

## Astral Projection

It is quite possible that you have had several astral projection in your lifetime, however you would only remember them as dreams. It is not only possible but highly likely that some of your more realistic dreams actually you taking an astral journey, or having an out of body experience.

The best way to learn how to astral project is to keep a dream journal or diary. We cannot begin to understand dreams until we begin to remember them. One of the most effective in interesting ways to achieve this is to keep dream diary.

Buy a notebook specifically for the purpose and keep with a pen by your bed at all times. This means that even if you wake up in the middle of the night, you can write down the recollections of your dream, or dreams immediately. It is also advisable to keep a torch by your bed.

When you first wake up in the morning, you should close your eyes for a few seconds and try to remember some of your dreams. Dreams are just a series of different images, and by remembering just one or two you could trigger the entire sequence. If you find it difficult to remember a single image, try to remember your feelings during the dream. Were you happy, sad, angry, etc.

The first thing you should do every morning is to write in your dream diary, before you do anything else. Write down every single detail that you can remember, even if that doesn't make sense to you, or you don't think it is relevant. I suggest you begin by writing down the basic framework of the dream, the theme, and your feelings, and then include all the details as though you are writing a story.

The more regularly you write down your dreams the more associations you will be able to make. You will notice that particular people or objects will make regular appearances, or you may notice that you dream about the same place but with different people. You will also begin to notice patterns in your dreams, and associate these with your feelings at the time, such as stress, or happiness.

By keeping a full record of your dreams, you'll be able to discover your own method of controlling out of body experiences. This is not something that you will acquire instantly, it requires practice and concentration, but will happen eventually.

Dream language consists of symbols and metaphors. These symbols are often very confusing, but at times they are also easily understood. The significance of these symbols changes according to each person and their experiences. You must learn to interpret your dream symbols in order to control your out of body experiences.

## About the Author

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