The Beginner Guide
To Astral Projection
Ever feel like there’s more to life than what meets the eye? Something beyond just the physical world that we spend most of our time in? Or perhaps you’ve had a dream that was so vivid you thought it was real.

*Welcome to the world of Astral Projection.*

I’ve *spent decades researching hypnosis and astral projection* and have taught over 1400 people how to advance into the astral realms with my highly effective, results driven, program, [Explorations Beyond The Body](#).

Now before I even begin to tell you how to astral project, let me explain exactly what it is and what it isn’t. This alone is the first step to consciously astral projecting.
What Is Astral Projection?

Astral Projection is about exploring the universe around you as well as yourself. It’s a technique that will help you see the 90% of existence that’s hidden away from the naked eye. By consciously inducing an out of body experience (OBE), you will set free your spirit to explore the astral planes, the physical world, the past, present, and the future.

It is one of the greatest spiritual adventures in the world.

As your astral body leaves your physical body, you will experience what it’s like to live above the laws of physics and explore without limit.

There are five stages used to describe astral projection:

1. Withdrawal stage: Similar to sleep, the body is in auto pilot and a person is consciously unaware of their surroundings.

2. Cataplectic stage: Physical movement is disabled. Alternative sensory information is active, including sight, hearing, and feeling.

3. Separation stage: With effort, a person can separate their astral body from their physical body.

4. Free movement stage: Movement becomes possible. Visual and mental clarity can vary greatly from person to person. Astral travel occurs at this stage.

5. Re-entry stage: Need to return to physical body increases. Can be voluntary or involuntary, slow or fast. May feel pressure as astral body returns to physical body. Afterwards, one may be in a sleep state or an awake state.

I was able to float out of my body

“I was able to float out of my body when I felt these sensations, by relaxing my body and focusing my mind. It was just a matter of falling asleep in a conscious way, to catch the moment when I naturally left my body. I also discovered that we can move around outside the body, fly, pass through walls and solid objects

– I even passed through the planet once and came out on the other side!

I found a whole new side to life, and sleep became a great adventure, a time for discovery and exploration. Now my nights are much more interesting

– and I don’t leave the light on either.”

~ Matthew, Perth, Australia
What Happens When You Astral Project?

Prepare to experience excitement, joy, adventure, and even epiphany. When you astral project, you are literally traveling outside of your body. You can explore the Universe including distant galaxies or somewhere as close as your backyard. You can visit with loved ones who have passed away, astral entities, and other beings human or otherwise.

In essence, it’s the simplest and most affordable way to take a holiday and expand your consciousness at the same time.

Key Terminology

**Silver Cord** - Consider it your link between your astral body and your physical body. It is an energy cord that allows your two bodies to communicate with each other. No one can ever sever this cord. It only breaks when you die.

**Astral Entities** - Beings that take on many different forms and who live in the astral realms. They may have a human shape or they may exist in completely unfamiliar or bizarre bodies.

**Astral planes** - This is the world behind our physical world. It is where past, present, and future merge into one. There are, however, differing definitions of the astral planes. Some call it Heaven and Hell while others claim that’s where angels and spirits live. Another widely held opinion is that it is merely a parallel version of the world we’re familiar with.
Why Would You Want To Astral Project?

Astral projection will affect you via 3 main impacts

1. Live a life of adventure
2. Affect your current waking world and personal goals
3. Spiritual transcendence

To discover more on these 3 impacts, read this >>

People astral project for myriad reasons. Here is a short list of the most common reasons why people astral project as well as the benefits you can gain from doing so.

Once you learn how to astral project, you’ll be able to:

- Explore places of interest like distant galaxies or different countries
- Experience sheer adventure and something new
- Overcome fears of death and the unknown
- Find relief and forgiveness from those who have passed on
- Increase your personal growth and awareness
- Know your life purpose and meaning in this world
- Hone your natural psychic abilities and sharpen your intuition
- Enhance healing and well-being so that you can enjoy the best of your life
- Seek inner peace and joy that’s both lasting and calming
- Ignite your creativity and imagination helping you both in your personal and professional life
- Raise your vibrational frequency so that you can manifest your desires
- Get in touch with your spiritual side, thus giving you peace, purpose, love, and joy

It help me to clear up all the negative thoughts!

“I actually enjoy this lesson on Positive Affirmations. It help me to clear up all the negative thoughts in my head and help me gain faith in myself. I not just use this for Astral Projection but also in other areas in my life.”

Thanks Steve! :D

~ Danielle
The 7 Steps To Astral Projection

The reason why most people have a hard time achieving a full out of body experience is that they have not gone through the **7 key steps of Astral Projection**. Before anyone tries to project, they must make sure they have these 7 steps covered.

1. Relax and practice proper breathing
2. Be spiritually cleansed
3. Protect yourself using white light
4. Raise your kundalini
5. Energize your astral body via the kundalini
6. Prepare your mind for astral travel with self-hypnosis
7. Finally, astral project!

**Step 1. Relax and practice proper breathing**

This is where many people fail. **You can’t astral project if you’re anxious, nervous, or scared.** You also can’t astral project if your mind is off thinking about what’s for dinner or your big meeting the next day. You need to be in full relaxation mode and so does your breathing.

There are many different breathing techniques you can use but so long as it’s calm and smooth, you’ll be okay. With proper breath techniques you’ll be able to mentally and physically prepare for the astral world.

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I was having so much fun because I was in control.

“Very often my bed moves at night while I sleep. It is only in one direction (away from one wall and not the other, since it is in a corner). Also my pilates mat is pushed up against the wall in the same direction. I find it humorous now! I just push the bed back into it’s original place along with my pilates mat and say...“Man that must have been one heck of a ride”!

Since I have come to peace with that I have started remembering my dreams. I had a dream the other night that I was flipping from one person’s perspective to another (people I admire or want to be more like). I was having so much fun because I was in control. When I woke up I remembered bits and pieces of the personalities that I encountered but now I feel like every night when I go to sleep I am on an adventure. It feels really good to share this with others. Thank you for the opportunity!”

~ Melissa

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Astral Projection has personally helped me get over my fears and give me much needed peace. To read my personal story with astral projection, check this out >> (leads to “So who is Steve G.)
Step 2. Spiritual Cleansing

Everyone carries some form of emotional and spiritual baggage. Until we let go of negative programming and the internal blockages holding us back, we cannot proceed into the astral realms. Even if you do manage to astral project, you may not have the best experience. Like attracts like in the astral realms and if you carry a lot of negative energy with you, then you may attract a negative experience.

Step 3. Protecting yourself using the white light

By surrounding yourself with white light you can protect yourself from any negative entities or energy that may be near you. This ensures a better experience for you and raises your own energy at the same time. By constantly surrounding yourself with a white light, you'll be raised to a higher level of energy where even negative entities don't exist.

Step 4 and 5. Raising and energizing your kundalini

By raising your kundalini you will raise your energy to very high levels of vibration, making it easier for your astral body to escape your physical self and into the astral realms. By doing so you will also prepare both your mind and body for what you will experience. The kundalini is an extremely powerful force of unlimited energy so be careful when raising and energizing it. There are many ways to raise your kundalini. Some use yoga or meditations to clear their Chakras.

Step 6. Prepare your mind for astral travel with hypnosis

Self-hypnosis is the best way to induce an Astral Projection experience. Not only will a good session diminish your fears and relax you but it will mentally prepare you for what to expect so that you maintain a high energy and positive outlook.

Step 7. Astral project!

There are a variety of methods out there. You will have to try a few before you find one that works for you. Everyone is different so it may take a few tries to figure out which one you like.

Within my program, Explorations Beyond The Body, I've crafted each module to help you carefully and effectively achieve all of the 7 steps above.

This is the most amazing complete awesome compilation of explorations I’ve ever seen put together into one program!

“WOW! Steve G. Jones Rocks! This is the most amazing complete awesome compilation of explorations I’ve ever seen put together into one program! I’m dazzled!”

~ Rev. Alorrah Be, California
The Fastest And Safest Method Of Astral Projection

The reason why I mention hypnosis is because it’s the safest and quickest way to induce an astral experience. There are those who recommend drugs but I wouldn’t go that route. With drugs, you lose control of your experience and may be taken to places you do not wish to go.

The reason why hypnosis works so well is because it bypasses your conscious, thinking mind and works straight with your subconscious mind so that you can break down internal barriers and erase negative thought patterns with ease.

There are many reasons why hypnosis is one of the best ways to astral project.

- **Safer induction into the astral realms**, giving you more control of your astral body
- **Faster method of Astral Projection by working with the subconscious mind**
- **Effortless method**. Hypnosis is best when you don’t work at it and instead just let your subconscious mind do the work.

I’ve researched tons of other Astral Projection products. From the $27 e-books to the thousand dollar seminars. And after teaching hypnosis and astral projection for years, I know exactly what it takes to effectively teach someone this skill.

In my program, Explorations Beyond the Body, I incorporate 4 very important techniques and attributes that no other astral projection program has.

[To see what they are, head here >>](#)
The Biggest Blocks To Astral Projection

It's important you recognize your biggest blocks so that you can address them and erase them. These are some of the biggest blocks I see in my students. If you think one of them could be preventing you from astral projecting, it's crucial you learn to release it.

Biggest Blocks To Astral Projection:

1. You don’t know if you’re doing it right.

For a first-timer, this can be a big concern. Just how do you know if you’re on the right path? There are many signs that will tell you. Such as tingling sensations, changes in temperature, sensations of movement, and a feeling of lightness. There are many others but as long as you keep practicing different techniques, you will eventually astral project.

2. The material is overwhelming.

Yes, this can be true at the beginning. But as you familiarize yourself with the terminology and concepts, astral projecting becomes easier and easier. After all, Astral Projection is a very natural ability that everyone has. You’ve already taken the first step by downloading this guide. And don’t feel like everything you read or are told about is the best or the only way. You are an individual and as such have individual needs. Some things will work for you and others won’t.

3. You have trouble relaxing.

Relaxing sounds like it should be the easiest thing to do but the truth is that many people have difficulty relaxing completely. This has probably happened to you. You come home from work and you lie down in bed or on a couch and try to relax. But instead of clearing your mind, a million thoughts flood your brain. Dinner, family, the kids, bills, work tomorrow, etc. Don’t worry if this is you. There are several ways to relax your mind and body completely. Meditation is a great method and other forms of breathing techniques help too.

4. You can’t tell the difference between lucid dreaming and astral projection.

With a lucid dream your consciousness is still in your body. You are in a dream world where your imagination is king. You can control everything within this world and all this occurs when you are asleep. Astral projection, on the other hand, is completely different. Your consciousness is outside of your body and the experience is real unlike a dream. While you can control where you want to go you can’t control the actions of the entities around you or the surroundings you’re in. When you leave the astral world you are back in your body.

5. Fear.

The 5th fear is fear itself. It is the biggest block faced by the most people. But don’t worry because it’s something you can fly past easily so long as you’re honest with yourself. The best way to defeat fear is to educate yourself and immerse your whole mind into a subject. People fear the unknown so as long as you recognize your fears, confront them, and understand them, you’ll be fine.
How To Overcome Your Fears

1. Knowledge and understanding of astral projection

Read up on the subject as much as you can. Read about other people’s experiences and the techniques. You can’t be afraid of something you understand.

2. Like attracts like in the astral world

If you stay positive, you’ll attract a positive experience. In the astral world, intentions manifest almost instantly so if you’re scared you can jump right back into your body or change locations immediately. Nothing can harm you.

3. Know that you are protected by your silver cord

The silver cord links your astral and physical bodies together. No one can ever hurt this cord so rest easy knowing that you have a direct connection back to the physical world.

4. Positive affirmations

Practice saying positive affirmations to yourself throughout the day and before you astral project. This will keep you in a positive state of mind so that your experience will be enjoyable and in control.

5. Project during the day

Many people have a strong fear of the dark so it’s best to project during the day, especially if it’s your first time. Often people who think they are perfectly okay in the dark accidentally unearth deep seeded, subconscious fears of the dark. This is because as a culture we associate the unknown and fear with night and darkness.

Of course this is just 5 of many fears. Yours will be different from another persons so it’s best to get to know yourself and honestly ask yourself, “What am I afraid of?” It’s important you eliminate all your fears associated with astral projection before you try. Otherwise you may have a difficult time separating your astral body or maintaining your astral body out of your physical self.

I have prepared a special module that deals directly with your conscious and subconscious fears.

To see what this module covers, head here >>
My astral body slowly began to split from my physical body...

“I allowed my mind to relax and began to just feel the practice. Sleep came to me again but this time instead of drifting I remain focused. My body began to tingle all over and I heard a high pitched whirring in my ears. My astral body slowly began to split from my physical body, then it accelerated and I flew up into a standing position.

I took advantage of the momentum and began to run and dived into the fireplace that was directly in front of me. I went straight through the fireplace and came out the other side flying over forested countryside. I kept asking my divine mother to take me to Stonehenge and tried to maintain a focused mind.

I lost a little concentration and dropped in height, then struggled back and kept going, this happened several times. This battle was very intense and really sapped my energy. My clarity began to weaken and everything became cartoony, various objects began to appear and my speed slackened. In the distance I made out what appeared to be Stonehenge but it wasn’t to be and I faded out totally.

I ended up back in my body with mixed emotions, I was exhilarated by my adventure but a little disappointed not to have achieved my objective. What became clear to me was that I needed to work on my awareness in daily life further, and if I did so, this little adventure would be a stepping stone to many more.”

~ Cliff, Melbourne, Australia

The Glass Of Water Technique Of Astral Projection

In this exercise you will charge a glass of water so that it’s vibratory rate is higher. When you drink the water then, you yourself will raise your vibratory frequency making it easier to astral travel.

Remember, not all techniques will work for you. I’m sharing this one because it is one of my favorites and lots of people have success with it.
Step 1. **Your right hand is predominantly positive and your left hand is predominantly negative.** When you place both your hands on the opposing sides of a glass of water, you actually create a charge that will magnetize the water, giving it a higher vibratory rate.

To start, grab a glass of water and head to a comfortable and quiet place. Place your hands around the glass. Make sure you maintain contact with the glass so that the water can absorb the energy coming from you.

Step 2. As you feel the warmth and energy pulsate through your wrists and hands, concentrate until the pulsing sensation spreads to your fingers. Let the pulsing get stronger and stronger.

Step 3. Focus on the glass of water and as the pulsing continues to increase, you will feel a sort of throbbing emanating from the glass. The water is now different. Continue holding the glass of water for 5 minutes until you feel that the glass is trying to push your hands away. Now, the water has been fully magnetized.

Step 4. Quickly gulp down the water. *Many people who perform this technique will feel a sort of warm sensation in their belly.* This is due to the charged water. As you digest the water, your own vibratory frequency will increase.

Step 5. **Perform steps 1-4 everyday for 7 days.**

Step 6. On day 8, perform the Glass of Water technique again (charging the water and drinking it). By now you should realize that your ability to bring up the pulsating feeling is quicker and easier. Once you’ve charged the water, gulp it down.

Step 7. Lie down and visualize white light surrounding the inside of the walls of your room. Then visualize another white light surrounding just your body. This is a form of white light technique that will be used to keep negative entities away from you. You should feel strange sensations of movement or warmth by now.

Step 8. Breathe in deeply, hold for 12 seconds and release slowly. Do this 2 times. After the second inhale, hold your breath and imagine yourself standing at your feet staring at your body lying down. Keep this image in your mental screen.

Step 9. Now take in the third breath and count slowly till 12. Expel your breath quickly and as forcefully as you can. As you exhale, feel yourself pushing out of your physical body. Those who are lucky will immediately see themselves staring at their physical bodies while standing at their feet.

You may not be able to achieve full separation of your astral and physical bodies the first time, but if you feel a powerful vibrating sensation, you’re on the right track.

Step 10. **Keep practicing :-)**

Thanks for downloading your Beginner’s Kit to Astral Projection. Keep an eye on your inbox because I’ll be sending you more tips and tricks soon.

Eventually you’ll have earned yourself **The 5 badges of Astral Projection.**
The 5 Badges Of Astral Projection

What I will teach you in Explorations Beyond The Body is so powerful that at the end of your first projection, you will be a changed person.

As you read over each of the 5 badges below, smile knowing that you'll soon enjoy these wonderful rewards.

1. Experience A Boost In Courage And Confidence

Once you experience astral projection, you will understand that your physical body is nothing more than a vessel that you use in this 3-dimensional world.

In the astral realms, you will be able to communicate with entities and humans who have died, you will meet spirits, and know that there is so much more than what we see on Earth.

In essence, you will overcome the greatest fear mankind has. The fear of death.

Once you get over this fear, you will be filled with a courage and confidence so strong that you’ll be able to pursue all your dreams, goals, and desires.

Imagine what kind of effect this can have on your physical world. A better career, more loving relationships, the feeling of accomplishment and achievement that will leave you fulfilled and happy.

2. Evolve Your Natural Psychic Skills

Because I will be teaching you how to tap into the Akashic records, you will be releasing your own ESP.

Your ability as a psychic will increase, your intuition will become stronger, and you can tap into information unknown to most people.

Even if you’ve never considered yourself psychic or intuitive, this will all change for you.

What I will teach you will aid you throughout the rest of your life. When you face difficult decisions, are uncertain about the future, or are trying to judge a person’s character, your psychic compass will kick in to guide you towards the right choice.
3. Develop A Direct Connection With Pure Spiritual Source

When you learn to astral project, you will be linked directly to a spiritual source. Your connection becomes stronger and because of that you will be filled with unwavering joy, a sense of bliss, and a love for all that is around you.

Your faith and knowledge of the spiritual realms will heighten and as you come to know the astral realms, you will also become more self-aware. You will see yourself and others as spiritual beings that transcend the physical Earth.

4. Raise Your Energetic Frequency

Often when people astral project or attempt to do so they are filled with a tingling feeling. This is because their energetic frequency is vibrating at faster and faster speeds.

In fact, many spiritual leaders such as Christie Marie, Burt Goldman, and David & Kristin Morelli have already talked about the importance raising one’s energy.

As you astral project, your vibrations increase and when this happens, you will enjoy a deeper calm, long lasting tranquility, protection against negative emotions. You’ll be able to attract the right people, opportunities, and synchronicity into your life. You will become a powerful energetic being.

And because you are calmer, happier and filled with positive energy, your desires will turn into reality faster in the physical world.

5. Unleash Your Manifesting Abilities

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Begin your journey into the astral planes here >>
I had the motivation to accelerate my career into a whole new level

“Steve helped me to relax and focus. Thanks to him I had the motivation to accelerate my career into a whole new level.”

~ Bjorn Englen

Steve is so in depth and thorough, and goes all out in the how to and how to do

“I used Steve G. Jones’ Explorations to practice healing in my body, which I have experienced: 80% increase in my vision, alone and a number other improvements. I am experiencing an stimulating interest in enthusiasm for doing things in my “Definite Goal Purpose”, it is looking like I will succeed and achieve my goals and thieve in this life on the Physical Plan. Hah Ray

Yes I would recommend Steve G. Jones’ explorations to my friends ~ And I already have. Because Steve is so in depth and thorough, and goes all out in the how to and how to do.”

Out standing !!!

~ Royce Sand, Seattle

I felt myself actually lifting up out of my body!

“Someone once told me out of the blue that it’s possible to actually come out-of-body, to move about consciously in a place called the Astral World.

Was I ever shocked when I felt myself actually lifting up out of my body!

I was so excited that the experience ended almost immediately, I came right back. There, I learned first-hand that any strong emotions, such as fear or excitement, will bring you right back – so much for worrying about not being able to return...

Since that first experience, I’ve been able to have many experiences that lasted much longer, where I was able to travel to and explore places that I would never have the opportunity to visit physically, yet they exist there just as they do here.”

~ Jordan, Toronto, Canada