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Astral Projection - A Complete Guide

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There are certain aspects of the astral dimension and the projection process that are very complicated- Much of it is misunderstood and it can all be very confusing at times. This series of articles attempts to shed a little light on the subject, and hopefully, explain what it's all about. The theories and conclusions in this Treatise are largely drawn from my own projection experience. It is the goal of this Treatise to develop greater understanding and new, simpler and more effective techniques for projection. The ideas, theories and techniques discussed here are constantly under development and are subject to modification and change as new discoveries and insights come to light.

What is the Astral Dimension?

The astral is the closest dimension to the physical. It overlays and permeates the world like a huge mind net, catching and holding all thought. Its contents are created by the collective consciousness of the world mind. It contains all the thoughts, memories, fantasies, and dreams of every living thing in the world. In it, the laws of sympathetic attraction, or like attracts like, causes this ocean of mind stuff to strata and settle into layers or pools. These pools of thought are more commonly called astral planes, astral worlds, astral sub planes or astral realms.

The astral dimension is composed of astral matter and is aptly described as mind stuff. It is extremely sensitive to thought and can be moulded into any shape or form. These creations can be so perfect as to be indistinguishable from reality.

The best way to explain this, mind stuff is to draw a comparison between astral matter and unexposed, high speed photographic film. When this film is exposed to light, focused by the cameras lens, a perfect image of reality is instantly burnt into the film by the chemical reaction of the film to light. When astral matter is exposed to thought, focused by the lens of the mind, a perfect image of reality is instantly formed out of astral mind stuff by the reaction of astral matter to thought. The complexity and durability of any creation in the astral dimension depends largely on the strength of the mind doing the creating.

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