are in the astral when we see that we float. Every time one changes activity, one takes the little jump with the intention of floating in the air, and at night one will appear floating in the astral and will realize which dimension one is in.

End of Conference 37.