Dream Yoga and Astral Travel

Lecture 7: How and Why Do We Astral Project?
Why learn astral projection?

This work is but a slight introduction to an unlimited science...
—Morya, *The Dayspring of Youth*

Occult science is studied in the internal worlds; therefore, the one who does not know how to be willingly projected in astral body does not know occultism.
—Samael Aun Weor, *The Major Mysteries*

It is necessary for the dreamer to awaken within the internal worlds before converting himself into a competent investigator in the superior worlds.
—Samael Aun Weor, *Sexology: The Basis of Endocrinology and Criminology*
Our disciples should learn to project themselves in the astral body in order to visit all the White Lodges of the world. In the Gnostic Church, all our disciples will be able to receive inner instructions.

Why do we astral project when we sleep?

During the hours of ordinary sleep, the internal man, dressed in his astral body, leaves his physical form so that the ethereal body can repair the physical body. […]

Thus, this is how after sleep, our physical body is completely repaired for the new activities of the internal ego. —Samael Aun Weor, *Igneous Rose*
Who can astral project?

Indeed, projecting the astral body is not dangerous, because every human being projects the astral body during the hours of normal sleep. Unfortunately, all human beings project themselves in their astral body with their consciousness asleep. People do not know how to project their astral bodies at will. There is no danger whatsoever in becoming conscious of one’s own natural functions, which are eating, drinking, marrying, and projecting the astral body. These functions are completely natural. If traveling in the astral body were dangerous as the fear mongers state, then by now there would be no one living on Earth, because everybody projects the astral body, and still worse, they do so with their consciousness asleep. Nevertheless, nothing happens. And so…?

—Samael Aun Weor, The Perfect Matrimony
The disciple who wants to progress should not confine himself. The disciple who wants to progress must inevitably learn to project himself in the astral body so that he can transport himself to the Gnostic Church, where he shall be able to converse personally with Christ and with all the Masters of the White Lodge.

What projects into the astral?
The lunar and solar astral bodies
How do we experience a conscious astral projection?

Comprehension and imagination must replace reasoning.

Imagination and comprehension are the foundation of the superior faculties of the mind.

In order to enter the knowledge of the superior worlds, it is necessary to acquire the superior faculties of the mind.

—Samael Aun Weor, Igneous Rose
What are the superior faculties of the mind?

- Self-observation
- Self-remembrance
- Awareness (Key of Sol: Subject, Object, Location)
- Mindfulness (continuity of conscious remembrance)
- Discernment (understanding through perceptual analysis)
- Intuition (knowing without reason)
- Equanimity and dispassion
- Imagination or visualization
The Clue of Discernment

The disciple should lull himself to sleep in his bed.

When the disciple finds himself in that state of transition that exists between vigil and sleep, he should rise from his bed exactly the way a somnambulist does.

Before leaving the room, the disciple will jump with the intention of floating in the atmosphere.

If the disciple does not float, he should get back into bed and repeat the experiment again.

However, if the disciple floats in the air after jumping, then he should leave the room and fly towards the Gnostic Church.

—Samael Aun Weor,

*Practical Astrology: The Manual of Practical Magic*
This is not a mental exercise. What we are saying here should be translated into facts. During the moments of falling asleep, the disciple will rise from his bed the way the somnambulists do. The sleep process breaks the very strong connections that exist in the vigil state. The sleep process permits the soul to separate itself from the physical body.

Signs of Astral Projection

Heaviness of body and lightness of soul.

Sounds, voices, vibrations, electric sensations, and energy.

High-pitched whirring noises in one’s head.

Intensified heart-beats or psychic palpitations.
Signs of Astral Projection

Immobilization of physicality while conscious.

Voluntary movements transferring to astral body.

Floating, levitation, or suspension.

Seeing with astral and not just physical eyes.
Types of Astral Projections
Exercises

1. Throughout the day, develop self-observation.
2. Each day, for at least 10-20 minutes, develop meditative concentration through visualization of an image.
3. When in the transition state between wakefulness and dreaming, get up from bed and apply the clue of discernment: jump in the air to see if you float.
4. Continue your spiritual diary.