

Astral Projection

“SPHERE OF LIGHT Method”

A detailed procedure to achieve Astral in the easiest way possible

Written by Purebody101

Note: If you say, oh this article is too long and are being impatient then you're probably not ready for Astral Projection. Patience is the main aspect of Astral projection. Without patience you cannot achieve this. I repeat, without patience you cannot achieve this. Patience is like legs to your body. If you don't have any legs you can always get fake legs but It wouldn't feel "real" to walk on your fake legs then it would on your real legs. You need to read this article word by word and feed your subconscious on the process so you can achieve it perfectly. Relax and put all your thoughts to this article. I want your subconscious to grasp every single word so it knows what to do the moment it lays on the bed. The idea is to make your subconscious grasp the method so it knows the secrets of Astral projection. Feed your body, treat it like a friend or your offspring. If you don't feed it, it will starve and probably die. But if you feed it, it will glow and conquer. Grasp the method in this article and tell your subconscious to grasp the method. So are we set? Lets go.

Keep reading and be patient, If you are successfully able to read this article, only then you are patient enough to Astral Project...

SPHERE OF LIGHT Method:

The easiest way to Astral Project and you WISH you had known this before. A New trick revealed to astral project without extreme meditation. The easiest, most effective way to achieve astral projection without any Hardcore meditation. This article will guarantee you to astral project in less than 2 hours. You only need to meditate for about 20 minutes and let the rest of the work on your body. This will get detailed later on.

The most exciting part of this method is that you require no hardcore meditation and basically your body does it for you without you having meditate. Its a secret "method" where your body finds the "right" time to astral project without having you even "try" to meditate or reach it.

This is not found anywhere on the internet, it's a new trick recently revealed where your body reaches the astral stage for you.

SUCCESS RATE:

This method was tested on more than 44 people. And surprisingly they were able to achieve it in their 1st or 2nd try within 1-2 days approximately. This method is recommended for beginners or anyone who finds it hard to achieve that state of Astral projection.

WHY THIS METHOD?

You have nothing to do. You require no extreme meditation. You rely on your body's timings. Your body will do it for you. You just relax and leave all the work on your body.

It's so unique you wish you had known before. Now you may ask what if I go to sleep and my body doesn't LAUNCH ME TO ASTRAL? Well that's impossible in this specific "trick". If you do this trick which only takes roughly about 15 minutes. Your body will wake you up in the middle of your dream and LAUNCH YOU without you having worry about anything.

HOW IT WORKS?

This method will work with your subconscious and tell your subconscious to wake you up Automatically when you are about to project. So instead of you meditating, your body will find the right time to wake you up in your sleep and launch you into the astral world.

You require no work on your behalf. The entire process of launching you into the Astral world will be taken by your body. Cool isn't it?

This is recommended for beginners or anyone who finds it hard to meditate or reach astral by themselves. So instead of them meditating, they will leave the job to their body and their body will meditate for them and reach Astral for them.

Requirements:

- 1) Intermediate meditator.** *You need to have at least an intermediate sense of meditating. For example, letting your body relax and meditate without having worry about time. Meditating for 2 days might help. So if you are a beginner meditator, I suggest meditating for 2 days before giving this a try. 20 minutes per day is fine. You need to know how to relax yourself and relax your physical body and your state of mind.*
- 2) A Quiet Place.** *A place where you know someone won't disturb you. It could be your room but make sure you are not doing this outside and are free from outside noise. Just Make sure it's not too loudy.*
- 3) Milk.** *Sounds insane? But it works. The tryptophan in milk will get you go to sleep fast. This amino acid is only present in milk and your body can't produce it. The tryptophan in the milk will help you enter the dream world faster without losing your consciousness easily. Make it one or half glass of milk before starting this.*
- 4) Diet.** *Prior to this you need to feed yourself. Make sure you are not hungry before you leave your body because leaving your body hungry can abort the process of Astral projection. Also make sure your not extremely full. 1 glass of milk with a simple meal like 2 muffins or a bread slice is fine. Eating too much will abort the projection as well. Because you need your energy to Astral project instead of having your body take that energy and using it to digest the food. If your meal is heavy then wait about 2 hours before you do this. But milk should be taken right before meditating. Milk should be taken a minute before meditating.*
- 5) Energy level.** *Strong Energy level is required. Do not do this before you go to sleep at night. Because throughout the day your energy is wasted and before going to sleep you are completely out of energy. You are tired before you go to sleep, you have no energy, don't attempt this before going to sleep or feeling tired. Make sure you are not tired and full of energy. Food will also give you the energy. Also don't attempt this after masturbation. You tend to lose a great deal of energy in that. Your energy levels go very*

down and you become sleepy. You need to have energy before doing this, don't do this if you have no energy.

6) Strong will. *A strong will is compulsory. Before going to bed to try this. Say this out loud with great will. Say: "I will astral project today" I will astral project today. This will improve your chances of Astral projection. When you say I will astral project today with strong will and confidence, it gets fed in your subconscious. Without your knowledge, your subconscious has absorbed what you have said. The message will go to your subconscious and it will reflect back. You need to tell your body that it will happen today. Say it out loud. Tell is that we will Astral project today. No matter what happens you will achieve it. You need to do this, and out loud.*

7) Peace. *Yes you do also need peace. You need a peace of mind and a peace of inner self before you attempt this. If you are stressed then this method will also fill peace within yourself. Tell yourself that for a few hours you want to take a break from the outside world and be FREE for a few hours. Tell yourself that you will leave all your problems behind as you leave your physical body with it. Take a break from your problems because the moment you leave your body all your problems reside in your physical body not your astral body. Your astral body has no problems of this world because its not of "this world". Your astral body belongs to the astral world not this world.*

Timings:

Before doing this we need to take a look at the timings. The best time to Astral project is at the time of an afternoon nap. Or 4 o clock sharp at the morning. You still have plenty of energy at the afternoon and at the morning. These two times are well suited for astral projection because your energy levels are full. Doing this at night prior to sleep would not work, nor would it work when you are extremely tired or sleepy.

All set? Let's go.

Before going further here are the stages to this method.

Stage 1: Lying on Bed

Stage 2: Cooked/Numb Body

Stage 3: Sleep mode

Stage 4: Astral Alert

Stage 5: Separation

Setting the Stage

Now before trying out this method you need to set the stage. Eat a light quick meal before attempting this. Don't have an empty stomach but don't have a full stomach either. I suggest eating a few muffins or a bread slice before doing this. Drink 1 glass of milk [COMPULSORY] before doing this. Take off your shirt. And yes that is also compulsory, if you don't, you won't reach the relaxation stage easily. Sleep in your undies. Find a quiet place such as your bedroom. Clear all outside noise. Run your fan if you have. Let the wind cool you off as you do it. And cover yourself with a blanket. Run a quick prayer before doing this, make sure your body is protected before you leave it. Have a strong will and don't let any demons scare you if you see them. Have a strong will and avoid them, and they won't harm you. They can never harm you. Run a quick prayer and tell God to bless your body and protect it while you are gone. So lets do the checklist:

- 1) Your shirtless or sleeping in your undies
- 2) You just drank a glass of milk
- 3) You have blanket on
- 4) You have done a quick prayer
- 5) Your room is quiet
- 6) You said this out loud: "I will astral Project today" I will astral Project today
- 7) Your eyes are closed and your completely relaxed laying on the bed
- 8) You have a fan running (*recommended*)

Note: You need to do these all and they are compulsory or it won't simply work.

METHOD:

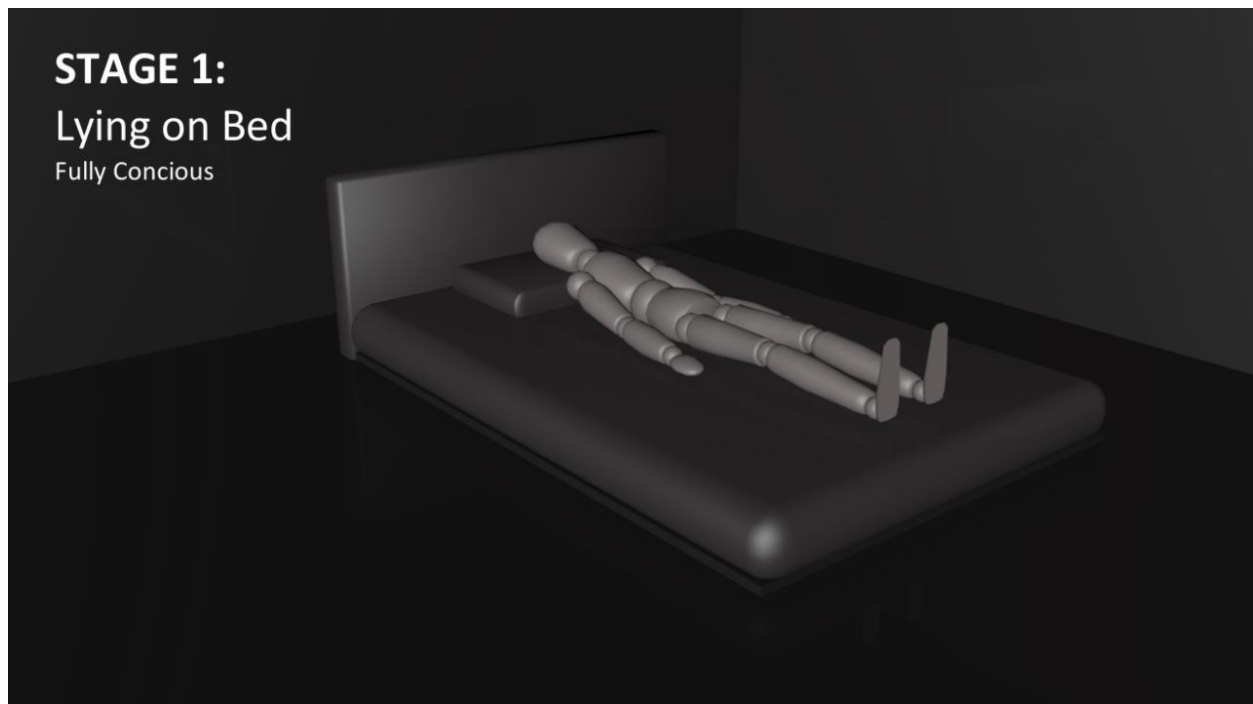
Here's the moment of truth. Before stepping into the Method, MAKE SURE, MAKE SURE you have done all the above requirements and You have read all that thoroughly and know what's going on. Don't miss a single word or a requirement or it will simply not happen.

Now the method is very simple.

Step 1:

Lying on Bed

Status: Fully conscious



Note: read this thoroughly; don't quickly read this, read it slowly so you get everything.

Now go to bed, close your eyes and RELAX. Lie down on your back and adjust your posture. Put your fingers under your thighs. Make sure your fingers and the half of your palm is under your thigh. Now here comes the Relaxation part. Now by Relaxation I mean really RELAXED. So much relaxed that you're entire body is

relaxed. Your toes, your fingers, legs, hands, chest, head, neck arms, everything that you can physically feel should be relaxed. The first 3 minutes try to Relax every part of your body. Start by your toes, and then move on to your legs. Then Arms, then chest and simply put it to rest. Pretend your Arms and Legs don't work anymore. No matter how hard you try to move them it just won't work. Pretend your Arms and Legs have stopped working and your doomed to stay in the same posture until who knows when. Calm yourself. Have a *falling sensation*, Imagine your Arms and Legs don't work anymore and *your falling from huge building*. And you are free falling only *there is no ground, so you fall forever*. Or try to imagine that you are skydiving and there is *no ground. You are falling forever*. Relax yourself. Take a few deep breaths. Then return to your original breathing and relax yourself. Don't think about anything. Some people say how can we think about nothing? Well all you need to do is focus on your breathing. As you breathe in, focus on it and as you breathe out, focus on it. After a good 1 or 2 minute, you are completely relaxed and here's what you need to do.

Now, You need to repeat these following words in your heart. Say it in your heart. "Mind Awake, Body Asleep". Keep repeating it and make it faster. Keep on Saying "Mind Awake, Body Asleep". And as you say this IMPLEMENT IT. When you say Mind awake, visualize your entire body, as you say Mind awake, visualize your Mind or head is glowing with white light. Then say "Body Asleep", and as you say this implement it, visualize the rest of your body *without your Head* into complete darkness. So "Mind awake" (visualize your head glowing) and "Body Awake" (visualize your body in darkness). And as you implement it, make your flow faster. Repeat it faster. Mind awake, Body Asleep. Make it faster everytime and make sure your implementing it. Keep doing this until your body starts to feel a bit numb.

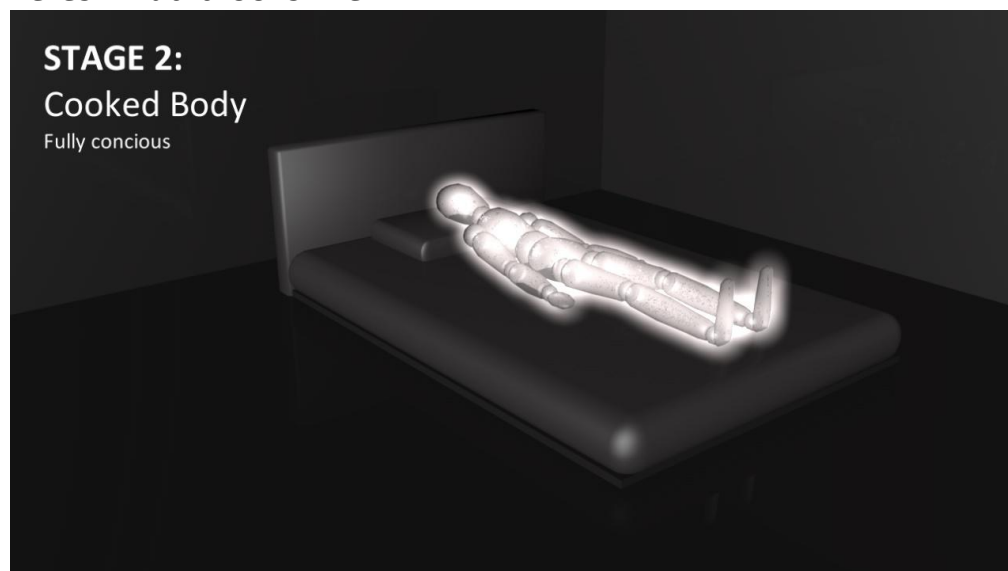
Next, stop saying Mind awake, Body Asleep and do this. Imagine you are inhaling blocks of energy. As you breathe in, Imagine a pill or a block and imagine that pill is glowing with white light and you are inhaling it. So as you breathe in, imagine that pill (which is glowing with white light) goes inside your nose and enters your head. And then you inhale again and again and again. So much that your entire head fills up with "these" pills and your head starts to glow. Only your head is glowing, don't focus on the rest of your body. Focus on your head and as you inhale the glowing pills and start to pill your head with these glowing pills until they become full and glow. Once your head glows. You know that your head is

active and the rest of your body is dull or into darkness. So the rest of your body will be numb except for your Head. Your head is not numb.

Now stop that and visualize that you are gazing upon your body from the ceiling. Imagine your body. Then imagine as the soul of your body is rising up and reaches to you in the ceiling. As it reaches to you in the ceiling, Imagine that the soul drops all the way down and hits the body but doesn't go inside it. It just hovers right over your body. Then imagine again that your soul rises up to the ceiling again and then drops again but this time its way over then the previous time. Keep doing this until you reach the ceiling. After you are done. After the spirit has reached the ceiling. Do the "Mind awake and Body Asleep" procedure again. Imagine your heads glowing as you say "Mind awake" and the Body is in darkness as you say "Body Asleep". Then quickly repeat the other steps as well. Just a quick one. Visualize the pill glowing entering your head and making it glow entirely and then do the ceiling visualization again.

At this point your entire body should be extremely *NUMB*. *This should take about 20-15 minutes and MAKE SURE You don't go to sleep during these 15-20 minutes You need to be FULLY conscious. If you go to sleep during this procedure then it will ruin the process. Your body should be extremely NUMB and you shouldn't be able to feel your hands or legs. Congratulations you have successfully "cooked" your body or "numbed" your body. The only thing which wouldn't be numb is your HEAD. Because your head is Awake while your body is Asleep.*

Heres what it looks like.



Now Step 3:

Sleep mode

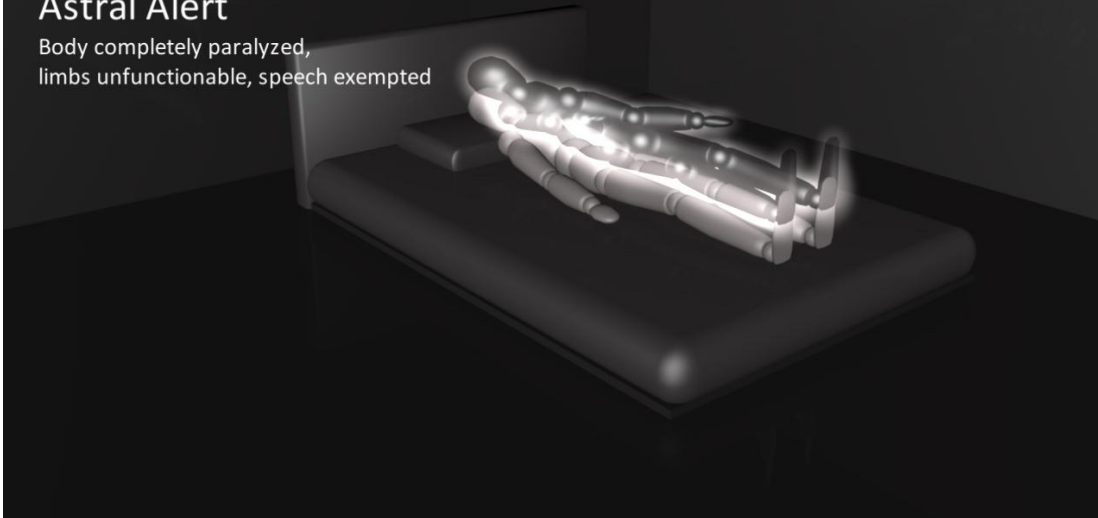
Entering the Dream world

Your pretty much 90% done now. Now all you need to do is *go to sleep* to finish the process. You have successfully programmed your brain into thinking that the body is asleep while the brain is active. Now because your body is *technically* sleeping don't move it. The only thing you can move is your head. So to bring yourself into a bit of consciousness, while having your eyes closed, move your head sideways, adjust the final position before going to sleep. So tilt your head to the side or to the other side *without moving your body*. Once the head is adjusted, *The subconscious knows that the head is awake and its important to move your head*. As you move your head you will realize that your entire body is paralyzed and is *very numb*. So adjust your head posture and *go to sleep*. You may not be able to go to sleep but give it a few minutes you will eventually go to sleep. **MAKE SURE AS YOU GO TO SLEEP You don't MOVE your body. So go to sleep having the same posture of your body. And also don't move your HEAD once you have adjusted it. Once you go into sleep don't move your head and don't move your body. Leave it completely paralyzed while in sleep. Don't worry once you go to sleep you will not move, because your subconscious knows it shouldn't move.** As you go to sleep you will typically start off as a **Dream**. You might or might not dream but 90% of people will dream during this process. You will dream and it will somewhat be a conscious dream. It will be very realistic. And then as you are **Dreaming** you will wake up in the middle of the dream and your body will be vibrating at that moment. So lets say you are dreaming about drinking water, so in the middle of the dream **THE DREAM WILL DISAPPER** and the body will automatically wake you up. And the moment you wake up **YOUR'RE VIBRATING**. You will be conscious, but will be in the edge of the dream world. But you will be conscious. You will have vibrations. **NOTE: Let's say your dreaming and dreaming and you wake up and you're not in the VIBRATION ZONE, Don't abort the process. If you wake up from your dream without the Vibration, Don't move your body and GO BACK TO SLEEP!!!! Your just minutes away from Astral projection. If you wake up without vibrations, GO TO SLEEP PORONTO!!!! Relax and go to sleep. The next time you wake up your projecting. But don't open your eyes or move your body or end the PROCESS that you did so perfectly. Don't ruin it.**

STAGE 4:

Astral Alert

Body completely paralyzed,
limbs unfunctional, speech exempted

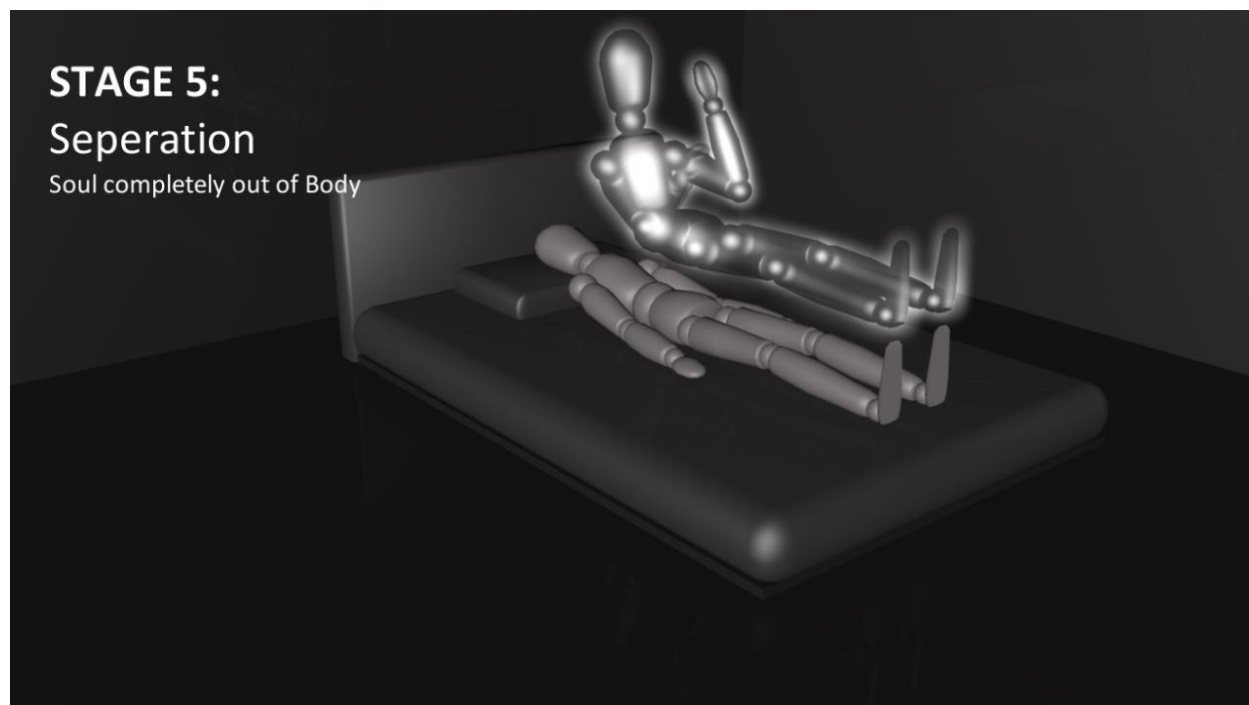


(this is what's going on as you wake up from your dream)

*At this time when you wake up in your dream and start to vibrate. You are halfway up your body Already. Your limbs will be completely nonfunctional even if you try to move them. Your speech will be exempted. You will not be able to speak. **If you are scared, you can end the session**, Just open your eyes (you still wont be able to speak if you open your eyes or move for about 30 seconds. Open your eyes and slowly bring the vibration down to END the session.*

But if you want to keep on going and completely detach yourself, then RAISE your vibrations. And don't worry its in your instincts you will know HOW to raise them the moment you get them. Raise them, keep raising them, the pressure will build, heartbeat will raise. Raise them more and the pressure keeps on building more and more You will feel your body rise and POP! Your out! Get up and Hover around the room. Explore the room. Go to your kitchen. Then get out of your house and fly up the clouds.

NOTE: Don't let excitement take over! You will feel very excited once you get to the vibration stage! Yess yay! I did it. I'm doing it. NO. Don't let excitement take over. If you're too excited then you may have to try again and or if any of these elements are not done properly, you need to try again.



That's it,

Congratulations! You have successfully Astral projected!!

RETURNING TO YOUR BODY

Want to return your body? Go back to your house and lay down as you usually lay down on your body and open your eyes. Or if you are too far away from your body simply teleport and think about your Sleeping BODY and voila your back in your toes as you open your eyes!

Any Questions, contact me at rehanahmed@live.com

Thank you,

Have a safe and fun trip everyone!