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# ANIMATECH

## ASTRAL TRAVELING I

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*We are not human beings having a spiritual experience; we are spiritual beings having a human experience.*

*~ Pierre Teilhard de Chardin*



Astral Traveling is one of the many resources that can greatly amplify your rate of learning and understanding of your own internal and external realities. In the coming weeks, we will be releasing modules and guided meditations to create the proper shift of vibrations needed to exercise this Soul Technology.

There are many techniques that will be discussed during this study series, but they will be mainly gathering around four major areas of concentration: Relaxation, Balance of Energies, Mental Control and Focused Visualizations.

None of these techniques are disconnected from each other; rather they are extremely interdependent. We highly recommend for them to be performed carefully as baby steps, and without hurrying through the distinctive levels. The main reason behind this is basically to eliminate gradually the usual “fear” that many still maintain unconsciously about Traveling through the realms of the Astral Plane.

Another recommendation for the one embarking on this journey is to start and maintain a journal, just like a diary, specifically for this. This is an instrumental key to the comparison of your achievements, details and will be a thermometer of your progress towards more advanced techniques.

The first step that must be conquered before any attempt Astral Traveling is in fact a realization: that you are not exclusively a physical body. You are, in fact, much more than this. You are a multidimensional being, with multidimensional reach. Your body is simply a garment, a skin suit which you wear right here and right now because you took upon a learning experience in Earth school.

This concept may be easily understood intellectually, but to be able to detach yourself enough from your mindset and core of beliefs; you need to realize this truth on a very deep level.

Like any other spiritual practice, we do not recommend anyone who is under the care of any mental health service, or taking any medication or substance that can impair your abilities to think straight and to be discerning, and/or could be incursive of hallucinations to attempt Astral Traveling. Please keep in mind that the advice and care of your health provider takes precedence before any performance of spiritual practices.

## FIRST RECOMMENDED EXERCISE

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The purpose of this exercise is to fully master the physical relaxation necessary for Astral Traveling while maintaining a conscious awareness.

To start your program of astral traveling, we highly recommend you to prepare yourself ahead of time, even days, before attempting this exercise.

We recommend that for preparation, you would have lighter meals and to keep yourself very well hydrated. Most of the exercises should be tried during neutral hours such as after midnight.

Lie down in a warm and comfortable place. Close your eyes and breathe deeply a couple of times.

Imagine now that your entire body is actually a factory; and all your organs, limbs

and glands are part of the automation of this work place.

Imagine now that all the “workers” are being released from their shift, after a long day of multiple activities. All of them are now leaving through the soles of your feet.

First dedicate your attention to the “workers” of your legs, imagining them signing their time cards, turning the lights off and leaving. Follow the same procedure for the workers of your arms, the ones of your head, your trunk: all of them leaving and emptying the space within you, all leaving from your feet.

The only section of your entire factory that will continue to work will be your heart. The other departments will be quietly resting, but everything will be still alive because your heart is there. Only your heart workers will be present at this time.

Try to feel your body completely immobilized. Be strongly aware of feeling the contact of your body with the bed.

Now that your internal universe is quiet and dark, try to find the silence of your Soul. The silence of your Soul is actually a sound, which is the melody that will allow you to connect with deeper parts of yourself.

Now out of the quiet darkness inside of you, imagine the number 20. The number 20 is strong, visible, geometric but simple. Now imagine the number 19, and continue the succession until you reach the number 1.

You will not need to talk to or coach yourself about what you are supposed to be seeing. The numbers will appear naturally in your mind’s eye. Concentrate on creating for yourself vividly the numerical sequence and decrease them in your imagination. Remember to inhale and exhale while you

are doing this to keep your body relaxed at all times.

You can repeat this exercise for as long as you wish to prepare for more in-depth techniques for the weeks ahead.

If you want to take this course on soul technologies seriously, we would advise you to start the first week with the number 20, the second week at 40, and on the third week with something like 80 or 100.

To attain a perfect sense of when you are aware or not of the reality of your dreams, you should concentrate on, during your dreaming time, trying to find your hands while inside of your dreams. Once you can get to the stage that, while you are dreaming, you remember the command you consciously gave to your mind to see your hands, you will gradually develop the capability to think and to be conscious inside of the dream state, becoming an active agent inside of these alternative realities.

Independently or not of the desire to develop your astral traveling skills, all training techniques taught during this process are excellent exercises for your Soul. Persistence and an open mind are the very ingredients for this success.