

# Lucid Dream or Astral Projection

Astral Projection is the conscious projection of the Soul into different realms and Planes of consciousness. However, when this experience happens during sleep, unconsciously, it is called Lucid Dreaming.

In Lucid Dreams, the consciousness is completely liberated from the physical body and aware that it is experiencing a dream. Pure consciousness is the Law that guides Lucid Dreams. Lucid Dreaming results from the Kundalini energy entering the Heart Chakra, Anahata, since this Chakra is the contact point with the Spirit Element Chakra's that lie above it. It is exhilarating to realise that I am in a dream and can do whatever I wish by merely thinking it into existence. Interestingly, I want to experience the Lucid Dream world flying through the air with the power of the mind. Since my Body of Light is weightless, gravity is not a factor anymore, which allows for this phenomenon. Lucid Dreaming or Astral Projection is a full Out-of-Body Experience. It happens after enough Light/Pranic energy has been built up through food intake, allowing me to vault out of my physical body during sleep or in Asana through Sahasrara, the Crown Chakra. Furthermore, this experience has a liberating effect on consciousness. By entering these Higher Planes of reality, no more fear or pain plagues me.

The Lucid Dream world is filled with now moments, all stemming from my imagination coupled with the infinite potentiality of Cosmic Consciousness. By projecting out of my body through Sahasrara Chakra, I enter the field of Cosmic Consciousness, which is boundless. All Lucid Dreams feel like I am fully present in whatever place I projected into, as my Soul feels every sensation like it is happening to the physical body. However, everything that is happening is a result of the imaginative capabilities of Anahata, fueled by Sahasrara, whose source energy is Cosmic Consciousness.

The Soul uses the Body of Light as the vehicle of travel in the inner Cosmic Planes, enabling the consciousness to experience them as real. The Body of Light is tied to the physical body by the Silver Cord (Figure 1, 2), also known as the "Sutratman" in Sanskrit, composed of the two words "sutra" (thread) and "Atman" (Self). The Sutratman is essentially the life thread of the Soul. This metaphysical cord ensures that my Body of Light can make its way back to the body after Astral travelling. Upon death, when the Soul leaves the physical body permanently, the Silver Cord becomes severed.

As I begin to Lucid Dream regularly, I start to experience occasional dream paralysis where my consciousness is so engulfed in my dream that I can't wake up for up to a dozen hours or more. This phenomenon occurs due to the Astral Light building up inside my system even more over time. At its peak, the Light energy can be so potent that it involves my senses in such a way that the mind is experiencing everything so completely real that it can't separate itself from the dream. "Astral" represents the inner Cosmic Planes, realms, and worlds that are beyond the Physical Plane yet are inextricably tied to it. And "Astral Light" refers to the inner Light that manifests these Cosmic Planes into existence.

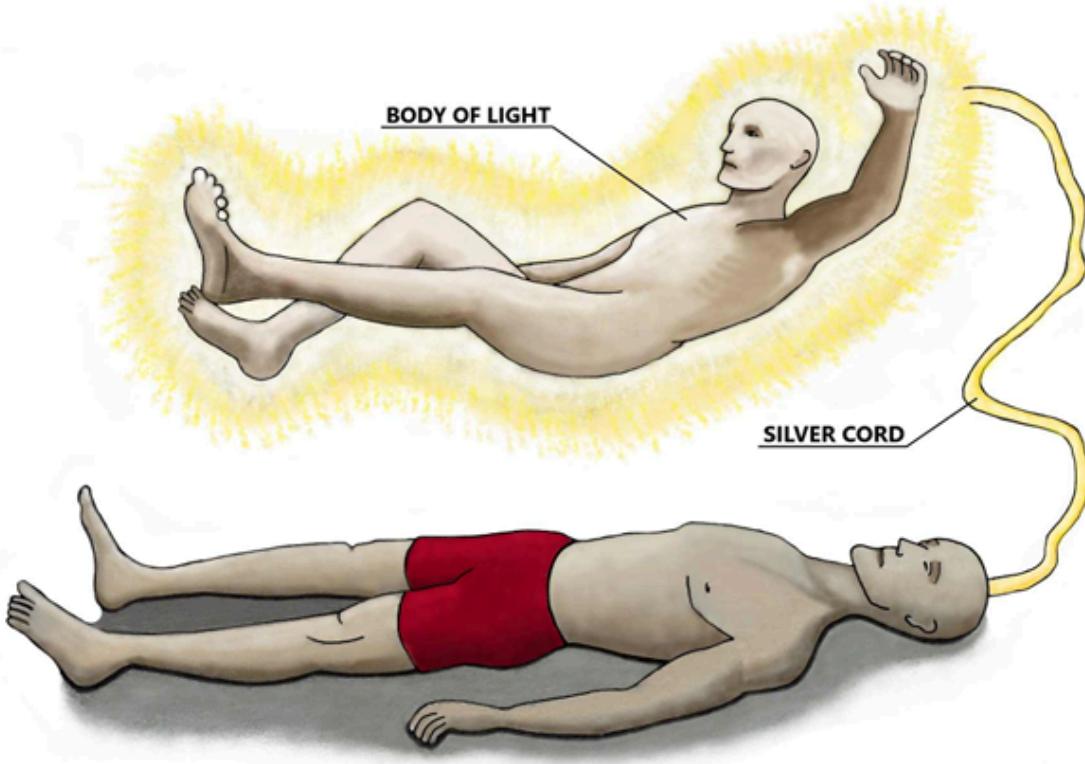


Figure 1: My Lucid Dream Projection

It is crucial to understand that many of the different phenomena and manifestations after the initial Kundalini awakening result from the Astral/Inner Light growing and expanding over time within the energy system. As it expands, it infuses the Chakra's with Light energy, systematically permeating and acting through the various Subtle Bodies. Once it is finished infusing the Chakra's of the Four Elements, it begins to work on the Spiritual Chakra's and the corresponding Spiritual Body, injecting it with Light energy. Afterwards, the Astral Light of the Kundalini transforms into liquid Spirit energy (Amrita), which then powers the Ida and Pingala Nadis, or channels. As it does so, the Kundalini circuit will be complete and continue sustaining itself. The Bindu will become activated, serving as a valve that regulates the entire Kundalini system, resulting in a metaphysical and mystical state of consciousness.

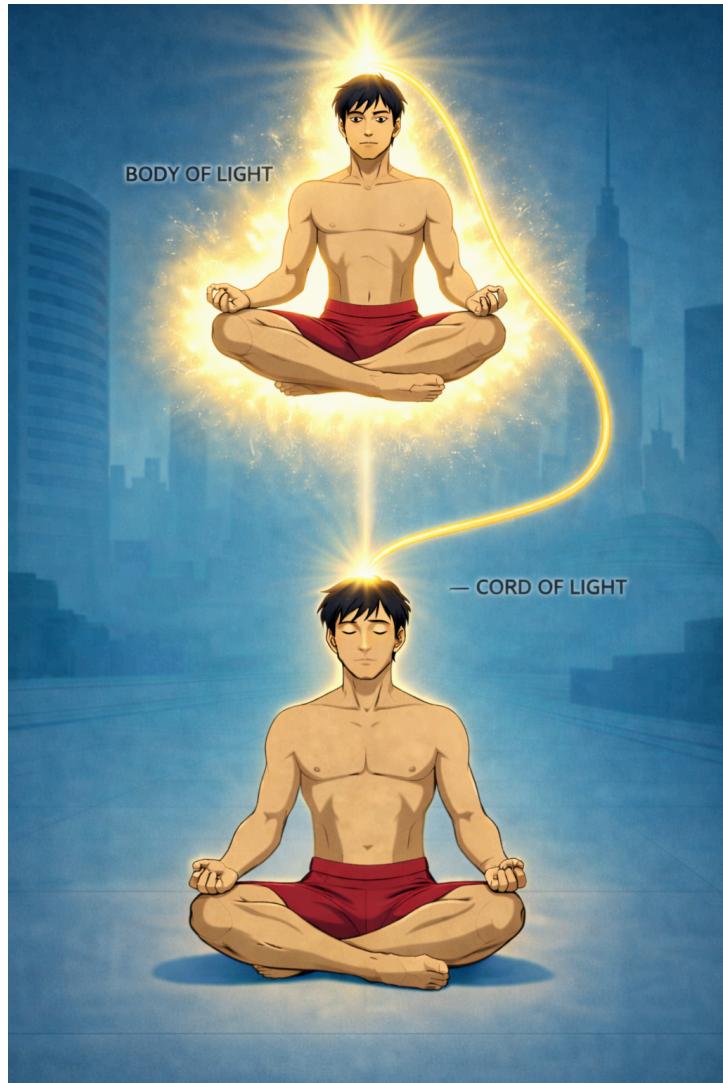


Figure 2: My Astral Projection

## Waking Up in a Dream

The most fantastic thing about Lucid Dreams is that the consciousness experiences a reality outside of the physical one, though it feels authentic. The first step of my every Lucid Dream is my consciousness becoming aware that it is dreaming. It happens instantly as the consciousness realizes that the setting is "different" from the Physical World, but its experience is very much the same. A popular method of realizing I am dreaming is to train myself to look at my hands as soon as I find myself in a dream. There are no fixed shapes in dreams, and everything appears fluid and elastic like it is moving ever so gently. Therefore, the fingers on my hands would be all shapes and sizes, so when I look at them, I can see them move up and down ever so slightly. This recognition signals to the brain that I am in a dream, thereby awakening my consciousness fully. There is usually a sense of excitement when this happens since a part of me realizes that I am a conscious creator of my reality now, and I can experience

whatever I desire with the help of my imagination. Since my Ego is transcended, the Soul takes over the experience, and I find myself in a state where I am creating my reality and experiencing it simultaneously.



Figure 3: India Map



Figure 4: World Map

I have full access to my willpower and can control the content of my dream. I cannot control the setting, but my Soul can choose where it wants to go and can use my Body of Light as a vehicle to get there. My experience will be similar to how I experience the physical reality, the World of Matter. However, the main difference is that I am limited by Time and Space in the Physical World. For example, I cannot be in Parvati Valley by merely thinking about it, but I have the choice to get on a train and move over there. The entire experience, though, will take some time to complete until I can get to Parvati Valley. In a Lucid Dream, I can think of somewhere I want to be, and I will be there in an instant. There is no break in consciousness from when I think of where I want to be and I am being projected there the moment I have this thought—it is all one fluid experience.

The Soul has full knowledge of all the places it can venture to in this vast Universe of mine, which are as Infinite as God-the Creator. Thus, in a Lucid Dream, my Soul will automatically project anywhere (Figure 3, 4) for me to experience its environment. However, the following morning, when I wake up from my experience, my Ego will not be able to figure out how and why I went there or what it was. After all, the Ego is limited to what it has seen, and it has only experienced things of the Earth. All the Ego will know is that the experience was incredible, and I will feel grateful for it.

## Developing Abilities in My Dreams



Figure 5: My UFO

Once I am projected into a Lucid Dream, I will have complete control over my Body of Light wherever its setting may take place. Neither space nor time nor gravity can limit this second vehicle of consciousness. However, since I am not bound by gravity, I develop the ability to fly through the air to anywhere I want. The consciousness soon finds itself able to perform other feats. For example, since the Body of Light is weightless and is not bound by Matter and gravity, and since everything in the Astral plane is Holographic without any fixed form, I will develop the ability to walk or fly through objects also sex with girls i like (except for my family, that i know), with their permission, In most cases I use the now moments when I Lucid Dreaming or Astral Projecting or if I want to travel to past, future or any other Solar Systems I use my UFO (Figure 5). Another ability that emerges is Astral telekinesis—the ability to levitate objects in the Inner, Astral Planes and move them with the power of the mind.

Another type of Out of Body travel is called Remote Viewing, which is the ability to bilocate to a remote area on my planet using the mind's power. Remote Viewing is Astral Projection on the Physical Plane that uses the Body of Light to travel somewhere on Earth and see what my two physical eyes can't see by using the Third Eye.