





## Astral Projection

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## *What is Astral Projection?*

- Astral Projection is a type of Out of Body Experience in which the soul of the person physically leaves the body and is able to perceive and interact within the astral plane



## *The Basics: ASTRAL PROJECTION*

**Astral projection** is essentially a separation from your body and soul. Consciously being able to separate the two is called astral projection. Your consciousness travels with your soul outside of your body and into the astral plane. You are literally projecting your consciousness into another reality, the astrals.

The **astral plane** is a different plane of existence. Think of it as another dimension. Humans and life as we know exists in the physical plane. When we sleep it has long been thought that we have the ability to explore the other planes

## ***MORE DETAILS...***

-When you astral project your body is left behind, simply like a shell. There is an umbilical like cord attaching your soul to your body during the experience, this is known as the “silver cord”

-Some things you can experience while astral traveling:

- Lost souls needing help getting to the afterlife
- Encounter really bad and negative spirits, but also very nice and positive ones
- Go back in time
- Talk to deceased friends and family
- See friends and others who are “astraling”
- Have sexual encounters, supposedly better than anything in the Earthly realm
- Talk to your spirit guides
- Travel to other planets and realms