
《论星体投射》译者前言

1. 作者简介：

罗伯特·布鲁斯（Robert Bruce）是一位享有国际声誉的神秘家、超自然研究者和神秘实验者。从 1992 年起，他就在英特网上无私地提供咨询服务。他为人热心，非常谦逊，充满爱心、诚恳而又幽默。

他出生于英国，现定居于悉尼。二十五年来，罗伯特深入探索了超自然事物的力学、动能学和动力学——尤其是脱体经验——能量身体、军荼利、超视觉、康复、超自然犯罪和防范措施、心灵攻击和自我防卫。

他的著作有：《星体动力学》以及与人合著的《捕捉辉光》。他正计划写作几本书和手册。他的网站上有他的早期著作。

他谈论自己的星体经验，以及它们背后的意义。他也论及更高的世界和我们所处的物质世界。他对这些世界有许多独特的洞见。

罗伯特·布鲁斯是我们即将跨入的新时代的开拓者。他的研究表明，星体投射并非只是一种猎奇，因为它需要高度的敏感、勇气和灵活性，以面对和整合这些新的现实。人类从未停止过对这个世界的探索，很有可能，星体层就是下一个崭新的疆界。

布鲁斯认为，脱体经验可以帮助我们将生命必死的观念转化为生命是无始无终的终极真理。如果按照布鲁斯循序渐进的技巧，我们完全有可能遇见居住于不同时空片断中的多重自我！

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2. 星体投射（ASTRAL PROJECTION）亦译作灵体投射、灵体飞行。《论星体投射》的篇幅较长，这篇论文分上下两部分，共有十三篇。提纲如下：

第一部分：

第一篇：星体投射的基本概念

第二篇：星体投射的条件和放松练习。
第三篇：星体投射的步骤及实例。
第四篇：物质身体、以太身体和星体身体，两重性及投射实例。
第五篇：投射中遇到的问题。

第二部分：

第六篇：星体层、梦、思想形式、星体视野、艾莉丝奇境效应、融化的手、投射原理，脱体、投射和清醒的梦。
第七篇：以太、流质、投射至更高层次：意识层、阿特密层、布迪克层，阿卡西记录、死亡的过程。
第八篇：放松身体、集中注意力、净心、提升能量、刺激脉轮和进入恍惚状态的练习。
第九篇：基本能量练习，脉轮及能量提升。
第十篇：星体绳及投射步骤。
第十一篇：绳子技巧的简单运用、清醒的梦的记忆、星体躯体的运动、未来风和镜子现象。
第十二篇：待译。
第十三篇：待译。

译者对星体领域是初次接触。翻译此文的初衷并非是要大家去尝试星体投射。有趣的是，译者在翻译过程中，曾在梦醒后经历了短暂的脱体经验。我想，这就像攀登珠峰一样，那里的景色一定壮观，但能登顶者毕竟少数，看看他们的游记，也能聊补遗憾。如果你确实准备就绪，那就上路吧。

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论星体投射

第一部分 卷一 (v1.1)

罗伯特·布鲁斯著

This is part one of a series of articles that will endeavour to define the astral world and the projection process.

这是描述星体世界和投射过程系列论文的第一部分。

Please keep in mind, while reading v1.x of this Treatise, that it was my first attempt at serious writing. That is, I was learning to write while writing them.

在读这篇论文时，请记住，这是我第一次尝试写作论文。也可以说，我是在边写边学。

I have been studying the astral plane, in my astral form, for most of my life. I have attempted, by careful observation and critical thinking, to understand it, and hopefully, to shed a little light on it.

在我一生的大部分时间里，我一直在通过自己的星体躯体研究星体层。我试图通过认真的观

察和严肃的思考来理解它，并希望解开这个谜团。

Everybody, without exception, leaves their body in a low powered projection, when they go to sleep. I call this sleep projection. The astral body hovers a few inches above the physical like a balloon on a string, mimicking the sleeping position and going no further. Once the astral body has separated, it is free to create dreams. This is the natural (sleep, dream) process we are all familiar with. During this, you sink into the collective dream consciousness of the world. This 'dream pool' settles into layers. According to what type of person you are, spiritual, moral advancement etc, you will tune in to a level you have affinity with. These levels are commonly called the 'Planes' or sub Planes. There is nothing wrong with this analogy except that it can confuse things when you try to grasp the whole concept.

毫不例外，每个人睡眠时，他都以低能量投射的方式离开自己的身体。我把这称为睡眠投射。就象系在绳上的汽球一样，星体躯体在物质躯体之上几英寸的上空盘旋，它模仿睡眠的位置，并不走远。一旦星体躯体脱体，它就具有创造梦境的自由。这是我们都熟悉的自然(睡眠、做梦)过程。在这期间，你会下沉至全世界共同的梦境意识中。这个“梦界”分为几个层次。根据你是何种类型的人，精神型的、道德完善型的等等，你将注意力调谐至与你关系密切的层次。这些层次通常称作“层”或亚层。这种分类也没什么不对，除非当你在试图把握整个概念时，这个比喻会使你感到迷惑。

If you become aware during sleep projection you can take some control over it as in a lucid dream, and move amongst the levels. If you do take control though, you cannot return to the real world and function as an astral form in it. You are in the topsy-turvy world of the dream pool or astral planes, where everything is possible, but not very plausible.

在睡眠投射期间，如果你能像在清醒的梦中一样感知，你就可以对它进行某种控制，并在各个层中移动。如果你确实能够控制，但你却无法回到现实世界，并且不能以星体躯体在现实世界中活动。你是处于梦界或星体层的颠倒的世界，在那里任何事情都是可能的，但并非似是而非。

When you do a 'fully conscious' projection of the astral form you project into the physical world, not any astral world. This has long been misunderstood. What is usually thought of as astral projection today is better called 'Lucid Dreaming' which is completely different.

当你进行“完全有意识的”星体躯体投射时，你是投射进物质世界，而不再是星体世界。长久以来，这一直遭到误解。如今人们通常认为的星体投射更应称做“清醒的梦”，实际上它们完全是两回事。

Many authors suggest we all race about the universe in 星体投射 every night. This is simply not true. You will find the world a lonely place in your astral form and will rarely see anyone else projecting there. If you do see someone, often they are just standing, confused and befuddled, caught in a 'between' state of projecting and creating. This is what happens when you lose control during a conscious OBE. I call it 'The Alice and Wonderland Effect' It is an effective barrier to the untrained mind.

许多作者认为，我们每天夜里都通过星体投射在宇宙中跑来跑去。这并不正确。当你处于星体躯体中时，你会发现，物质世界一个寂寞的地方，极少能看到有人在那里投射。如果你确实看见有人，他们通常只是站在那里发愣，他们被困于一个投射和创造的“中间”状态。在有意识的脱体经验中，当你失去控制时，就会发生这种情形。我把它称为“艾莉丝仙境效应”。对于未受训练的意识来说，这是一道有效的障碍。

In the astral form you have an incredibly strong creative ability, normally used to create dreams. Once free of the fetters of the physical world, you can create an entire world, and often do. This creative ability is the problem, and the cause, of all the misunderstandings about 星体投射.

在星体躯体中，你拥有强大得不可思议的创造力，它通常用于创造梦。一旦摆脱物质世界的束缚，你就能创造一个完整的世界，而且你经常这样做。这种创造力就是所有有关对星体投射的误解的问题所在和起因。

There is a natural barrier in 星体投射 just as there is with any other form of psychic ability. The 'Alice' effect, limits projection time in the real world to a few minutes, in most cases, unless you can control your mind and energy level well. If there was not a barrier think about it millions of people flitting around the world every day and night, no privacy, no secrets. This would be a very unh 星体投射 py world to live in.

对于星体投射，存在着一个天然障碍，正如任何其他形式的心灵能力都有障碍一样。在大多数情形中，“艾莉丝”效应将现实世界中的投射时间限制在几分钟之内，除非你能很好地控制你的意识和能量层。如果没有障碍，你可以想象，每个白天和夜里，全世界会有无数人在飞来飞去，毫无隐私、秘密可言。这将是一个令人不快的世界。

What h 星体投射 pens during a fully conscious 星体投射 if you can't control your mind and energy? Well, at some point during the 星体投射 you will start to lose control over the experience and well known things will be found in wrong places. Doors, windows, furniture; extra rooms will 星体投射 pear etc. Your subconscious mind has started creating or you are tuning into a dream plane. Once this h 星体投射 pens it is impossible to know what is real any more. Some of the dream pool levels, or planes, are a carbon copy of the real world. You may tune into one of them and think you are projecting in the real world until you meet a Cheshire cat.

如果你不能控制意识和能量，在完全有意识的星体投射期间会发生什么情形呢？在星体投射期间的某个时候，你将开始对你的经历失去控制，非常熟悉的事物将在错误的地方出现。门、窗、家具、额外的房间等等将会出现。你的潜意识已开始创造，或者你正在将注意力调谐至梦界的一个层次。一旦这种情形发生，你就不可能再分清什么是真实的了。梦界的一些层次或层面是现实世界的一个拷贝。你可以将注意力调谐至其中的一个层次，并认为你是在现实世界中投射，直到你遇见一只露齿嬉笑的猫。

One final thing, the Eastern concept of the levels; physical, astral, mental, buddhic, atmic etc are very real. They have been confused though and mixed in with the Western concept of astral projection. They are different levels of consciousness, not planes as such. When you 星体投射

you don't raise your consciousness, it is the same as when you are awake. These 'higher' levels can only be reached by raising your consciousness, you can't just project into them. It is a different kind of 'projection'. I have been in these higher levels but it is difficult to explain them, they really have to be experienced. They are normally reached during deep meditation.

最后一点，东方概念中的层次：物质层、星体层、精神层、布迪克层、阿特密层等等都是非常真实的。这些概念令人迷惑，并且与西方概念的星体投射相混淆。它们是意识的不同层次，而不是这里所说的各个层面。当你进行星体投射时，你并不提升你的意识，它与在你清醒时是一样的。只有通过提升你的意识，你才能达到这些“更高”的层次，你无法投射至这些层次中。那是一种不同类型的“投射”。我到过这些更高层次，但要解释它们却很困难，只能亲身经历。通常在深度冥想中可以达到这些层次。

In order to reach these higher levels, some clairvoyant ability is required. This can be developed, or natural ability.

为了达到这些更高层次，需要一些超视力。这种能力是后天开发的，或者是天生就有的。

论星体投射

卷一 第二部分(v1.1)

罗伯特·布鲁斯著

Astral Projection (星体投射) is an automatic reflex, built in to your body and mind. To trigger it, while fully conscious, there are three major requirements.

星体投射是你的身体和意识内在的一种自动反射。在完全有意识时触发星体投射，需要具备三个主要条件。

1. The ability to relax your body 100% and stay awake.

1. 完全放松身体、保持清醒的能力。

2. You have to be able to shift your consciousness point outside of your body.

2. 你必须具备将你的意识点转移至体外的能力。

3. You need enough mental and psychic energy to maintain control over the projection and not slip into the dream state. Together, these will trigger the automatic projection reflex for a full powered 星体投射'. There are a few minor conditions but these can be varied to suit your experience and surroundings.

3. 你需要足够的精神的和心灵的能量以维持对投射的控制，并且不能滑入睡梦状态。这三点加起来，就可以触发足够动力的星体投射的自动投射反射。还有一些次要条件，但这些条件可以变化，以适应你的经验和环境。

Relaxation:

放松:

You must 'master' a full body relaxation exercise. If you know one already it can be adapted to suit. Sit in a 'chair' and relax. Starting with the feet, tense them and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face. Go over this a few times until you feel completely relaxed. Breathe deeply and slowly throughout this and try to become 'aware' of the breath entering and leaving your body.

你必须“掌握”全身放松练习。如果你已知道一种放松方法，你可以稍加改变。坐在一张“椅子”中并放松。从脚开始，先紧张再放松。继续这样紧张并放松小腿、大腿、臀部、腹部、胸部、手臂、颈和脸。重复多次，直到你感到完全放松。在这个过程中深深地、慢慢地呼吸，并尝试“感知”呼吸进入并且离开你的身体。

Mental Hands:

精神之手:

Imagine you have a pair of 'mental hands'. Stroke yourself with these 'hands' in an upward motion from your feet and up your legs, over and over again. Try and 'feel' them relaxing and soothing you. Continue this up through the centre of your torso, paying particular attention to the 脉轮s. The mental hands technique will also get you used to shifting your point of consciousness to different parts of your body. Try and put as much of yourself as you can into these mental hands.

想象你有一双“精神之手”。你一次又一次地用这双“手”抚摩你自己，从脚开始向上抚摩，到大腿。尝试“感觉”它们在放松并使自己感到抚慰。继续向上抚摩躯干，特别注意脉轮。精神之手的技巧也可以使你习惯于将你的意识点转移至身体的不同部位。尝试尽可能地全神贯注于这双精神之手。

Energy Raising:

能量提升:

As you pull upwards through your legs with your mental hands, imagine you are gripping the energy that flows there and pull it up through you. This is the natural path of the psychic/life energy that flows through you. With practise you will actually 'feel' this energy tingling and surging through you. It will literally 'charge' you up like a battery.

当你用精神之手向上抚摩大腿时，想象你正在抓住在那里流动的能量，并将它向上推。这是流动在你体内的心灵/生命能量的天然通道。通过练习，你将真切地“感觉到”这种在你体内涌动的能量。它实际上象电池一样给你“充电”。

Chakras:

脉轮:

These are situated at:

这些脉轮位于：

1. The base of the spine (between the anus and the genitals)

1 .基础轮，脊椎底部(在肛门和外阴之间)

2. The Spleen (slightly below the belly button)

2 .脾轮(脐部稍下)

3. The Solar plexus (1 hand-span above the belly button)

3 .太阳丛轮(脐部一掌以上)

4. The Heart (centre of the chest)

4 .心轮(胸的中心)

5. The Throat.

5 .喉轮

6. Forehead.

6 .眉间轮

7. Crown (full top of your head).

7 . 顶轮(整个头顶)。

They are best imagined as roughly the size of your hand.

它们的大小最好想象成大约与你的手一样大。

Chakras stimulation:

激活脉轮：

脉轮 s are centres for the transformation of energy. Each 脉轮 transforms the raw life energy of the planet into a different type. As you pull this energy up through you with your mental hands, stop at each 脉轮 and imagine your mental hands opening it. Pull the energy up through it to the next one and so on. Repeat this a few times, you may not feel anything at first but with practise you will feel a fluttering or pulsing under your skin.

脉轮是能量的转化中心。每个脉轮将地球的自然生命能量转化为一种不同类型的能量。当你用精神之手将这种能量往上推时，在每个脉轮停顿一会儿，想象精神之手在打开它。将能量从一个脉轮推向上一个脉轮。多次重复这个步骤，你最初也许什么感觉也没有，但反复练习后，你会感到皮肤下面有一种颤动或搏动。

Stop Check:

停下来检查：

Keep checking your muscles for any tensioning throughout these exercises and re-relax as needed. A common problem is the automatic tensing of muscles as you pull energy up through you. Remember, this is all mental, the body must stay dormant and relaxed throughout this.

在练习过程中，自始至终要不断检查肌肉是否处于紧张状态，如有必要，就重新进行放松。一个常见问题是，当你在向上推动能量时，肌肉会自动紧张。请记住，这些动作是精神的，在整个过程中，身体必须保持静止和放松。

Point Shift:

意识点的转移：

To shift your point of consciousness, imagine you are a foot or two out in front of yourself. NOT a figure in front of you but YOU are in front of your physical body. Keep in mind your physical body being behind you. This is tricky but you will get used to it quickly. Don't tense or strain any muscles during this, your body will try to obey you 'physically', don't let it.

转移你的意识点，想象你在自己前面一、二英尺的地方。不是你前面的一个人形，而是你在你的身体的前面。要始终记住，你的身体在你后面。这是有点怪异，但你会很快习惯。这样做时，别紧张或绷紧肌肉，你的身体将试图“生理上地”听从你，但别让它这么做。

Mental State:

精神状态：

Your surface mind will be fully occupied by these exercises so no mental exercise is needed up to this point. When you feel so relaxed your body begins to feel 'heavy' you are entering a light trance. Cease the other exercises and use breath awareness to stop your mind wandering.

你的表层意识会完全被这些练习所占据，因此到此为止并不需要精神参与练习。当你感到放松时，你的身体开始有“发沉”的感觉，你正进入一种轻微的恍惚状态。停止其他练习，用感知呼吸来停止胡思乱想。

Breath Awareness:

感知呼吸：

'Feel' your breath coming in and 'feel' it going out. With the inhale, 'pull' energy up from the base 脉轮 to your heart 脉轮 with your mental hands. Note: If you feel any vibration start in

your body at this point, and don't want to project yet, move your head slightly, and gently sway your body into normal alertness.

“感知”你在吸进和呼出空气。当吸入时，用你的精神之手将底部脉轮的能量向上推至心轮。注意：如果这时你感到体内开始振动，但你还不想开始投射，稍稍摇摇头，并轻轻动弹身体，使自己保持平时的警觉。

These exercises should be carried out daily. Some of them can be done anywhere and anytime you have a few minutes to spare. You will, in time, condition your body to respond quickly and easily. With practise you will be able to attain a state of 'total relaxation' in just a few minutes. This training will reduce the amount of effort needed, and the fatigue produced, when you attempt a fully conscious 星体投射.

应该每天进行这些练习。在你有几分钟空闲时，你可以随时随地进行其中的一些练习。你会及时、快速而轻易地调整你的身体状况。通过练习，你可以在几分钟内进入一种“完全放松”的状态。如果你尝试进行完全有意识的星体投射时，这种练习会减少所需的努力和造成的疲劳。

论星体投射

卷一 第三部分(v1.1)

罗伯特·布鲁斯著

This article will deal with actually leaving the body (星体投射'). If you have read the previous two parts and I strongly recommend you do you will have some understanding of the 星体投射' process. I will go into more detail on related subjects, ie: duality, multiple bodies, paralysis, the psychic wind, long distance 星体投射', fear, astral sex, ethics, entering other bodies, astral entities, limitations to 星体投射', thought forms, healing, problems, and other topics in subsequent articles.

这篇文章将讨论实际脱体(星体投射)。如果你没有读前两部分，我强烈建议你先读前两部分，你将会对星体投射的过程有些了解。我将在随后的文章中对有关话题作更详尽的讨论，即：两重性、多重身体、麻痹、灵风、长距离星体投射、恐惧、星体的性、以太、进入其他身体、星体实体、星体投射的局限、思想的形式、治疗、问题及其他话题。

NOTE: The projection method I use and describe here is slightly different to what is called 星体投射' today. It is how to do a 'fully conscious' projection of the astral body into the real world not the astral world. This is equivalent to a safe (near death experience).

注意：我在这里所使用和描述的投射方法与如今所谓的星体投射稍有不同。我指的是，如何“完全有意识”地将星体躯体投射至现实世界，而不是星体世界。这相当于一种安全的（濒死经验）。

CONDITIONS:

条件:

Stated here are the IDEAL conditions for 星体投射'. Some of them can be varied according to your circumstances and needs.

这里描述的是星体投射的理想条件。它们中的一些条件可以根据你的环境和需要有所变化。

You need a quiet room where you will be undisturbed. If background noise is a problem, tune a TV or radio off station to provide white noise which will blanket it. I advise against music. Make sure the temperature is comfortable as you will tend to lose body heat during 星体投射'.

你需要一个安静的房间，以免打扰。如果有背景噪音，将电视或收音机调至无台波段，发出的白色噪音可以遮盖外界的噪音。我不主张播放音乐。在星体投射期间，你将散发体热，所以要确保舒适的室温。

The light must be soft and fairly dim, not dark. The burning of incense, while not necessary, helps condition your body to relax. If you use incense, use one type exclusively for 星体投射', and use that type for no other purpose.

光线一定要柔和，要相当黯淡，但不是漆黑。也可以燃香，但并非必需，这有助于你放松身体。如果你使用熏香，要专门为星体投射使用一种类型，这种类型不能用于其他场合。

You need a comfortable chair with arm and neck support. This can be a lounge chair or of the recliner type. 星体投射' is much more successful when done from a SITTING position. The chair must be slightly reclined to stop the head rocking forward. A phone book under the front of it will do. A pillow is needed for the feet, and sometimes a small pillow or towel behind the neck. The type of neck pillow used on aircraft are good. Play around with this until you are 100% comfortable. Note: wear loose clothing.

你需要一张舒适的带扶手的椅子，可以支撑脖子。可以是一张沙发椅或躺椅。当处于坐姿时，星体投射更易成功。椅被必须稍微倾斜，以防头向前倾。面前可以放一本电话簿。脚下需要放一个枕头，有时可在颈后放一个小枕头或一块毛巾。飞机上使用的颈枕也很好。进行这样的调整，直到你感到百分之百的舒适。注意：穿着宽松的衣服。

If you must use a bed, say you are unable to sit due to illness, injury or circumstance, prop yourself up in bed with pillows, as you would when you eat. As I have said, any of this can be dispensed with according to your needs and circumstances. I am giving you here the optimum conditions for 星体投射'.

如果你必须在床上进行，比如，你因生病、受伤或环境限制，那就在床上用枕头支撑身体，就象你在床上进餐时一样。我刚才说过，这一切都可以根据你的需要和环境做任何改动。我这里给出的是星体投射的最佳条件。

Tiredness:

疲倦:

To 星体投射' you don't want to be too tired. The state needed is that found after you have exercised, showered, had your evening meal and relaxed for an hour or so. A feeling of well being and freshness, not exhaustion or over tiredness, is best. If you are projecting in the day-time, I recommend some form of vigorous exercise, a hot shower and some relaxation first. The body will be physically tired thus easier to relax but the mind will be awake and alert. If light is a problem, use blackout goggles like the ones they give you on air craft. They are comfortable and will not interfere.

进行星体投射时，你不应过于疲倦。适当的状态是，在你锻炼、淋浴、晚饭过后，并放松一个小时左右。最好是感觉良好、精神饱满，而不是疲劳过度或筋疲力尽。如果你在白天进行投射，我建议先进行大运动量的锻炼，再洗个热淋浴，并进行放松。身体就会生理上感到疲惫，这样更容易放松，但意识会保持清醒和警觉。如果光线有问题，可以用飞机上发给你的眼罩。这样可以使你感到舒适，不受干扰。

Note: If saliva builds up in your mouth at any time, before, during or while you are 星体投射' you can swallow, move your tongue etc it won't affect it at all. If you have to move your body slightly, to ease it, do it in a sleepy, stretchy way, without breaking relaxation. If you have to cough, cough gently. If you are coughing and sneezing, as with a cold forget it and get some sleep. One other sensation you may feel is the (cobwebs) a tickling sensation on the face, this is normal. In the early stage you may scratch them if you wish. In the latter stage, after the heaviness starts, ignore them, they will soon stop. It is caused by 脉轮 energy and the subtle bodies loosening.

注意：在任何时候，在你星体投射之前或期间，如果嘴里积聚口水，你可以吞咽、转动舌头，不会有任何影响。如果你为使身体更舒适，而稍微移动身体，那就以一种昏昏欲睡的、伸展的方式移动，不要打破松弛。如果要咳嗽，你可以轻轻地咳。如果你得了感冒，在咳嗽或打喷嚏，你就停下来，睡上一会儿。你会感到的另外一种感觉是，(蜘蛛网)在脸上的发痒的感觉，这是正常的。在开始时，如果你想，你可以抓挠。在稍后阶段，当你感到身体发沉后，你可以不加理睬，它会很快消失。这是由脉轮的能量和微细身松开引起的。

THE EXIT

脱体

When your chosen time comes, form a **STRONG** intention to 星体投射', sit in your chair, stretch and get comfortable. Do the relaxation exercises and energy raising until you feel the heavy condition as you enter a light trance. Switch to breath awareness and keep your consciousness shifted out in front. Stay aware of your physical body being behind you and keep checking for tension.

当你选择时机到来时，就会形成星体投射的强烈意愿，坐在椅子中，伸展四肢，使自己感到舒适。进行放松练习和能量提升，直到你感到身体发沉，这时你进入了轻度恍惚状态。转入感知呼吸阶段，使你的意识移至身体之前。对在你后面的身体保持知觉，并不断检查不要处于紧张状态。

A humming will start inside and around you. It will increase to a much deeper vibration, depending on the 脉轮 activity. With heavy 脉轮 involvement this can be a truly awesome feeling and is very frightening if you don't know what is happening. Your heart will FEEL like it is speeding up to an impossible rate. This is NOT your heart but the heart 脉轮! Ignore it.

在你体内和你四围会发出一种嗡嗡声。它将变为一种更深沉的振动，这取决于脉轮的活动。如果脉轮较多涉入，加上你不明白正在发生什么的话，这确实是一种令人害怕的感觉，这会很可怕。你的心会感觉象是心跳加速到一个不可能的速率。这不是你的心，而是心轮！不要理会它。

This feels like: Place your hand on your chest, with your finger tips resting in the centre of it over your heart. T 星体投射 your fingers on your chest, in time with your heart. Increase this rate slowly, until you are t 星体投射 ping as fast as your fingers can. This is how a 脉轮 feels when it is fully activated, it varies from a gentle pulsing, like a muscular twitch under the skin, to a deep robust thrumming, like a muscle gone mad.

这感觉象是：把你的手放在你的胸前，你的指尖放在胸部，对准心脏。在你胸前敲击手指，与心跳保持一致。慢慢加快速率，直到你敲到最快。当脉轮被充分激活，就是这种感觉，它情形各异，从像皮下肌肉抽动一样的轻微搏动、到深沉而强劲的柔韧的跳动，就像肌肉发疯了一样。

Ignore the thrumming and vibrations and stay frosty. Adopt a ho-hum attitude to all of this and you will be out in a jiffy. The vibes and thrumming may feel as though they are increasing to an unbearable pitch but you must ignore them. With subsequent projections, it will be less noticeable, as the dormant 脉轮 s stabilise.

不要理会这种跳动和振动，并保持冷静。对所有这一切采取一种像打哈欠一样的厌倦态度，它们在一瞬间就会消失。跳动和振动可能会使你觉得好像它们正在增强至你无可忍受的程度，但你必须对它们不予理会。随后的投射开始后，沉寂的脉轮变得稳定时，它就不再引人注意。

The thrumming and vibes reach a crescendo as the '星体投射' reflex cuts in. You buzzzz forward out of your body, feeling a slight falling sensation in the pit of your stomach. The deep vibes are replaced by a quiet purring inside your chest. You are now floating, or hovering, a few feet in front of, or above, your physical body. Stop all exercises concentrate and stay frosty.

当星体投射反射开始，跳动和振动到达顶峰。你向前移出自己的体外，感到自你胃的底部轻微的下落感。深沉的振动被你胸中一种轻微的咕噜声取代。现在，你在身体之前或之上几英尺的地方漂浮、徘徊。停止所有的练习，集中注意力，并保持平静。

This is great! you'll think, YES.... I did it! You are now consciously projecting your astral body, and hey, it DOES feel great!

这好极了！你会想，是的……我做到了！你现在正在有意识地投射你的星体躯体，而且，它

确实感觉好极了！

The first time out, limit it to a few minutes please trust me on this it is important. Move around the room slowly. You haven't really got legs, and DON'T look for them. The law of gravity doesn't 星体投射 ply any more, so be careful. Just move around the room a bit, don't think about how just do it!

第一次离开身体，务必限制在几分钟时间之内，在这一点上请相信我，这很重要。慢慢地在房间里移动。你并不真有腿，也不要去找它们。重力法则不再起作用，所以要小心。在房间里稍稍移动一下，别想这是怎么回事，就这样去做！

You may feel a purring deep in your chest as you move, from your heart 脉轮. This is like a little motor, it speeds up as you move and slows to a gentle (putt putting) when you stop. This is your power pack, your energy, the strength of it will depend on the amount of 脉轮 involvement and how close you are to your body.

当你移动时，你会在胸部深处，你的心轮处，感到一种咕噜声。这象一个小马达一样，当你移动时，它就加速，当你停下来，它就慢下来。这是你的力量包、你的能量，它的力量将取决于脉轮涉入的量，以及你离你的身体有多近。

Keep control of your mind stay frosty and don't get over excited during the 星体投射'. Don't imagine at all, or expect anything that was not there when you left your body. This is essential to keep from falling into the ALICE effect.

保持意识清醒，在星体投射期间不要过于激动。在你离开身体时，决不要想象，或期望会出现任何不在那里的东西。这是避免掉进艾莉丝效应的关键。

Now move back to your body with the intention of re-entering. You are new to the astral form and if you go charging off there is a 99% chance you will lose control, fall into the 'Alice' effect, and remember nothing. Learn to crawl before you fly? You can go further afield in later 星体投射's but it is important you limit the first one to this.

现在带着重回体内的意愿移回你的身体。你对星体躯体并不熟悉，如果你再呆下去，十有八九你会失控而掉进“艾莉丝”效应，并且会什么也不记得。在你飞之前，先学会爬。在以后的星体投射中，你可以走得更远，然而限制第一次的时间很重要。

Re-entry is simple. Move into your body, any old how, and it will straighten itself out. The re-entry reflex will take over and sn 星体投射 you're back. GET UP straight away, keeping in mind what you have done and WRITE IT DOWN.

重回体内很简单。移入你的身体，它会自己进去。重回体内反射会自行接管，一下子你就会回到体内。你要立即起身，记住自己的经历并把它记录下来。

The astral mind is like the RAM in a computer, the physical mind is like a hard disk and the p 星

体投射 er is like a floppy. Switch off the power in a computer without saving to hard disk and all data in high mem is gone poof just like that! When you write it down it makes a wrinkle in your hard disk mind. You just need a few key words not a full essay you can fill in the details later. Start a journal of your 星体投射'S.

星体意识就象电脑的内存一样，头脑意识就象一个硬盘，而纸就像一张软盘。关掉电脑电源，而不保存至硬盘，内存中所有资料就会丢失！当你把它记录下来时，它就在你的硬盘意识上刻上一条刻痕。你只需要记录一些关键词，而不是一整篇文章，你可以以后再记录细节。开始你的星体投射的旅程吧。

A Typical Projection

一次典型的投射

I sit in my chair, comfortable and warm. I am going to 星体投射, come hell or high water. I WILL do it! I do the relaxation thoroughly, as I know it is the REAL secret to 星体投射'. I raise energy with my mental hands to activate my 脉轮 s. They start to thrum nicely. I concentrate more on my heart 脉轮, pulling more and more power to it through the others, until it throbs with a deep primal rhythm. The heavy feeling comes over me as I enter trance. I feel like a corpse, a dead weight. My face tickles all over with cobweb sensation, but I ignore it. I shift my point of focus to the ME in front. I AM in front, but I am also aware of my body behind me. The vibes start from deep within my body, I concentrate on breathing but keep my focus out in front. The vibes increase to a huge droning, power house generator intensity, but I ignore it. My spine thrills as adrenalin courses through me, but I ignore it. I focus on breathing and where I am going. My heart 脉轮 feels like it's going to blow a gasket, but ha, I know it's not my heart, so I ignore it. The droning change into a deep buzzing and I am suddenly lifting free, I feel a slight falling, buzzing sensation. I buzz out and am standing before myself in a couple of seconds. Damn but this feels good! I move around the room, searching hunting. The little motor in my heart purrs louder as I move, keeping pace with my movement.

我坐在椅子上，感觉舒适而温暖。我将进行星体投射，上天入地。我会做到！我进行彻底的放松，我知道，这就是星体投射的诀窍。我用精神之手提升能量，以激活脉轮。它们开始奇妙地跳动。我更加全神贯注于心轮上，将其他部位越来越多的能量推向它，直到它以深沉而初始的节奏脉动。当我进入恍惚状态，我感到全身发沉。我感觉象一具死尸，一件没有生命的重物。我的脸像粘上蜘蛛网一样发痒，但是我不予理会。我将我的注意力转移到我前面的我。我是在前面，但是我也对在我后面的身体保持知觉。深深的振动开始从我的体内传出，我专注于自己的呼吸，但依然将注意力放在前面。振动加大至一种巨大的嗡嗡声，像功率强大的发电机组发出的声音，但是我不予理会。当肾上腺素在体内流动，我的脊椎开始发颤，但是我不予理会。我将注意力集中于呼吸和我要去的地方。我的心轮感觉就像要爆炸了一样，但我知道它不是我的心，因此我也不予理会。嗡嗡声变为一种深沉的轰鸣，我突然感到在自由地往上升，我又有轻微的下落和嗡嗡响的感觉。我突然出来了，在几秒钟内我站在自己的前面。该死，但这感觉很好！我在房间里移动，四处探寻。当我移动时，在我心中的低沉的小马达的咕噜声就变响，与我的运动保持一致。

DNA 译 010101

论星体投射

卷一 第四部分(v1.1)

罗伯特·布鲁斯著

SPLITTING

分裂

The splitting of your consciousness, into two separate, but identical minds, happens every time you go to sleep or have any kind of out of body projection. This splitting happens for a very good reason:

你的意识一分为二，分为两个分离的、但又是同一的意识，每次你入睡或经历任何脱体投射时，就会发生这种情形。这种分裂之所以发生，有一个很好的原因：

If you read the case histories in books on astral projection, lucid dreaming, OOBs and near death experience; you will find many accounts illustrating the splitting effect. It is common, during an out of body experience, to be aware of your physical body while also being aware you are existing in a separate, finer body. This is due to a心灵感应 link between your two bodies. In the case of astral projection this link serves the purpose of monitoring the physical body, so no harm comes to it.

如果你读过有关星体投射、清醒的梦、脱体经验和濒死经验案例的书籍，你将发现许多陈述都描述了这种分裂效应。处于脱体经验时，你会同时感觉到你处于物质躯体，以及另一个分离的、更微细的身体中。这是由于在你的两个身体之间存在一种心灵感应的连接。在星体投射的情形中，这种连接起着监视物质身体的作用，使它免遭伤害。

When you project, your astral double leaves the physical body and the mind splits. One part is centred in the astral body and the other in the以太 body, which must stay with the physical. When the astral form is generated, it has a mirror image of your mind. It is YOU, in every respect, like a tape recording of a tape recording; both identical, both YOU!

当你投射时，你的星体躯体离开物质躯体，意识分裂为二。一部分以星体躯体为中心，另一部分以以太身体为中心，以太身体必须与物质身体呆在一起。当星体躯体生成时，它具有你意识的一个镜像。在任何方面，它就是你，就像翻录的录音磁带一样；两个都一样，两个都是你！

Often, during sleep, the mirrored minds mix in a kind of心灵感应 dream sharing. The physical,以太 minds are also capable of having dreams. This dream mixing results in a kind of dream memory schizophrenia, caused by having more than one point of consciousness. For those of you unfamiliar with schizophrenia, sufferers of it can have more than one set of thoughts in their mind at the same time.

在睡眠期间，镜像意识通常是一种心灵感应的梦。物质身体、以太身体的意识也能做梦。这

种梦境混合导致一种梦境记忆精神分裂症，这是由一个以上的意识点造成的。你可能不熟悉精神分裂症，精神分裂症患者能同时在他们的头脑中有两种想法。

DUALITY

两重性

If the astral and the 以太 bodies, when they are both fully aware, concentrate on each other at close range during a projection; a two way 心灵感应 link is formed. This is very disturbing and I don't recommend you try it too often. The physical/以太 YOU and the astral YOU will see each other clearly, and at the same time. You will be looking out of each others eyes at the same time, aware of both sets of vision simultaneously.

当星体躯体和以太躯体都能完全感知时，在投射期间，如果它们在近距离彼此将注意力集中于对方，一个双向心灵感应连接就形成了。这很令人困扰，我并不建议你过多尝试。物质的/以太的你和星体的你将彼此清楚地看见对方，而且是在同一时间。你将同时从彼此的眼睛看，同时知觉到两套视像。

On top of this, making it even more confusing, you are also aware of each others thoughts, as well as your own, simultaneously. This is 心灵感应 feed back, like holding two mirrors facing each other to give you a glimpse of infinity, a reflection of a reflection of a reflection etc.

另外，甚至更令人困惑的是，你也同时知道彼此的想法，同时也是你自己的想法。这是心灵感应反馈，就像握住两面相对的镜子，你可以瞥见无限，映像的映像的映像等等。

This uncomfortable and confusing state can be avoided by not looking too closely at each other and not thinking of each other when you are projecting.

在投射时，这种不舒服的令人迷惑的状态可以通过不过近看对方、不想及对方来加以避免。

This, in a way, goes a long way to explaining why dreams are sometimes so confused and chaotic. The mind splits for a VERY good reason and the two parts are meant to function separately.

在某种程度上，这对于解释有时梦境为什么如此令人迷惑不解和混乱大有帮助。意识分裂有一个很好的原因，并且两个部分意味着独立发挥作用。

I have experienced this phenomena many times during projection. I studied it because I was curious of the way I could feel my physical body when in close proximity to it. I also kept getting confusing memories of doing two things at once while projecting. ie. Being aware of events and noises, in the house and in the street, as well as remembering the projection. This duality has been reported by other projectors, but never properly explained or understood.

在投射期间，我多次经历了这种现象。我研究这种现象是因为当我靠近我的物质身体时，我能感觉到它，我对此非常好奇。当我投射时，我也不断获得在同一时间做两件事情的令人困

惑的记忆。即：知道房间里的事情和街上的噪音，也记得投射。其他的投射者也提到过这种两重性，但是从没有人正确理解并作出恰当的解释。

Here is an account of the first time I experienced duality and 心灵感应 feedback:

以下是我第一次经历两重性和心灵感应反馈的情形：

I had been meditating in my chair by the fire and returned to normal awareness as the rain started drumming on the roof. The wind was getting up and it was shaking the windows. I looked at the clock, it was three in the morning. This was not unusual, sometimes I meditate all night. I felt well rested and full of energy. I thought to myself, 'I've never projected in the rain before, I wonder what its like?'

我坐在火炉边的椅子中冥想，当雨滴开始敲击屋顶时，我回到正常感知状态。外面开始刮风，风吹着窗户。我看了看钟，这是凌晨3点钟。这并不非同寻常，有时我冥想一整夜。我感到休息得很好，并且体力充沛。我想，“我以前从来没在下雨时投射，我想知道这会是什么样的情形？”

Closing my eyes once again, I soon projected out of my body.

我再次闭上眼睛，我很快投射出身体。

Moving through the wall, I went out into the rain. What a gloriously wet feeling it was. I could feel the rain passing through me. The smell of rain and wetness was everywhere, it seemed to fill me with energy. I floated up to the roof, sat on the chimney and looked out over the town. I watched the rain dancing on the roofs and streets, swirling down gutters and gurgling into drains. It seemed to have a friendly voice and rhythm all its own, it said "drink me, splash me, gurgle me, slosh me." It was funny at the time.

我穿过墙壁，来到雨中。湿湿的感觉真奇妙。我能感到雨点穿透我。到处都是雨和潮湿的气味，它似乎让我充满能量。我飘浮到房顶，坐在烟囱上，看着这个城市。我看着雨点在房顶和街上跳舞，哗哗地打着漩流进水沟、排水管。雨点的声音仿佛很友好，有着自己的节奏，它说：“喝我吧，让我飞溅吧，让我哗哗作响吧，泥泞泼溅吧。”这真有趣。

Sitting on the roof, I noticed I could feel my body below me in the chair. This had often intrigued me, how I could feel my physical body when I was near it but not when I was further away. Sliding back through the roof, I decided to study my it more closely.

坐在房顶上，我注意到我能感到在我下面坐在椅子中的自己的身体。这令我感到好奇，怎么当我在它附近时，我能感到我的物质身体，而我远离它时却感觉不到。我从房顶滑落，我决定更近一点研究我的身体。

Suddenly, I could see myself floating through the wall as well as seeing myself sitting in the chair. It was ME, sitting in the chair looking at myself floating through the wall, but also ME

floating in front of the chair ten feet away watching myself sitting in the chair. This was not only confusing, it made me feel quite ill.

突然，我能看见我自己飘浮着穿过墙壁，也看见我自己坐在椅子中。它是我，坐在椅子中看着我自己穿过墙壁，但在椅子前 10 英尺之外飘浮着的也是我，正看着我自己坐在椅子中。这不仅令我迷惑，也让我感到很不舒服。

I had two sets of vision, two sets of thoughts, all the same and all joined together, it was fascinating. It also made sense. Just because my astral was separated from my physical, why should the physical have to stop thinking.

我有两套视觉，两个思想，都是一样的，都连在一起，这令人着迷。这也说得通。这只是因为我的星体躯体从我的物质身体分开，为什么物质身体一定要停止思想呢。

The astral ME moved around the room, observing my body in the chair while it was watching me. I could still see the astral ME, even when I was behind the physical me. I could feel myself in the chair, trying to follow my astral body around the room. It took a real effort, as if I had no energy to move. I felt as if I were huge and was moving against enormous pressure. I was moving my viewpoint but I wasn't physically moving at all.

星体的我围绕房间移动，观察着坐在椅子中的我的身体，而它也在观察我。甚至当我在物质的我的身后时，我仍然可以看见星体的我。我能感到我自己坐在椅子中，试图跟随在房间中移动的我的星体躯体。这真要花很大力气，好像我没有能量移动似的。我感觉好像自己非常巨大，在巨大的压力下移动。我在移动我的视线，但我的身体一点都没移动。

My awareness was existing in both my 以太 and astral bodies at the same time. This was how my physical ME was able to see the astral ME so easily, and from any angle. My 以太 was, literally, turning around in my skin. This ability to see through closed eyelids and from different perspectives is often described by projectors and meditators.

我的知觉同时存在于我的以太身体和星体躯体中。这就是我物质的自己如何能如此轻易地看见星体的我的方法，而且是从任何角度。我的以太躯体实际上是在我的皮肤中转过去。投射者和冥想者经常描述这种穿透闭上的眼皮看的能力和从不同的角度看的能力。

This duality seems remarkably similar to how schizophrenics describe what they feel during an attack: The nausea, lack of energy, multiple sets of thoughts and feelings of disorientation. This terrible disorder may be caused by a dislocation of the astral body? The only way to find out if this is the case, would be to study a schizophrenic during an attack, from the astral viewpoint.

这种两重性似乎与精神分裂症患者发病时的描述极其类似：恶心、乏力、多重思想和丧失方向感。这种可怕的紊乱会是由星体躯体的错位引起的吗？如果情形是这样，查明的唯一的方法会是，从星体躯体的角度来研究发作期间的精神分裂症。

After studying the 以太/physical bodies from my astral form I have come to the following

conclusions:

通过我的星体躯体研究以太/物质身体之后，我得出以下结论：

During normal sleep, the 以太, better described as the energy body or vitality sheath, expands and acts like an energy sponge or solar accumulator. It swells and opens, allowing the astral body to float free, while it absorbs some kind of energy (cosmic energy?) from the universe.

在正常的睡眠期间，以太身体，称之为能量身体或活力外壳更合适，扩张并象一块能量海绵或太阳能蓄电池一样行动。当它从宇宙吸收某种能量(宇宙能量?)时，它扩张并开放，允许星体躯体自由飘浮。

When it expands, all the 脉轮s, both major and minor, slowly open up like the flowers in a garden, catching and absorbing energy. When we awake, the 以太 body contracts and re-absorbs the astral body; forming a dense 以太 sheath, or skin, which holds within it our stored energy and subtle bodies.

当它扩张时，所有的脉轮，主要的和次要的，像花园里的花朵一样慢慢绽放，抓取并吸收能量。当我们醒来时，以太身体收缩并重新吸收星体躯体；形成一个稠密的以太外壳、或皮肤，它我们将存储的能量和微细身体保持在它之内。

According to some sources we have 300 脉轮s, if you count all the minor ones.

根据某些资料，如果你把所有的次要脉轮都计算在内的话，我们共有 300 个脉轮。

The swelling of the 以太 body, while awareness is centred in it, also 星体投射 seems to be responsible for the sensation of swollen hugeness in the body coupled with a feeling of smallness in self. This strange mix of sensations is often reported by people during astral projection or meditation. It 星体投射 seems to be caused by the 以太 body swelling and interacting with the universe.

以太躯体扩张，此时知觉集中在它内部，这似乎也是身体扩张感、同时伴有自我渺小的感觉的原因。经历星体投射或冥想的人经常谈到这种奇特感觉的混合。这似乎是由以太身体的扩张以及与宇宙互动引起的。

DNA 译 010101

论星体投射

卷一 第五部分(v1.1)

罗伯特·布鲁斯著

Projection Problems

有关投射的问题

Here are some answers to the most common problems people are having with projection. Thank you all for the hundreds of email letters you have sent me. Your feedback is helping me to improve this treatise, which ultimately helps everybody. If you write to me and don't get a reply within a week, write again, I sometimes, inadvertently, loose a few letters.

以下解答人们投射时最常遇到的问题。谢谢你们发给我数百封电子邮件。你们的反馈帮助我改进这篇论文，这反过来也帮助每个人。如果你写信给我，在一个星期内没有收到回信，请再发给我，我有时无意中漏掉了少数信件。

I have done away with the original technique of shifting the consciousness out of the body. Most people find this kind of visualisation far too difficult, and waste precious energy trying to do it. Visualisation is the biggest problem with all projection techniques. To overcome this, I have developed a simpler method that is much more efficient.

我已放弃原来的将意识移出体外的技巧。大多数人觉得这种观想太困难，并且试图这么做时浪费了宝贵的能量。观想是所有投射技巧中最难的。为了解决这个问题，我已开发了一种更有效、更简单的方法。

The most common problems are:

最常见的问题有：

1. Visualisation, out in front of yourself.

1. 观想在你自己之前。

2. Paralysis, after an 星体投射 parently successful projection.

2. 在明显成功的投射以后出现麻痹。

3. Fear.

3. 恐惧。

4. Remembering the projection.

4. 记住投射。

1. The Visualisation Problem:

1. 观想问题：

Shifting your point of consciousness away from your body, by visualising, is simply a way of exerting pressure on the astral body. There are many ways to do this other than the method I gave

earlier in this series. The biggest difficulty with this is it requires you to imagine yourself in a different position from the one you are in.

通过观想，将你的意识点移出身体，这只是对星体躯体施加压力的一种方法。除了我先前在这篇论文中给出的方法以外，还有许多其他方法。最大的难处就是，它要求你想象你自己在你所处位置之外的另一个位置。

For example, if you are lying down, you are (horizontal) and you will be trying to imagine you are standing at the foot of the bed, which is (vertical). This is one reason projection is easier to do from a chair. In a chair you are (vertical) and are visualising yourself standing in front (vertical). Sitting and standing are both (vertical) positions. Close your eyes now, and try to imagine yourself lying on the floor, and you will see what I mean.

例如，如果你躺下，你是(水平的)，你会试着想象你站在床脚，你这时是(垂直的)。这就是为什么坐在椅子上更容易投射的一个原因。在椅子上，你是(垂直的)，并观想你自己站在前面(垂直的)。坐和站都是(垂直的)位置。现在闭上你的眼睛，试着想象你自己躺在地板上，你会明白我的意思。

This is not the only difficulty. Any visualisation that requires you to imagine yourself at a different place from where you actually are is unnatural and hence extremely difficult. This, I believe, is the cause of most failures. A great deal of energy is wasted on this, energy which can be better used on the projection itself.

这并不是唯一的困难。观想要求你想象自己处在与你实际所处的不同位置，这实际上极不自然，因而极其困难。我想这就是大多数失败的原因。大量能量被白费，这些能量可以更好地用于投射本身。

Visualisation is a big hurdle for people when they are learning to project. Many have trouble with it because they think they have to actually SEE what they are visualising, you DON'T. People who can visualise things clearly DON'T actually see anything. If they do, it is no longer a visualisation but a clairvoyant vision.

当人们学习投射时，观想会是一个很大的障碍。许多人在此遇到麻烦，因为他们以为他们必须真正看见他们观想的内容，你不必如此。能够清晰观想事物的人事实上看不见任何东西。如果他们看见的话，这不再是观想，而是超视觉。

Visualisation is simply the ability to construct a representation of what something would look, or feel like, in your mind's eye. It is better termed fantasising, an imaginary perception of reality. Many people who say they can't visualise at all, are still able to create elaborate fantasies.

观想只是在你头脑之眼中勾勒一件东西的外观或感觉。它更可以说是幻想，对现实的一种想象的感知。许多人说他们根本无法观想，但他们仍能进行细致的幻想。

To overcome this problem I have developed a simple extension of the mental hands technique that

will do the same thing. If you managed the mental hands in the relaxation exercise OK, you will have no problems with this.

为了解决这个问题，我开发了一种同样可以达到目的的简单技巧，这就是精神之手。如果你在放松练习中很好地运用精神之手的话，在这里你也不会遇到问题。

MENTAL HANDS PROJECTION

精神之手投射

Use a thumb-tack to attach a length of ribbon to the ceiling over your bed or chair. Have it hanging over your chest, with the end within arms reach. IF you are using a chair, have it a foot or so in front of you and within arms reach. NOTE: This is a visual aide only.

在你的床或椅子上方的天花板上用图钉钉上一根较长的缎带。让它挂在你胸部上方，缎带的底端可以用手抓到。如果你坐在椅子上，让缎带悬在你的前方，离你一英尺左右，你伸手可以抓到。注意：这只是一个视觉的辅助物。

Before you attempt your next projection, get used to reaching out and holding the ribbon. Remember where it is and what it feels like. You are going to use this ribbon to pull yourself out of your body.

在你投射以前，试一试伸手握住带子。记住它在哪里、是什么感觉。你将用这条带子将自己从身体里拉出来。

Start your projection the same as outlined in Part 3. When you enter the trance state, instead of imagining you are out in front of yourself, use your mental hands to pull yourself hand over hand out of your body. Reach up with your mental hands and imagine you are climbing the cord. Feel yourself coming loose from your physical body every time you hand over hand up the cord. Make sure you don't tense any muscles while you are doing this. Put everything you have in the way of will-power into doing this.

按照本文第三部分的步骤开始投射。当你进入恍惚状态时，不要想象你在自己前方，而是用你的精神之手一把一把将你自己拉出你的身体。伸出你的精神之手，想象你正在爬上带子。每次你顺着带子往上攀，感觉你自己从身体中松开。确保当你这样做时你不要使任何肌肉紧张。运用你的意志力，全神贯注于你正在这样做。

While you are using the mental hands to pull yourself out you can also dispense with the breath awareness. Climbing the ribbon with your mental hands will fully occupy your mind, making any other mental exercise redundant. This will let you put every ounce of mental energy you have into the one activity, projection, instead of wasting it on a complicated visualisation exercise.

当你在用精神之手将你自己往上拉时，你也可以停止知觉呼吸。用你的精神之手攀爬这件事将完全占据你的头脑，使任何其他意识练习变得多余。这让你把全部精神能量都用于一件事上——投射，而不是在复杂的观想练习中浪费能量。

While you are climbing the ribbon imagine you are coming loose from the physical body. Imagine you can feel yourself rising a little with each new hand hold. Feel yourself floating free. You will feel a slight giddy feeling in the pit of your stomach, or solar plexus, as pressure is put on the astral body.

当你沿着带子往上爬时，想象你正从物质身体中松开来。想象你能感觉每次精神之手向上抓时，你自己就升高一点。感觉你自己在自由飘浮。当向星体躯体施加压力时，你会在你胃的底部，或太阳神经丛感到轻微的颤动。

2. Paralysis after an 星体投射 parently successful projection:

2.在明显成功的投射后的麻痹:

This h 星体投射 pens when, after everything 星体投射 pears to goes well, you feel all the sensations, heaviness, heart 脉轮 thrumming, vibrations etc, but nothing seems to h 星体投射 pen. You lie there, unable to move, feeling very light, and with a floating sensation. This is a form of waking paralysis.

一切显得进展顺利，你感到所有的感觉：发沉、心轮跳动、振动等等，但似乎并未发生什么。你躺在那里，不能动弹，感觉很轻，有飘浮感。这是清醒的麻痹的一种情形。

What has h 星体投射 pened is, you have activated the projection reflex, the 以太 body has expanded but only partially freed the astral body. This is like waking sleep projection.

这说明你已激活了投射反射，以太身体扩张，但只是部分星体躯体被释放。这象是清醒的睡眠投射。

To overcome this when it h 星体投射 pens, increase the effort in climbing the ribbon with your mental hands, 星体投射 ply all the will power you have to this. This should put enough pressure on the astral body to complete the projection. If this fails, there is a strong possibility you have already projected and are centred in your physical or 以太 body.

当这种情形发生时，解决的方法是，更加努力地用你的精神之手攀爬带子，把你所有的意志力都集中于此。为完成投射，应该对星体躯体施加足够压力。如果失败，很可能你已经投射了，并将注意力集中于你的物质躯体或以太躯体上了。

If you think this is the case, and you can't break out of it, use it. Observe all you can, experiment, feel, see what you can see through your eyelids, try looking behind yourself. Another thing you can try is to convert it into a lucid dream. Try focusing on a fantasy, or a place you would like to go. Build it in your mind so you can tune into it.

如果你觉得情形就是如此，你不能突破它，那就利用它。尽可能地观察、试验、感觉、透过眼皮能看见什么，尝试看你的身后。你还可以尝试将此转变为一个清醒的梦。尝试全神贯注

于一个幻想、或一个你想去的地方。在你的头脑中想象它，这样你就可以将注意力调谐至它。

Not enough is known about the above condition of waking paralysis. If you discover a way to do something about it, or with it, please email me. I will include these findings in a future rewrite to help others with it.

对上述清醒麻痹的情形并无充分了解。如果你对此有何发现，或是解决之道，请发邮件给我。我在今后重写时，将加以补充，以帮助其他人。

3. Fear:

3 .恐惧:

Many people have written to me describing their feelings of fear during projection. This is a kind of natural barrier to some people that must be overcome. Some call it "The Dweller on the Threshold." It is a manifestation of your own inner fears, very much like a child's unreasoned fear of the dark; a fear of the unknown.

许多人写信给我，描述他们在投射期间的恐惧心情。对于某些人来说，这是一个必须克服的自然障碍。一些人把它称为“守门人”。它是你自己内在恐惧的表现，与小孩对黑暗的莫名恐惧非常相似；这是一种对未知的恐惧。

Many people feel there is something evil waiting for them, or a nasty spirit trying to stop them projecting. This must be faced with courage! Look upon it as a test, an exam, that must be passed before you can project freely. Once you do project, and face it, you will find it is only a hollow threat that will crumble into nothing.

许多人觉得，有邪恶的东西在等着他们，或是一个恶灵在试图阻止他们投射。这必须以勇气去面对！把这视作是一个在你能自由投射以前必须通过的测试和考验。一旦你进行投射，并面对它，你会发现这只是一个空洞的威胁，它会自行消失。

I have projected hundreds of times in my life, and in my astral form, have never been attacked. I did, however, have strong feelings of fear to conquer when I first taught myself to project consciously.

我一生中已投射了数百次，当处于星体躯体中时，我从未受到过攻击。但是，当我开始教自己有意地投射时，我也有强烈的恐惧要克服。

There is also this to consider: You are invulnerable in your astral form and your body has excellent defences to protect you during a projection. Your expanded 以太 will react instantly at the slightest intrusion or unfriendly touch. It can pull you back in a second, no matter how far away you are.

另一个要考虑的问题是：当你处于星体躯体中时，你是无法被伤害的，在投射期间，你的身

体足以保护自己。你的扩张的以太躯体会对最细微的侵犯或不友好的接触立即作出反应。它能在一秒钟内将你拉回，不管你离得多远。

Ways to help overcome fear are:

- Project during the day.
- Leave plenty of lights on in the house.
- Project with a friend. (joint projection)
- Pray to whatever deity you believe in for protection.

有助于克服恐惧的方法:

- 在白天投射。
- 在房间里多开几盏灯。
- 和一个朋友一起投射。(联合投射)
- 祈祷任何你相信的神灵保佑你。

4. Remembering it all:

4.记住整个经验:

If your projection seems to h 星体投射 pen OK but you only remember laying on the bed and falling asleep after it. The problem could be in remembering the astral experience.

如果你的投射进展顺利，但是你还只记得自己躺在床上然后就睡着了。问题出在如何记住星体经验。

Here's what you can do about not remembering. As soon as you awake, sit up and pull those memories back. Sit up and think hard. Put aside a few minutes quiet time each morning and do this. It will train you to remember your projections and dreams.

如果你记不住，以下是一个方法。你一醒来，就坐起来并努力回忆。坐起来，努力地想。每天早上抽出几分钟静静地做这样的练习。这能训练你记住你的投射和梦境。

During this quiet time, run key phrases through your mind until you hit on something. Say things like: I was walking... I was talking to... I was just going to... I was over at... I was flying over... I was having a... I was inside a... These are examples of phrases that can lead to a fragment of memory you can lock on to. Make up some more phrases for yourself.

在这段静静的时间里，找出你头脑中的关键词语，直到你回忆起什么。你可以象这样说：我正在走……我正在谈话……我正要去……我做完了……我在飞……我正有一个……我在其中……这些是一些词语的例子，它们能使你找出并定格于一些记忆的片断。你自己也可以编一些这样的词语。

It may not feel like there is anything in your mind to remember, but try hard and put some real effort into it. They are there, you just have to reach in and locate them. Once you lock onto a

fragment of memory, more can be located and more still. You will be surprised how much you can remember this way.

不能认为你头脑中没有什么可回忆的，而是要努力这么做。它们就在那里，你必须寻找并找到它们。一旦你锁定一个记忆片断，就会有越来越多的记忆出现。你会对自己能回忆如此之多而感到惊讶。

It is important to write these down as you remember them. They may seem vivid and unforgettable but they will vanish in a few minutes if you don't record them. Just a few key words will do.

当你记起它们时，把它们记下来，这很重要。它们看上去很生动，难以忘怀，但是如果你不记下它们，它们一会儿就会消失。只要记一些关键词就行。

One other aid to remembering is to give yourself post hypnotic suggestions before you project, or go to bed. This can take the form of an affirmation. Say something like "I will remember everything I do tonight." Say it over and over until you get sick of saying it.

另一个有助于回忆的方法是，在你投射之前或上床前对自己进行后催眠暗示。这可以增强肯定性。说诸如“我将记得我今晚做的任何事情”的话。一遍又一遍地说，直到你厌倦为止。

Lastly, it helps if you have a mission goal for each projection, something you especially want to do. Combine this with the affirmation and program yourself to do it. For example, say: I will go to the beach and remember..... I will go to the beach and remember.....

最后，如果你为每次投射都设定一个目标、一件你特别想要做的事，这也会有所帮助。将这一练习与增强肯定性相结合，并自己制定一套程序。比如说：我将到沙滩去并且记住....我将到沙滩去并且记住....

Lastly, remember to keep the first few projections ultra short. This is an absolute must! It is more important to have a 30 Sec. projection you can remember than an all nighter you forget.

最后，记住最初几次投射一定要极其短暂。这绝对必要！投射你能记住的 30 秒钟比你投射一整夜而什么都记不得更为重要。

DNA 译 010101

论星体投射

卷二 第一部分(v1.1)

罗伯特·布鲁斯著

This version has been completely rewritten and updated, with thought to all the questions and comments received since its first posting. I have tried, by 星体投射 plying my experience as a projector and mystic, to solve some of the basic problems people are having with projection. This has become an interactive work thanks to all the constructive feedback and experimentation it has

inspired on the Internet.

这个版本已完全重写并且更新，考虑了所有自此文发表以来收到的问题和评论。我试图以一个投射者和神秘主义者的经验来解答人们在投射中遇到的一些基本问题。这成了一个互动的工作，这要归功于因特网上的所有建设性的反馈和试验。

There are certain aspects of the astral dimension and the projection process that are very complicated. Much of it is misunderstood and it can all be very confusing at times. This series of articles attempts to shed a little light on the subject, and hopefully, explain what its all about. The theories and conclusions in this Treatise are largely drawn from my own projection experience. It is the goal of this Treatise to develop greater understanding and new, simpler and more effective techniques for projection. The ideas, theories and techniques discussed here are constantly under development and are subject to modification and change as new discoveries and insights come to light.

星体层和投射过程的某些方面极为复杂。它的很多内容受到误解，时常使人迷惑不解。这一系列的文章试图对这一问题进行探讨，希望能解释它到底是怎么回事。这篇论文中的理论和结论大多得自于我自己的投射经验。这篇论文的目的是增进对投射的更多了解，以及新的更简单、更有效的投射技巧。这里讨论的观念、理论和技巧处于不断发展之中，并随着新的发现、新的理解而修正和变化。

What is the Astral Dimension?

何谓星体层？

The astral is the closest dimension to the physical. It overlays and permeates the world like a huge mind net, catching and holding all thought. Its contents are created by the collective consciousness of the world mind. It contains all the thoughts, memories, fantasies, and dreams of every living thing in the world. In it, the laws of sympathetic attraction, or like attracts like, causes this ocean of mind stuff to strata and settle into layers or pools. These pools of thought are more commonly called astral planes, astral worlds, astral sub planes or astral realms.

星体层是最靠近物质层的维度。它就象一张网罗一切思想的巨网一样，覆盖并渗透进我们的世界。它的内容是由全世界的集体意识创造的。它包含了世界上每个活着的生命体的所有的思想、记忆、幻想和梦境。在它之中，物以类聚的原则导致这个意识的海洋分流至各个层次。这些意识层通常称作星体层、星体世界、星体亚层或星体领域。

The astral dimension is composed of astral matter and is 星体投射 tly described as mind stuff. It is extremely sensitive to thought and can be moulded into any sh 星体投射 e or form. These creations can be so perfect as to be indistinguishable from reality.

星体层是由星体物质组成的，因而也可称作意识物质。它对思想极其敏感，并能塑造成任何形状或形式。这些创造可以如此完美，以至与现实毫无二致。

The best way to explain this, mind stuff, is to draw a comparison between astral matter and

unexposed, high speed photograph 星体投射 film. When this film is exposed to light, focused by the camera's lens, a perfect image of reality is instantly burnt into the film by the chemical reaction of the film to light. When astral matter is exposed to thought, focused by the lens of the mind, a perfect image of reality is instantly formed out of astral mind stuff by the reaction of astral matter to thought. The complexity and durability of any creation in the astral dimension depends largely on the strength of the mind doing the creating.

描述这种意识物质的最好的方法是，将星体物质比作未曝光的高速摄影胶卷。当胶卷被曝光时，经由照相机镜头聚焦，一幅现实的完美图象立即感光而记录在胶卷上。当星体物质被思想曝光时，经由意识聚焦，一幅现实的完美图象立即由星体意识物质对思想感光而形成。在星体层中，任何创造的复杂性和耐久性大多取决于进行创造的意识力量。

Dreams

梦

This is how the subconscious mind creates dreams: By tuning into the astral dimension during sleep, it can create any scenario it wishes. This is the subconscious mind's way of solving problems and of communicating with the conscious mind. It creates a series of complex thought form scenarios and projects them into the mind stuff of the astral dimension, where they become solid. The conscious mind then lives through and experiences these created scenarios in the dream state. In a way it's like a movie projector (subconscious mind) projecting onto a movie screen (astral dimension).

潜意识是这样创造梦的：在睡眠期间将注意力调谐至星体层，它就能创造它希望的任何情形。这是潜意识解决问题以及与意识交流的方法。它创造一系列复杂思想形式的情节，并将它们投射至星体层的意识物质，它们在此成为固体。有意识的头脑就在睡梦状态经历这些创造出来的情节。在某种程度上，它就像一台电影放映机(潜意识的头脑)投射到一幅电影屏幕(星体层)之上。

Thought Forms

思想形式

Any new object in the real world is assimilated into the astral dimension over a period of time. A thought form representation of it first grows in the lowest part of the astral, close to the physical dimension, becoming more and more permanent as time goes on. As with all thought forms, the more attention paid to it the quicker it grows.

在现实世界的任何一件新物体会在一段时间之内被吸收进星体层。有关它的思想形式开始时在星体层的底部生成，它靠近物质维度，随着时间的流逝，它变得越来越持久。就象所有的思想形式一样，对它注意越多，它成长就越快。

The higher up in the astral dimension, or the further away from the physical, the less thought forms, of the physical world, as we know it, are found. Physical things have to soak in to it for a very long time before they take shape 星体投射 e, and are found, in the higher astral.

处在星体层的位置越高，或者说离物质维度越远，就越难找到我们所了解的物质世界的思想形式。物质事物必须在它之中沉浸很长一段时间之后，才能具有形状，并到达更高的星体层。

Have you ever tried to move around a strange house in the dark? You bump into everything, right. But as you become familiar with it though, a mental picture of your surroundings forms in your mind, and you can find your way around it better. The longer you spend in this house the stronger this mental picture becomes. This is similar to how things are assimilated and grown, as thought forms, in other dimensions.

你是否有曾在一幢陌生而黑暗的房子中转悠的经历呢？你会瞎碰瞎撞。但当你熟悉了房间里的情形后，在你头脑中就会形成一幅房间的意识画面，你能轻易地找到出路。你在房间里的时间越久，你头脑中的这幅画面就越强烈。这与事物作为思想形式如何在星体层被吸收和生成相似。

The generation of thought forms in the astral also works in the reverse. If a physical object has been around for a very long time, it will have grown a lasting thought form impression in the astral. After the object is destroyed or removed, its thought form still endures. You may, for example, in the astral, find furniture in your house you don't have, jumbled up with your own. This is caused by the decaying thought forms of old stuff, belonging to previous tenants etc, still being there, years after the originals have gone.

星体层中的思想形式的生成也以相反的情形运作。如果一个物质物体在那里有了很长一段时间，它将在星体层中成为一个持久的思想形式。当物体被消灭或搬动后，它的思想形式仍能保持很久。例如，你可以在星体层中发现你房间里你所没有的家具混杂在你自己的家具中。这是由于仍然存在、正在衰退的旧东西的思想形式造成的，它属于以前的房客，原物好几年前就不在了。

Old thought forms do not follow their physical counterpart around when they are moved. New ones begin to grow in the astral wherever it is while the old ones slowly decay. The longer a thing is in one place, the stronger the thought form will become in that place. This also 星体投射 plies to buildings, structures and geological features. You may project into a park and find a house, bridge, stream, hill etc that you know is definitely not there. These may have existed in times past. The higher up in the astral you go, the older the thought forms are, or the further back in geological time you 星体投射 pear to be.

旧的思想形式并不随着它们所对应的物质物体的移动而移动。新的思想形式开始在星体层中生成，而旧的则在慢慢消失。一样东西在一个地方时间越久，它的思想形式在那里的强度就越强。这也适用于建筑物和地质特征。你可以投射进一个公园，发现一幢房子、一座桥、一条溪流、一座山丘等等，但你知道它们肯定不在那里。这些可能存在于过去。你到达越高的星体层，那里的思想形式就越旧，或者说，你所在的地质时间就越往后。

The rate of growth of a thought form depends largely on the amount of attention paid to it. For example, a famous painting; loved, viewed and highly thought of by millions, will have a much stronger thought form than that of a common painting that hangs in someone's bedroom and

is only viewed by a few. The number of thought forms you find in the astral also depends on how close you are to the physical dimension. If you are very close, as in a real time projection or OOB, very few thought forms, if any, will be found. In a real time OOB you are not quite in the astral dimension but are existing as an astral form in the buffer zone between the astral and the physical dimensions.

一个思想形式成长的速度很大程度上取决于对它的注意程度。例如，一幅名画；有数以百万计的人喜爱、欣赏和回味它，就会比挂在某人卧室里的一幅普通的只有几个人看过的画作具有更强烈的思想形式。你在星体层中发现的思想形式的数量也取决于你离物质维度有多近。如果你离得很近，比如在一个实时投射或脱体经验中，你将会发现很少的思想形式，要是有的话。在一个实时脱体经验中，你并不能说是在星体层，而是作为一个星体躯体处在星体层和物质维度之间的缓冲区。

Astral Vision

星体视野

In the physical body we have 220 degrees of vision, i.e. we can only see in front of us, but not behind, above and below at the same time. In the Astral body we have MORE than 360 degrees of vision and can see on all sides at once. This is Spherical vision. During projection, habit forces us to focus our attention in one direction only, where we feel the forward part of our vision is. The view behind, above, below, left and right is still there, and seen all at once, but it can not be assimilated by the brain, all at once.

在物质身体中，我们有 220 度的视野，即：我们只能看到我们前方，而不能同时看到后面、上面、下面。在星体身体中，我们有超过 360 度的视野，并能同时看到所有的面。这就是球形视觉。在投射期间，习惯强迫我们将我们的注意力只集中于一个方向，我们只感知我们视野的前方。视野的后面、上面、下面，左面和右面仍然在那里，并能同时看到，但不能同时被大脑吸收。

This goes against the brains lifelong habit of frontal vision. Spherical vision is like being one huge multi faceted eye that can see in all directions, up, down, left, right, front, back, but all at once! In the astral body you do not have any physical organs, i.e., eyes. You are a non-physical point of consciousness floating in space. You are also unaffected by gravity and other laws of physics. In this state there are no ups or downs, backs or fronts, left or rights. It is only lifelong habit that tries to force this perspective on you during projection.

这与大脑终生习惯的正面视野相违。球形视野象是一只巨大的多面眼睛，能够同时看到所有方向，上、下、左、右、前、后！在星体身体中，你没有任何生理器官，你没有眼睛。你是在空中飘浮的一个非肉身的意识点。你也不受重力和其他物理法则的影响。处于这种状态时，没有上、下、前、后、左、右。在投射期间，试图强迫你如此感知只是你的终生习惯。

It is important to understand spherical vision, if you are to operate competently in the astral. This is especially so when you project, in real time, close to the physical dimension. Spherical vision will often cause you to think you are in a mirror image dimension, or a reversed copy of reality.

This means your house, for example, will 星体投射 pear to be reversed, back to front. This is caused by you losing your original natural viewpoint during projection.

如果你想适应星体层，理解球形视野是很重要的。当你在靠近物质维度进行实时投射时，尤其如此。球形视野会经常使你以为你是在一个镜像的维度中，或是在现实的一个反转的副本之中。例如，这就是意味着你的房子看起来是反转的，前后相反。这是由于你在投射期间失去你原来自然的视点造成的。

At some point during the projection you have become disoriented and taken a different viewpoint from normal, i.e., you have rotated or turned upside down or inside without thinking. This reverses your natural left right, up down viewpoint. This tricks the subconscious mind into reversing the place you are in so your conscious mind can function properly.

在投射期间的某个时候，你会失去方向感，并采用一个与平常不一样的视点，即：你不加考虑地旋转或上下、内外反转你的视像。这反转了你自然的左、右、上、下的视点。这诱使你的潜意识反转你所在的地方，这样，你的意识头脑就能照常运作。

As you don't have a physical body in the astral, if you want to look behind yourself you don't have to turn around, or move at all. You just change your viewpoint to the rear. This, when done without moving, causes the mirror image effect, in a way its like looking in a mirror to see behind.

因为你在星体层中没有一个物质躯体，如果你想看身后时，你根本不必转身，或移动。你只要向后改变你的视点。不移动时，这就引起了镜像效果，在某种程度上它就像通过一面镜子看后面。

The diagram below illustrates this reversal of viewpoint without turning, note left and right do not change:

Right | Right

|

(A) <<<<<<<<<-----|----->>>>>>>>> (B)

|

Left | Left

下面的图表说明这种不转身就发生的视点的反转，注意左、右并没有改变：

右|右

|

(A)<<<<<<<<<-----|----->>>>>>>>>(B)

|左|左

That is, if viewpoint (A) becomes viewpoint (B) without turning, then Left and Right are not reversed. This causes the subconscious mind to use its creative power to correct the view by reversing it, or parts of it. This is easier and causes fewer problems for the conscious mind than if it had to try and accept a reversal of left and right.

这就是，如果不转身，视点(A)成为视点(B)，那么左和右并未反转。这使潜意识运用它的创造力通过反转视像以更正它或它的一部分。这更容易做到，并使有意识的头脑比如果它必须尝试并接受左右反转产生更少问题。

A similar effect can be had by lying down and looking above your head, or standing on your head and trying to pick the left and right sides of things. This causes a slight confusion in your sense of left and right, i.e., you have to consciously calculate which is left and right from your reversed position. This slight confusion is all that is needed to trick the subconscious mind into creating something easier to accept.

在躺下向上看或倒立时，试着判断东西的左右会有一个相似的效果。这引起你左、右感觉的细微的混乱，即：你必须有意识地思考从你反转的位置看哪边是左、哪边是右。这细微的混乱足以诱使潜意识的头脑创造一些更容易接受的东西。

Your brain is unable to assimilate this reversal and thus gives you a new perspective according to what it feels is left and right at the time. Once you consciously notice this anomaly it is too late to reverse it. The brain cannot accept a conscious change of left and right.

你的大脑不能吸收这种反转视像，并因此给你一个根据它当时感觉的新的左和右的视点。一旦你有意识地注意到这种异常，要反转它已太迟了。大脑无法接受有意识的左右变化。

If you understand spherical vision though, and h 星体投射 pen to get reversed sometime during a projection, it is no longer a problem. You can take it into account and function normally, rather than thinking you are wasting your time in some strange mirror dimension, i.e., if you had plans to do something in the astral you still can. All you have to do is, take your left right coordinates from the building or structure around you, and ignore your own sense of left and right completely.

如果你理解球形视觉，并在投射中曾碰巧获得反转视像，它就不再成为问题了。你能理解并正常运作，而不会认为你是在一些奇怪的镜像中浪费时间了，即：如果你计划在星体投射中做些什么，你依然可以去做。你唯一要做的是，按照你附近的房子或建筑设立你的左右坐标，对你自己左右的感觉不予理睬。

Everything you see while you are in the astral dimension is directly perceived by the mind. It is a simple matter for the subconscious mind to twist or reverse, all, or even part of, your conscious perception of reality during a projection.

当你处于星体层时，你看到的一切直接由意识感知。在投射期间，潜意识可以轻而易举地扭转或反转你的意识对现实的全部或部分的感知。

Note: This reversal of viewpoint can h 星体投射 pen many times during any one real time projection.

注意：这种视点的反转可以在任何一个实时投射中多次发生。

Creative Visualisation Power

创造性的观想力

The subconscious mind has VASTLY greater powers of visualisation than the conscious mind. It is like comparing a super computer to an child's calculator. In the astral dimension, during any conscious projection or lucid dream, where the conscious mind is aware, this difference can cause great confusion. The subconscious mind simmers beneath the surface during any projection. All that creative power is just bursting to get out, to create, and it will do just that any chance it gets. This difference in creative power, combined with the lifelong habit of normal frontal vision, is the cause of the "Alice In Wonderland Effect." Let me explain....

潜意识头脑比意识头脑具有更为巨大的观想能力。就像把一台超级计算机与小孩子的一只计算器相比一样。在星体层中，在任何有意识的投射或清醒的梦中，意识头脑具有知觉，这种差异可以引起巨大的混乱。在任何投射中，潜意识头脑都在表面下沸腾。所有创造力想爆裂开去，去创造，它只要获得任何机会就会去创造。这种创造力的差异，与通常的正面视觉的终生习惯相结合，就是“艾莉丝奇境效应”的原因。让我解释……

Take these together:

综合如下所列：

1. The incredible creative power of the subconscious mind.
2. The weak creative powers of the conscious mind.
3. The sensitivity of astral matter to thought.
4. Spherical vision.
5. Left, right sense reversals.

- 1 .潜意识头脑不可思议的创造力。
- 2 .意识头脑的较弱的创造力。
- 3 .星体物质对于意识的敏感性。
- 4 .球形视觉。
- 5 .左、右感觉的反转。

And you have a recipe for total confusion.

而你对所有这些混乱有一个对策。

The Alice In Wonderland Effect

艾莉丝奇境效应

You project your astral body and look around your room. Everything 星体投射 appears normal, but suddenly, you notice the door is on the wrong wall? While looking around, you have seen

this door with your rear vision, confusing your natural left, right, brain perspective. The brain can't assimilate this because your frontal perspective, and the position of the furniture, pictures, windows etc, are normal; but the view behind you is reversed. This tricks the subconscious mind into creating a door where it thinks it should be. When you look at this door, it 星体投射 appears real, even though you know it is in the wrong place. Once it has been created, it will not be uncreated, as that would be unacceptable to your conscious mind. i.e. solid doors don't normally have a habit of vanishing before your eyes.

你投射出你的星体躯体，并环顾你的房间。一切都显得正常，但突然间，你注意到门在墙上的位置不对？当你环顾四周，你已经以你后面的视野看到这扇门，将你头脑中自然的左、右感觉搞糊涂了。大脑不能接受这一点，这是因为你正面的视野、家具、图画、窗户等等的位置是正常的；但是在你后面的视像是反转的。这诱使潜意识头脑创造一扇它认为它应该在那里的门。当你看到这扇门时，它显得很真实，尽管你知道它所在的位置不对。一旦它被创造了，它将不会消失，因为这对于你有意识的头脑是不能接受的，即：坚固的门通常不可能在你眼前消失。

When you turn to where the door really should be, you will, usually, find the door there as normal. Now you may have two, or more, doors where there should only be one. If you go through the real door, you will find the rest of the house as it should be, hopefully. But, if you go through a false door, the mind knows its false and won't accept it opening to a normal part of your house that it knows can't possibly be there. So, if you open this door you will find something else. It is usually a corridor or passage, you don't have, leading off into other parts of the house you don't have either.

当你转至门真正应该在的地方，你通常会发现门像通常那样在那里。现在你会有两扇或更多的门，而应该只有一扇门。如果你穿过后门，你会满怀希望地发现房子的其余部分，它们理所当然应该在那里。但是，如果你通过一扇错误的门，头脑知道它的错误，并且不会接受它通向你房子的正常的部分，它知道不可能在那里。因此，如果你打开这扇门，你会发现其他的东西。它通常是一条实际并不存在的走廊或通道，通往也并不存在的房子的其他部分。

From then on, if you go through this door, you are in Wonderland, where everything is possible, just not very plausible. What you are doing, in effect, is entering the astral dimension via uncontrolled creation, through this door you don't have, but now do. Once the subconscious mind starts creating like this it continues to do so at a geometric rate. It has to, for the conscious mind to assimilate the abnormal situation it is in. At some stage, in this creative maelstrom, the subconscious mind loses it completely and starts tuning in to other parts of the astral. At this point of the projection, all semblance of reality is lost and you fade into the astral dimension proper.

从这时起，如果你通过这扇门，你就进入了奇境，在这里，任何事情都是可能的，只是并非似是而非。你实际上是经由不受控制的创造、经由这扇你原本并没有、但现在你有的门、进入了星体层。一旦潜意识头脑开始象这样创造，它会以几何速度继续这样做。为了让有意识头脑接受它所身处的反常状况，它不得不如此。在某个阶段，在这种创造的大漩涡中，潜意识头脑完全迷失自己，并开始将注意力调谐向星体层的其他部分。在投射的这一刻，现实的所有外表都迷失了，你也完全消失于星体层中。

There are many ways this "Alice" effect can happen during a projection, the above example is just one variation. It has been noted by many projectors that at sometime during a projection they seem to lose control of it. Objects disappear, and generally everything gets a little strange. This is caused, basically, by the subconscious mind's vast creative ability being triggered. It starts making and unmaking things, and tuning into other areas of the astral and generally making everything difficult for the poor projector.

在星体投射期间，这种“艾莉丝”效应会以很多方式发生，上面只是一个例子。许多投射者指出，在投射期间有时他们似乎失去对投射的控制。物体出现、消失，并且一切通常都变得有点奇怪。这基本上是由潜意识头脑的巨大创造力被触发而引起的。它开始创造和毁灭事物，并将注意力调谐至星体层的其他区域，而且通常会使一切都让可怜的投射者感到为难。

To avoid the above problem: Concentrate on what you are doing while you are projecting and don't let your mind wander. The vision reversal problem can be minimised if you concentrate on your forward vision during projection, i.e., focus in one direction at a time. When you turn, follow the room around with your vision and don't allow it to flit from one view to another. The astral is not a good place to relax if you have serious plans.

为了避免上述问题：全神贯注于投射上，不要让自己浮想联翩。如果在投射期间你全神贯注于正前方的视野，视像反转的问题就能减缓，即：同一时间只集中于一个方向。当你转向时，你的视像要跟随周围的房间，不要让它从一个视角转换到另一个视角。如果你想认真实行计划，那么星体层并不是一个放松的好地方。

The vast creative power of the subconscious can, however, be utilised. It is an extremely valuable tool if you know how to use it. I will outline ways to do this, in the third part of this series, under the heading: "Virtual Reality Projection" where I will outline how to custom create your own personal astral realm.

但是，你也可以利用潜意识的巨大的创造力。如果你知道如何运用它，这会是一个极有价值的工具。我将在论文的第三部分，在标题为“虚拟现实的投射”一节中，讨论这种方式，我将在其中叙述如何创造你自己个人的星体国度。

Melting Hands

融化的手

When you project the astral body close to the physical world you do not have a body as such. But, the mind cannot accept this and so provides a thought form one made out of以太 matter. If you try and look at your body, say your hands, you will find they start to melt very quickly. They look pale and odd, and in a couple of seconds your fingers start to melt away like ice under a blow torch. They shorten into pale stumps, then the rest of your hand and arm starts to melt away too. This melting effect only seems to happen when you deliberately try and observe a body part or consciously create something.

当你将星体躯体投射至靠近物质世界时，你并没有这样一个身体。但是，意识不能接受这一点，这样意识就造就了一个由以太物质做成的思想形式。如果你试图看你的身体，比如说看自己的手，你会发现它们会很快开始融化。它们看起来苍白而古怪，在几秒钟内，你的手指开始像火炬下的冰一样融化。它们缩短至苍白的手掌，然后你的手和手臂的余下部分也开始融化。只有当你故意试图观察身体的一部分、或有意识地创造什么东西时，这种融化效果才会发生。

Deliberately observing an astral body part like this, uses the conscious mind, which, having poor creative powers, can't hold complex shapes together for very long and it is this that causes the melting effect. If you happen to notice parts of your body, in passing, during projection this melting effect will not be seen.

象这样故意观察星体躯体的一部分，运用有意识头脑有限的创造力并不能长时间保有复杂的形状，这就引起了融化效应。在投射期间，如果你碰巧注意到你身体的一部分，你的眼光掠过身体，这种融化效果并不会发生。

Created Thought Form Objects

被创造的思想形成物体

You can use your conscious mind to create objects while projecting. The duration of these, thought form, created objects depends on the strength of your creative visualisation ability. It also depends on how much time and effort you put in to a creation.

在投射时，你可以运用你有意识的头脑来创造物体。这些思想形式所创造的物体的延续时间取决于你创造性的观想能力的强度。这也取决于你对某个创造所付出的时间和努力。

This same melting phenomena happens with any conscious creation done in the astral dimension. If you create for example, a sword, it will appear in your hand just as you imagine it, briefly, and then melt away just like the hand did. If you concentrate on it you can hold it in shape, but as soon as your concentration wavers so does the creation. This is similar to any other visualisation you do in the real world. It is difficult, and you have to concentrate to hold the visualisation in your mind's eye. Once your concentration wavers, so does the visualised image. This illustrates the vast difference between the creative powers of the conscious and the subconscious mind.

在星体层中，对于意识的创造，融化现象也同样会发生。比如，如果你创造一把剑，当你想象它时，它就会在你手里出现，然后就会和手一样融化。如果你全神贯注于它，你可以保持它的形状，但是只要你的注意力一分散，被造物也就消散。这与你在现实世界中做的任何其他观想类似。这确实很困难，你必须全神贯注，以在你头脑的眼睛里保持观想。一旦你的注意力分散，观想的图像也就消散。这说明意识和潜意识头脑的创造力之间存在着巨大的差异。

To make a lasting thought form object you have to trick the subconscious mind into creating it for you. I will deal with this subject, in greater depth, later in the series.

为了将一个延续的思想形式形成物体，你必须诱使潜意识为你进行创造。我将在后面更深入地探讨这一问题。

How does Projection H 星体投射 pen?

投射如何发生？

During sleep, the energy body, also known as the 以太 body or vitality sheath, is put on charge. It expands and opens in order to accumulate and store energy. The energy body can, normally, only do this in its expanded state during sleep. Once expanded, the 脉轮's trickle power, in the form of 以太 matter, into the energy body. During this recharging process the astral body separates and tunes into the astral dimension where it can create and experience dreams.

在睡眠期间，能量身体、也叫做以太身体或生命躯壳在进行充电。它扩张并展开以便积累和存储能量。能量身体通常只能在睡眠期间处于扩张状态才这样做。一旦扩张，脉轮就触发作为以太物质形式的能量进入能量身体。在这个充电期间，星体躯体离开并将注意力调谐至星体层，在那里它能创造并经历梦境。

If this separation is done consciously, or if you become aware after it, you can take some control over it. It then becomes an OOBE, astral projection or lucid dream.

如果这种分离是有意识地进行的，或如果你在其后知道，你就能对它进行某种控制。它就成为一种脱体经验、星体投射或清醒的梦。

The main differences between an OOBE, astral projection and a lucid dream are:

脱体经验、星体投射和清醒的梦之间的主要区别是：

The OOBE

脱体经验

The OOBE (out of body experience) is a real time projection close to the physical world. This often occurs as part of a near death experience. This is where a person is knocked out of their body as a result of some kind of severe trauma, i.e. car accident, surgery, heart attack, child birth etc. OOBE'ers are aware of things h 星体投射 pening in the real world, in real time; such as conversations and events centred around, or near to, their physical body. In many cases, these events and conversations are accurately reported by the person after they have returned to their body.

脱体经验（OOBE）是靠近物质世界的一种实时投射。这经常作为濒死经验的一部分发生。这是作为某种严重创伤的结果，一个人突然脱离他的身体，如：汽车事故、外科手术、心脏病发作、分娩等等。脱体者知道现实世界实时发生的事情；例如，在他身体附近发生的对话和事件。在许多情形中，在他们回到身体后，他们可以准确地复述当时发生的事件和对话。

Note: The OOB is slightly different from astral projection or lucid dreaming because of its real time, objective aspect. This is caused by the astral body containing a large amount of etheric matter, which holds it close to the physical world.

注意：脱体经验因其是实时的、客观的而与星体投射或清醒的梦稍有不同。这是由包含大量以太物质的星体躯体造成的，以太物质将其保持在离物质世界较近的区域。

There are two main causes of real time OOB:

实时脱体经验有 2 个主要原因：

There are two main causes of real time OOB:

1. A person's body is near death, or thinks it is, which causes a large amount of etheric matter to be channelled into the astral body in preparation for the death process.

1. 一个人的身体处于濒死状态，或被认为处于濒死状态，这使大量以太物质导入星体躯体，以为死亡进程作准备。

2. The person has active chakras which are doing a similar thing, i.e. channelling etheric matter into the astral body. Having active chakras can be a natural ability, or it can be developed by training.

2. 身体中具有活跃的脉轮，它们也在做相似的事情，即：将以太物质导入星体躯体。具有活跃的脉轮可以是一种天生的能力，也可以通过训练加以培养。

Note: You can project consciously, and have a real time OOB if enough etheric matter is generated by the chakras. In an OOB, reality is perceived as objective (real) and time is normal (real time).

注意：如果脉轮产生足够多的以太物质，你就能有意识地投射，并会有实时脱体经验。在脱体经验中，现实作为(真实的)客观事物而感知，而且时间是正常的(实时)。

Technically, when you project into the physical world in real time as in an OOB, it is really into the boundary area of the buffer zone, between the physical and astral dimensions. If the astral body contains enough etheric matter it can exist only slightly out of phase from reality. This means the projection is in real time and so close to the physical dimension as to be indistinguishable from it.

技术上讲，当你在脱体经验中实时投射进物质世界时，它其实是进入了在物质世界和星体层之间的缓冲区的边界。如果星体躯体包含足够的以太物质，它只能存在于稍微远离现实的区域。这意味着投射是实时的，而且是如此靠近物质世界以至无从区分开来。

Note: I have checked this many times, by projecting, in real time, during the day and scouting my local area for road works, accidents, incidents etc, then verifying the accuracy of my findings afterwards.

注意：我在实时投射时曾多次进行察看，在白天察看当地的筑路工程、交通事故、事件等等，然后验证我的发现的精确程度。

There are strong natural barriers to conscious, real time projection, the OOB, in the physical world. The amount of 以太 matter generated and channelled to the astral body, is one of them. It limits the duration of any real time projection to the degree of 脉轮 development and control.

在物质世界中，对于有意识的实时投射、脱体经验，存在着强大的天然障碍。产生和导向星体躯体的以太物质的数量就是其中之一。它将任何实时投射的持续时间限制在脉轮发展和控制的程度之内。

The Astral Projection

星体投射

This is where the astral body is projected into the astral dimension, where things are quite different from the real world. Time is distorted and extended, i.e., an hour in the astral can be like a few minutes in the physical dimension, depending on what part of the astral you are in. Reality is fluid and changeable.

星体躯体被投射进星体层，这里的事物与现实世界截然不同。时间被扭曲并且被延长，即：在星体层的一个小时可以像在物质维度中的几分钟，这取决于你处于星体层的哪个部分。那里的现实是流动的和可变的。

The Lucid Dream

清醒的梦

This is where a person becomes fully aware that they are dreaming during a dream. They either take some kind of conscious control over the course of events, or they convert the experience into an astral projection. Lucid dreaming is more similar to an astral projection than to an OOB, as time and reality are distorted.

这就是一个人完全知晓他正在梦中做梦。他不是对事态的进程施加某种有意识的控制，就是他将这种经验转换为一个星体投射。清醒的梦与脱体经验相比，更类似于星体投射，因为时间和现实都是扭曲的。

Astral Projection Or Lucid Dream?

是星体投射还是清醒的梦？

Many astral projectors black out before making a conscious exit from their body and return to awareness in the astral dimension. You become aware after the actual separation from the physical

body and are usually already in the astral dimension. If you miss the conscious exit from your body you are technically having a lucid dream, not an astral projection as you have become aware after separation.

许多星体投射者在他们有意识地离开身体并在星体层恢复知觉之前就失去知觉了。在与物质身体实际分离以后才醒来，这时通常已经在星体层中了。如果你错过了有意识地离开你的身体，从技术上讲，你正在做一个清醒的梦，而不是分离后的有意识的星体投射。

All three types of projection are closely related, i.e., they all involve the astral body separating from the physical and experiencing a reality separate from the physical body.

这三种投射类型密切相关，即：它们都涉及星体躯体脱离物质身体并经验一个与物质躯体相分离的现实。

DNA 译 010102

论星体投射

卷二 第二部分(v1.1)

罗伯特·布鲁斯

Starting Out

开始

After the physical body has fallen asleep, the astral body always projects into the physical world. Once the energy body has expanded, the astral body floats free and hovers just above the physical body, but within the expanded energy body's field of influence. Within this field, known as cord activity range, the astral body is held close to the physical world as it is within a field of 以太 matter.

当物质躯体入睡后，星体躯体总是投射至物质世界。一旦能量身体扩张，星体躯体就自由飘浮和徜徉于物质躯体的上方，但在扩张的能量身体的影响区域以内。在这个区域——也叫绳索活动范围——以内，星体躯体被保持接近于物质世界，正如它在以太物质区域内一样。

During a conscious astral projection it may 星体投射 pear as if you are projecting straight into an astral plane. But there is always an intermediary phase at the beginning, when you are existing as an astral form close to the physical dimension. This, real time part of any projection, may be missed if you black out at the moment of projection. The area around the body, within cord activity range, is flooded with 以太 matter and within this field the astral body is held in real time close to the physical dimension.

在有意识的星体投射期间，你似乎直接投射进一个星体层。但是，当你作为靠近物质维度的一个星体躯体存在时，在开始时总有一个中间区域。如果你在投射的那一刻失去知觉，这一任何投射的实时部分就会被错过。在绳索活动范围以内，身体附近的区域充满以太物质，在这个区域内，星体躯体被实时地维持在靠近物质维度的区域。

以太 Matter

以太物质

以太 matter is the actual life force substance generated by all living things by simply being alive. It is a substance in-between physical matter and astral matter, part physical and part astral. This以太 matter has actual weight. It is a very refined substance in between matter and energy and is similar to its coarser cousin, ectoplasm.

以太物质是由所有活着的生命体产生的实际的生命力物质。它是一种介于物理物质与星体物质之间的物质，部分是物质的，部分是星体的。这种以太物质有实际的重量。它是一种很精细的物质，处于物质和能量之间，与它的更粗糙的表亲——流质——类似。

There have been scientific studies done on this phenomena. Dying people in hospitals have had their beds placed on delicate scales shortly before death and hooked up to EEG and ECG monitors. In all cases, at the exact moment of death, a sudden weight loss of 星体投射 proximately one quarter of an ounce is observed. This is caused by a large amount of 以太 matter being transferred into the astral body at the moment of physical death. This is similar to the sudden transfer of 以太 matter into the astral body during a near death experience where the body believes it is dying. This sudden, massive transfer of 以太 matter is the start of the death process.

科学家已对这种现象进行科学研究。在医院里，当濒死者即将死去，把他们的床放在精密的秤上，并连接了脑电图和心电图监视器。在所有的情形中，在准确的死亡时刻，观测到大约有四分之一盎司的重量突然消失。这是由在生理死亡时大量以太物质被转移进星体躯体引起的。这与在濒死经验中以太物质突然转移进星体躯体相似，这时身体相信它正在死去。这种突然的大量以太物质的转移是死亡过程的开始。

Ectoplasm

流质

Ectoplasm has been studied in a similar fashion. Materialisation mediums have been placed on delicate scales and then asked to produced ectoplasm onto another set of fine scales. These mediums were observed to lose weight at exactly the same rate as the weighed ectoplasm gained weight. When the medium reabsorbed the ectoplasm this weight transfer was reversed. Ectoplasm is produced by the 脉轮 s. It converts part of the physical mass of the mediums body into another substance, ectoplasm.

科学家也以相似方式对流质进行研究。物化灵媒被置于精确的秤上，然后被要求在另一架精确的秤上生成流质。这些灵媒被观察到正在失去重量的速率与另一架秤上流质增加重量的速率完全一致。当灵媒重新吸收流质时，这个重量转移被反转。流质是由脉轮产生的。它将灵媒身体的物质部转换至另一种物质——流质。

Interdimensional Manifestation

维际显现

Any non-physical or disincarnate entity, including the astral body, in order to function, in real time, close to the physical dimension; must contain 以太 matter. Without 以太 matter, nonphysical entities fade back into their dimension of origin. 以太 matter can only be obtained from living inhabitants of the physical world.

任何非物质或非肉身的实体，包括星体躯体，为了运作，在实时中，都靠近物质维度；它们必须包含以太物质。没有以太物质，非肉身实体就会回到它们起源的维度。以太物质只能从物质世界的活着的居民中获得。

Energy Flow

能量流

The famed "Silver Cord" does more than just tie the two bodies together. It is a true umbilical cord, transmitting information and energy between the physical and subtle bodies. It is seen by some projectors and not seen by others. Sometimes it is seen emanating from the navel, sometimes from the forehead. The area the cord is seen emanating from may depend on 脉轮 activity. Whichever 脉轮 is the strongest, most active, could have control of energy flow to the subtle bodies. There is also the belief system of the projector to consider and the creative power of the subconscious mind. The cord will usually 星体投射 pear to be wherever you believe it will be, courtesy of the subconscious.

著名的“银带”不仅仅是将两个躯体系在一起。它是一根真实的脐带，在物质躯体和微细身体之间传输信息和能量。有些投射者看得到它，而有些看不到。有时它是从脐部发出，有时从前额发出。银带发出的部位可以取决于脉轮的活动。哪个脉轮最强烈、最活跃，就可能控制微细身体的能量流。也要考虑投射者的信仰和潜意识头脑的创造力。银带通常显现于你认为它在的地方，这是拜潜意识之赐。

Once the astral body enters the astral dimension it must have a good supply of astral energy from the 脉轮 s in order to interact strongly with that dimension. Clear astral memory depends greatly on the amount of energy available. As the astral dimension is the natural domain of the astral body, it will not fade out of it due to a lack of energy. As in the real world, if a person hasn't eaten or slept for a few days they don't dissolve into another dimension. They just get weak and listless and don't interact strongly with the physical world.

一旦星体躯体进入星体层，为了强有力地与那个维度相互作用，它必须从脉轮获得良好的星体能量供给。清晰的星体记忆极大地取决于可获得能量数量。由于星体层是星体躯体的自然领域，它不会由于能量缺乏而在其中消失。正如在现实世界里，如果一个人几天不吃不睡，他并不会消失进其他维度。他只会变得虚弱和无精打采，与物质世界不再进行强有力地交互作用。

What it boils down to is this: The astral mind must have enough energy to give it strong, vivid memories. These astral memories must be strong enough to make a good sized wrinkle in the physical brain, so the physical mind can recall them when it wakes up.

这可归结为：星体意识必须有足够的能量以给予它强有力的、生动的记忆。这些星体记忆必须是足够强有力的，以在物质大脑中刻上一条大大的皱纹，这样，当它醒来时，物质头脑才能记起它们。

For example, if you haven't slept for a few days you will be tired, listless and your interaction with reality will be weak and vague. If you see a movie in this tired state you will retain little memory of it. Afterwards, you may only remember fragments of it and your memory of it will be a vague blur. If, however, you see a movie when you are well rested, fresh and full of energy, it is different. You take in everything about the movie and enjoy it. Your memory of it will be crystal clear.

例如，如果你几天没睡，你就会很疲倦，无精打采，并且，你与现实的相互作用将是无力的和模糊的。如果你处于这种疲倦状态中看一部电影，你会记住很少内容。到后来，你只能记得它的一些片断，你对它的记忆会是含糊的和朦胧的。然而，如果你在很好休息之后看一部电影，你充满活力和能量，情形就会不同。你能记住整部电影，并喜欢它。你对它的记忆将会很清晰。

This is similar to what happens after a low powered astral journey. The astral body lacks energy and so does not have clear enough impressions of its journey. This causes it to fail making its memories the dominant ones when it returns return to the physical body. As I stated earlier, there must be strong, vivid memories if a wrinkle is to be made in the physical brain and the experience remembered.

低能量的星体旅行之后发生的情形与此相似。星体躯体缺乏能量，并对它的旅行没有足够清晰的印象。当它回至体内时，这导致它无法记住它的记忆。正如我在前面所说，如果要在物质大脑上刻一道刻痕，并记住经历的话，必须有强有力的、生动的记忆。

Chakras Use 脉轮的运用

Fully developing the chakras and learning how to control them can take many years, depending on natural ability. This will not, however, stop you using them in a very basic way; to enhance your OOBES and lucid dreams, at a very early stage in your development. Raising energy and stimulating the chakras is extremely simple to do. This raised energy will automatically flow into your astral body, prior to and during projection.

根据天生的能力，对脉轮的完全开发以及学习如何控制它们可以花上数年时间。但这并不会妨碍你以一种非常基本的方式运用它们；在你开发的开始阶段，可以促使你的脱体经验和清醒的梦。提高能量和刺激脉轮极为简单。在投射之前和投射期间，这种提高的能量会自动流入你的星体躯体。

By learning to raise energy and control the flow of power through the chakras, the nature of your dreams, lucid dreams and OOBES will change. They will become vivid and unforgettable

experiences. This, in a way, gives you a second life, full of rich experiences you can enjoy, learn and grow from.

通过以脉轮提高能量和控制能量流，你的梦境、清醒的梦和脱体经验的性质会改变。它们会成为生动的和难忘的经验。某种程度上，这给了你第二生命，它充满了你能享受、学习和得以成长的丰富经验。

Higher Levels And Their Buffer Zones

更高的层次及其缓冲区

The commonly accepted names for the seven known levels of existence, from lowest to highest, are: Physical, Astral, Mental, Buddhic, Atmic, Anupadaka and Adi. These higher planes are similar in structure to the astral dimension but at a much higher level of consciousness and are completely separate from it. In between the different levels are intermediary areas or buffer zones, sometimes called lower sub planes.

通常为人们所接受的七层已知的存在的名称，由低至高为：物质层、星体层（）、意识层、布迪克层、阿特密层、阿努帕层和阿地层（译者注：也有名为地球层、星光层、起因层、阿卡西层、心智层、弥赛亚层、佛陀层）。这些更高的层次在结构上与星体层相似，但处于更高的意识层次，并与它完全分开。在不同的层次之间是中间区域或缓冲区域，有时称作较低的亚层。

A good analogy for the different dimensions and their buffer zones is the Earth's atmosphere: If the air in the Earth's atmosphere was the astral dimension, the stratosphere would be the buffer zone and the vacuum of space would be the mental dimension. You can fly in the Earth's atmosphere in a normal air plane/astral body. A very powerful jet plane is needed to take you into the stratosphere, but you need a space ship/mental body, to travel through space. This explains why a different subtle body is needed to travel into these different levels of existence.

对于不同的维度及其缓冲区域的很好的类比是比作地球的大气层：如果地球的大气层中的空气是星体层的话，同温层就是缓冲区，真空就是意识层。你可以乘飞机或以星体躯体在地球的大气层中飞翔。将你带至同温层需要一架马力强劲的飞机，但要到太空去遨游，你就必须有一架航天飞机或心灵躯体。这解释了在这些不同的存在层次中旅行为什么需要不同的微细身体。

The astral body can enter the buffer zones, or sub planes, of the dimensions above and below the astral dimension, if it contains the correct type of energy. i.e. To exist in the buffer zone between the physical/astral levels (in real time) the astral body must contain etheric energy. To exist in the buffer zone between the astral/mental levels it must contain mental energy.

如果星体躯体包含正确的能量类型，它能够进入星体层之上和之下的缓冲区或亚层，即：在物质层和星体层之间的缓冲区（实时的）停留，星体躯体必须包含以太能量。在星体层和意识层之间的缓冲区存在，它必须包含心灵能量。

Higher Level Projection

更高层次的投射

With enough control over the chakras, the energy for these higher levels can be produced. The production of one particular type of energy will raise the consciousness to that level and energise the corresponding subtle body. This is usually done by consciousness raising meditation and advanced energy work on the chakras. The consciousness can then experience that level of existence. If enough energy is available, and conditions are right, the meditator can project that particular subtle body directly into its natural dimension.

对脉轮具有足够的控制，就可以生成前往这些更高层次所需的能量。生成某一能量类型会将意识提高至那一层次，并将相应的微细身体能量化。这通常通过意识提升、冥想和脉轮的高级能量修炼来完成。这样，意识就可以经历那个存在层次。如可获得足够的能量，条件适宜，冥想者可以将特定的微细身体直接投射至它的自然的维度。

Depending on the skill and natural ability of the operator, if a higher body is energised and projected so, usually, are the lower ones. The astral body contains within it all the other subtle bodies and can, during a projection, project the mental body into the mental dimension and so on. This will sometimes give multiple sets of memories from the one projection. The general rule is, whichever subtle body contains the greatest amount of energy, will have the strongest memories. These dominant memories will be the ones retained by the physical mind upon its return to the waking state.

根据投射者的技巧和天生能力，如果一个更高层的身体被能量化并投射，通常较低层的身体也会被能量化并投射。星体躯体之内包含所有其它微细身体，并且在投射中可以投射意识身体至意识层，等等。有时这会从一次投射中获得多套记忆。总的原则是，只要哪个微细身体包含最大的能量，它将获得最强烈的记忆。这些明显的记忆会在它回到清醒状态后留在物质头脑中。

Projecting consciously into levels higher than the astral dimension takes a high level of skill. You need to be proficient in both consciousness raising and chakra control, but it is achievable. I have, so far, projected into the Astral, Mental, Buddhic and Atmic levels of existence. It is commonly believed that it is only possible for a human to project into the Astral, Mental and Buddhic levels and not possible to project into the higher Adi and Anupadaka.

有意识地投射至高于星体层的层次需要高层次的技巧。你需要精通意识提升和脉轮控制，但这并非遥不可及。到目前为止，我已投射至星体层、意识层、布迪克层和阿特密层的存在层次。人们通常相信人只能投射至星体层、意识层、和布迪克层，不可能投射至更高的阿地层和阿努帕层。

These dimensions have been named, and are described, so someone must have been there or they would be unknown. If you realise the true nature of the mind you will understand there are no limits. It was also once said that the sound barrier would never be broken.

这些层次被命名和描述过，所以肯定有人到过那里，否则这些层次是未知的。如果你认识到心灵的真正本质，你就会理解没有限制。也有人说过，牢固的障碍是无法突破的。

BTW: These dimensions don't have signposts on them saying "Welcome to the Astral dimension, ta...daa!" or "Mental dimension, watch your mind!". So I will describe the higher levels I have been to using these accepted names.

顺便提一下，这些维度并不标明路标：“欢迎光临星体层！”或“请注意，这里是意识层！”因此我运用这些广为接受的名字来描述这些我到过的更高的层次。

The Astral Dimension

星体层

This is a topsy-turvy world like Alice found in Wonderland. Everything seems objective (real) but is changeable and fluid. Anything and everything can be found there, from base, coarse levels full of sexual energy; to beautiful, serene places full of spiritual harmony. Time is distorted and extended there. An hour in the Astral can seem like only a few minutes here in the physical. Compared to the physical world it is at a much higher vibration. It's like playing a video tape at twenty times normal speed, although this is not apparent when you are there.

这是一个颠倒的世界，就像艾莉丝身处奇境一样。一切看上去都是客观的（真实的）、但是变幻不定的。这里可以找到一切，从基本的、粗鄙的充满性能量的层次，到充满灵性和谐的美丽的、宁静的地方。时间在这里被扭曲和扩展。在星体层的一个小时可以被视作物质世界中的几分钟。与物质世界相比，它处于一个高得多的振动频率。这就像以比正常速度快二十倍的速度放一盘录像带，但当你身处其中时这并不明显。

Moving amongst the astral dream pools is usually a hit or miss affair for most projectors. It takes a lot of experience to make planned astral journeys to specific realities.

对大多数投射者来说，在星体层的梦界中移动是无意中进入或是出于失误。需要经验丰富，才能按计划到特定的现实中进行星体造访。

There are an infinite number of realities, planes, realms and dream pools in this dimension. As I stated before, they naturally strata and settle into pools of related thought. During sleep, or in a lucid dream, the subconscious mind usually creates one especially for you, your own personal dream theatre. When you become aware during a dream, you take control over it. This control is taken over from the powerful subconscious mind. Without its powerful controlling influence, your personal custom created realm will change. You will begin tuning into other sympathetic parts of the astral, and the reality you are in will mix with other realities and take on different aspects.

在这一维度，存在着无数现实、层次、区域和梦境的层次。如我前面所说，它们自动分层，并进入相关思想的层次。在睡眠期间，或处于清醒的梦中，这些潜意识通常为你特别创造一个你自己的个人的梦剧场。在梦中当你有知觉时，你就对其进行控制。这种控制是从强有力的潜意识那里接管过来的。没有它的强有力的控制影响，你个人通常创造的王国会改变。你

会开始调谐向星体层的其他你认同的部分，你所处的现实与其它现实相互混杂，并开始显现不同的方面。

In a conscious projection into the astral dimension, you can tune into any part of it and travel into different realities, other dream pools, or a mix of many. There are various techniques for this but they all involve some way to disorient the subconscious mind, tricking it into moving you into a different Astral reality. Some projectors look at their hands and watch them melt. Others spin around, causing left right reversals. These methods all disorient the mind and trick the subconscious into tuning into another part of the astral.

在一个有意识的星体层投射中，你可以调谐至它的任何部分，并旅游至不同的现实、其他的梦界、或是许多梦界的混合。这有着各种技巧，但它们都某种程度地涉及潜意识的迷失方向感，诱使它将你移至一个不同的星体现实。有些投射者看着他们的手并看到它们融化。也有人四处打转，使左右反转。这些方法都会使头脑失去方向感，诱使潜意识调谐至星体层的另一部分。

It's very difficult to describe how to move amongst the levels, you really have to learn by doing it, by trial and error. You have to learn how to use and control the subconscious mind, how to trick it for a specific result.

很难描述如何在各个层次间移动，你真的必须亲身通过尝试和犯错来经历。你必须学习如何运用和控制潜意识，如何诱使它产生特定的结果。

Virtual Reality Projection

虚拟现实投射

Here is a simple, reliable method, I have developed, to create your own personal realm: Get a poster of a pleasant scene, something bright and sunny. The bigger the better, but standard poster size will do. Hang it on the wall of the room you are going to project in, or another room close by. Get a small spotlight and set it so the poster is highlighted when the main light is turned off, a normal directional bedside lamp will do. Place the light under, or above, so the light spreads out over it giving a diffused effect illuminating it, a bit like a movie screen.

这里是我开发的一个简单而可靠的创造你自己个人王国的技巧：找一幅令人愉悦的风景招贴画，明亮而充满阳光。越大越好，但标准尺寸的招贴画就可以。将它贴在你进行投射的房间的墙壁上，或是隔壁的房间里。用一盏小聚光灯照射画面，当其他灯光关闭时，射灯可以照亮招贴画，一盏可调节方向的床头灯就可以。将灯放置在上方或下方，灯光照在画上，光线四散开来，有一种散光效果，有一点点像一幅电影屏幕。

Entering your custom realm: When you project, go towards the poster, keeping your mind blank. Don't think about what you are doing, just gaze at it and move towards it. As you approach it in this way, your subconscious mind will be tricked into creating an astral realm exactly like the poster. Just move up to and into the poster. It is like stepping into another world. Everything in this world will be exactly like in the poster. It will appear to be a normal three dimensional world, an

exact copy, indistinguishable from reality.

进入你习惯的王国：当你投射时，向招贴画靠近，使你的头脑保持一片空白。不要考虑你在干什么，只是盯着它看并向它靠近。当你这样向它靠近时，这会诱使你的潜意识创造一个与招贴画完全一样的星体王国。你向它靠近并进入招贴画。这就像跨入另一个世界一样。这个世界中的一切会与招贴画一模一样。它会看上去像一个平常的三维世界，一个相同的拷贝，与现实毫无二致。

To customise this world: Cut and paste small pictures of things, or people, you want to find in this world with you when you enter it. Don't just stick a whole picture on the poster. Get scissors and cut around the object, or person. Try and find pictures that are approximately the same scale as the poster. If you cut out a small picture of someone, living or dead, your subconscious will create a thought form shell of them and they will be there waiting for you. This may be an excellent way of communicating with those that have died.

定制这样一个世界：将你进入招贴画后希望看到的事物和人的小图片剪贴在画面上。不要把整张图片贴上去。用剪刀把物体或人剪下后贴上去。要找与招贴画相似大小的图片。如果你剪下某个人的一张小照片，不论死人或活人，你的潜意识会创造一个他们的思想形式，他们会在那里等你。这会是一个很好的与死者交流的方法。

Spirit Communication: (I have a theory) The subconscious creates this thought form shell of a person. This shell can be animated by the perfect, detailed memory of your subconscious. But, if there is love there, between the projector and this created person, the spirit of this, diseased person, will be drawn to this scenario and will use this opportunity to communicate with the projector, by animating the created image of their body.

灵魂交流：（我有一个理论）潜意识创造这种有关一个人的思想形式。这种形式可以因你潜意识的完好的、详细的记忆而活动起来。但是，如果在投射者和这个被创造出来的人之间存在着爱，这个死者的灵魂就会被吸引至这个场景，并借这个机会通过使他们身体形象活动起来与投射者进行交流。

The Akashic Records

阿卡西记录

These are found in the buffer zone between the astral and mental worlds, part astral part mental and, in a way, extending into all levels. They are a record of every thought and event that has ever occurred, like a huge, infinite, mental history, picture book. The Akashic records also contain probabilities stemming from, and created by, past events, actions and thoughts. This is like looking into the future. To make any kind of sense of the Akashic records yourself, some skill in clairvoyance is a definite help.

这些可以在星体和意识层之间的缓冲区内找到，一部分是星体层的、一部分是意识层的，并且在某种程度上扩展至所有的层。它们是发生过的每一思想和事件的记录，就像一个巨大的、无限的精神历史、图书。阿卡西记录也包括过去事件、行动和思想的所滋生和创造出来的可

能性。这就像看见未来。要想使你自己看懂阿卡西记录，超视力的一些技巧肯定会有帮助。

If you tune into the Akashic records yourself you will normally see those events with the greatest amount energy around them. Wars and disasters are the easiest to see because of this. The energy surrounding these events make them stand out above all the rest, making them easier to see. If you look into the future, the area of probabilities, you enter into a confusing maelstrom of symbolism mixed with actual events.

如果你自己调谐至阿卡西记录，你通常会看见具有极大能量的事件。因此，战争和灾难最容易看见。围绕在这些事件周围的能量使它们显得尤其突出，使它们更容易看见。如果你察看未来、可能性的区域，你就进入了一个令人迷惑的与真实事件混杂在一起的符号的漩涡之中。

This future symbolism is caused by the belief systems of the major religions. Millions of people in the world have believed in some form of prophecy for thousands of years. Whether it is the Bible's "Book of Revelations" or the prophecies of Nostradamus. These ancient prophecies are all richly steeped in symbolism. This symbolism affects the way people think and dream about the future. This symbolism, in turn, manifests in the Akashic records as symbolic representations of future events. The symbolism is a big help, it makes consulting the Akashic records easier.

这种未来的象征符号是主要宗教的信仰体系所造成的。数千年来世界上千百万人所信仰的预言的一些形式。它是否就是圣经中的启示录、或诺查丹玛斯的预言。这些古老的预言是极为丰富的堆积如山的象征。这种象征影响人们的思考方式和对未来的梦想。这种象征作为未来事件的象征符号依次在阿卡西记录中显现。象征符号是一种很大的帮助，它使阿卡西记录更容易咨询。

You can use the Akashic symbolism as an index. For example, the reference below to "The Dogs of War" is easily understandable as representing war. The "Grim Reaper" is a universal symbol of death and destruction. So, if you are interested in this kind of future event you tune into this symbolic index for WAR, then browse through the category of past and future wars. Apart from some clairvoyant ability, a knowledge of history, geography, religious symbolism, current affairs world leaders and heads of state is a big help; when indexing past and future events.

你可以将阿卡西象征符号作为一个索引。例如，“战狗”可以很容易地理解为代表战争。“冷酷的收割者”是一个普遍的死亡和毁灭的符号。因此，如果你对这样的未来事件感兴趣，你就调谐至这种符号索引以寻找战争，然后浏览过去和未来的战争目录，在索引过去和未来事件时，除了一些超视力能力之外，有关历史、地理、宗教象征符号、时事、世界领导人和国家领袖的知识也会有很大帮助。

For example, in the future vision I give below: If I had known WHO the well known person I saw addressing a crowd below WAS, and recognised the country; I could have made an accurate prediction of future events instead of being wise, AFTER the event.

例如，我看到了以下的未来景象：如果我早知道我看到正在向群众演讲的那个名人是谁，并认出那个国家；我就可以做出一个准确的未来事件的预言，而不是事后诸葛亮了。

I entered the state of consciousness called the Akashic records. There I was inundated with a mass of symbolism. I was seeing in four dimensions at once. My conscious mind did not assimilate this very well. I saw wars, famines, plagues, disasters, earthquakes, volcanoes erupting, plane crashes, murders, etc, it was terribly confusing and depressing.

我进入称作阿卡西记录的意识状态。我被大量的象征符号所包围。我同时看到四个维度。我的意识头脑并不能很好地明白这一切。我看见战争、饥荒、瘟疫、灾难、地震、火山喷发、地层碰撞、谋杀等等，这一切令人极度困惑和沮丧。

I saw one piece of symbolism I recognised though and tuned into it, indexed it. The Grim Reaper holding The Dogs of War (as described by various prophets) These dogs were fearsome beasts with Red eyes and slavering jaws. They were held in check by this hooded figure, with an evil skull for a face, carrying a sickle. He released these dogs as I watched, symbolising a coming war.

但我看到一个象征符号，我认出来了，我调谐至它，对它作索引。冷酷的收割者牵着战狗（正如各种预言所描述的那样）。这些狗是可怕的野兽，张着血红的眼睛，嘴里淌着口水。它们被这个戴头巾的形象牵着，他的脸是恶魔的骷髅，手拿一把镰刀。我看见他把这些狗放出来，这代表一场即将来临的战争。

Tuning into this scene, I was there floating above it all, I could feel the sunshine and smell the city below me. I saw a man standing on a raised dais, under two giant scimitar swords. He was giving a charismatic speech to many thousands of people. One of the swords turned into a Christian Crusader's broad sword. The man was Saddam Hussein, the scene was in Baghdad, at the monument to the unknown soldier. I saw this six months before the Gulf war started. I did not learn WHO Saddam Hussein WAS, or WHERE this scene took place though, until it was televised during the gulf war.

我调谐至这个场景，我这个场景之上飘浮，我能够感到阳光和我下方的城市的气息。我看见一个人站在一个高高的讲台上，在两把巨大的半月形的弯刀之下。他正在对数千名群众作着极具煽动性的演讲。一把弯刀转向一把基督教的十字军的宽剑。这个人就是萨达姆·侯赛因，这个场景就在巴格达，在无名战士纪念碑前。我是在海湾战争爆发前六个月看到这一景象的。我当时并不知道萨达姆·侯赛因是谁，也不知道这一场景在什么地方，直到海湾战争爆发，我从电视转播中看见后才知道。

Looking through the Akashic records is like leafing through an infinite mental photo album. You are bombarded with an awesome array of the sights and sounds of past, present and probable futures. You have to select one of these thought records, tune into it and enter it. You will then live through the record as if you were really there, watching it as it happens.

察看阿卡西记录就像翻阅一本无限的精神相册一样。你深陷于可怕的过去、现在或可能的未来的景象和声音中。你必须选择这些思想记录的其中一种，调谐至它，并进入它。你就会经历这个记录，仿佛你真的在那里，看着它发生。

Consulting with the Akashic records can be done alone if you have the skill, but is normally done with the assistance of an advanced being from a higher level of existence. This is done as a sort of telepathic guided tour. The enormous amount of information and chaff is filtered out for you and the selected record, of past events or future probability, is presented to you clairvoyantly, via a telepathic link with the... librarian.

要是你有技巧，你就能察看阿卡西记录，但这通常需要在来自更高存在层次的高级生命的帮助之下才能进行。这就像一种心灵感应导游的旅游。为你过滤掉无数信息和无用的信息，选中的有关过去的事件或未来可能性，通过与……图书管理员的心灵感应的联系，凭借超视力就会呈现在你面前。

Some people claim to have entered the Akashic Records and found something like a library there, with real books. The past, present and future was recorded as text in these books. Some people even say they have read a record, then entered into it, and experience the record first hand.

有些人声称已进入阿卡西记录，并发现那里像一个图书馆，里面真的有书。过去、现在和未来都作为文字记录在这些书中。有些人甚至说他们读了一条纪录，然后就进入其中，并第一手地经历了这个记录。

All these claims are consistent with the Akashic Records. These are librarian assisted guided tours, where the Akashic Records have been presented as something familiar, easy to use and easy to accept.

所有这些说法都与阿卡西记录相符。这些都是由图书管理员作向导的旅游，这样，阿卡西记录就能以更熟悉、更易运用和接受的事物出现。

The Mental Dimension

意识层

This is a spectacular dimension! Iridescent rivers of sound bounded by rainbow shores of pulsating light. Thoughts appear as kaleidoscopic patterns of light and sound. You walk across fields of ideas under a sparkling crystal sky of inspiration. If you enter this world don't try to rationalise or understand it, or you may go mad, for it is beyond human understanding. Just accept it all, go with the flow and enjoy it!

这是一个壮观的维度！彩虹般的发出声音的河流的两岸发出闪烁的彩虹光芒。思想显现为光和声的万花筒般的图案。在闪闪发光的清澈的天空下，你漫步于思想的田野中。如果你进入这个世界，不要试图去合理化或理解它，否则你会发疯的，因为它远在人类理解之外。只是对它全盘接受，随波逐流去享受它！

This dimension is what, I believe, the ancient Vikings called the famed "Rainbow Bridge" into Asgard. It truly looks and feels as if you are walking up a rainbow into some wonderful world where the Gods must surely dwell.

我认为，这个维度是古代维京人所说的著名的通往仙宫的“彩虹桥”。你真的像是漫步于通往神奇世界的彩虹上，天神肯定住在那里。

Exist here in wondrous amazement. Let loose the child within you to play in this fairy wonderland. Everything feels real and solid. Time is even further distorted here than in the Astral and reality is kaleidoscopic.

这里时刻都处于惊奇之中。让你心中的孩子在这个仙境中玩耍。一切感觉都是真实的和实体的。时间在这里比在星体层更加扭曲，现实就像万花筒一样五花八门。

Buddhic Dimension

布迪克层

This is a warm, abstract world filled with utter peace and infinite love. It is a dimension of pure White. There is no sight or sound perception here other than the all pervading, brilliant White. In this dimension you very quickly relinquish conscious thought and individuality. You cannot think for long once you enter here and there is no need or desire to do so. There is an irresistible urge drawing you into a quiet stillness. It is like being immersed in warm, pure White cotton wool. In this world you cease to be an individual and you become, PART OF THE ONE. You also cease to be male or female. In a way this is like returning to the Mother's womb. You are surrounded, absorbed and assimilated by infinite loving warmth, understanding, forgiveness and atonement. AT-ONE-MENT

这是一个温暖、抽象的世界，充满及至的宁静和无限的爱。这是一个纯白的维度。这里除了遍及一切的灿烂的白光之外，感觉不到其他景象和声音。在这个维度，你很快放弃意识思维和个性。一旦你进入这里，你就无法长时间思考，也没有必要和欲望这么做。有一种无法抗拒的冲动将你吸引至一种安宁的沉静之中。这就像沉浸于温暖纯白的棉花之中。在这个世界中，你不再是一个个体，你是一体的一部分。你不再是男性或女性。在某种程度上，你就像回到了母亲的子宫中。你被无限的爱温暖、理解、宽恕和赎罪所包围、吸收。融为一体。

Time here ceases to have any meaning. If you enter this world you will never, ever want to leave it, you cannot leave it, until your physical body calls and drags you back. This is the healing, resting place of the soul.

时间在这里不再有任何意义。如果你进入这个世界，你会不愿离开，你无法离开，直至你的物质身体呼唤你并把你拉回。这里是灵魂治愈和休息的地方。

Atmic Dimension

阿特密层

This dimension appears be the spirit world. Here, spirits wait for those they loved during their time on earth. This is the happy place of the gathering. It is the place where the reunion of souls takes place.

这个维度是灵魂的世界。在这里，当灵魂所爱的人在地球上生活时，灵魂在这里等待。这里是快乐的聚会之所。这是灵魂再次团圆的地方。

The light in this world is purest, brightest silver, brighter than the flash of an arc welder. It is so bright it seems impossible to look at, but it is, for all that, a supremely gentle light, soft and soothing. It is the light of divine love. The people here appear as they did in the physical world, but at their most magnificent. They glow ecstatically, ablaze with the brightest love, happiness and joy imaginable. The atmosphere is electric and vital, but at the same time deeply spiritual. In this world you can FEEL the presence of God as a tangible all pervading force.

这个世界的光线是极度纯粹、极度明亮的银光，比电焊闪光更亮的光线。亮得无法直视，虽然如此，但它还是一种极其柔和的光线，温柔而令人感到安慰。这是神圣的爱的光芒。这里的人看上去和他们在物质世界没有两样，但都以他们最佳的形象显现。他们心醉神迷地发着光，与所能想象的最明亮的爱、欢乐、和喜悦一起闪烁。这里的氛围令人兴奋，充满活力，但同时充满深深的灵性。在这个世界你可以感觉作为一种真实的、遍及一切的力量上帝的存在。

Communication here, is done by high level telepathic imaging, similar to one-on-one clairvoyance only much more vivid and real. It leaves speech and thought for dead. Time stands utterly still here. Reality is more real and solid than normal reality. Compared to this, the physical world is a vague, tired dream full of half dead people.

这里的交流是通过高层次的心灵感应的想象进行的，和一对一的超视力相似，只是更生动、更真实。说话和思维在这里毫无用武之地。这里的时间是静止的。现实比正常的现实更真实、更纯粹。物质世界与它相比，是一个模糊的、疲乏的、充满了半死不活的人的梦。

I have entered this dimension only four times in my life. Each time from the very deepest consciousness raising meditation, with all my chakras wide open and fully functioning. There was also extreme crown chakra activity. The feeling of this was like a thousand fingers vibrating, and deeply massaging, the whole top of my head above the hairline.

我至今只四次进入过这个维度。每次都处于非常深的意识提升冥想中，所有的脉轮都充分打开，并发挥功能。顶轮活动到了极至。这种感觉就像上千只手指在振动，在深深地按摩，整个头脑在膨胀。

On these four occasions my energy has soared to seemingly impossible heights within me, carrying my spirit and consciousness with it. At the climax of this deeply mystical experience I have heard the sound of one long, pure musical note slowly rising in pitch. I have felt this note in the core of my being, in my heart, calling me, drawing me to it.

在这四次机会中，我的能量剧增至似乎不可能的高度，将我的灵魂和意识也带至高处。在这种神秘经验的高潮，我听到了一个长长的、纯粹的音符，声调缓缓升高。我觉得这个音符是我存在的中心，它在召唤我，吸引我。

I have focused on this note and attuned to it. With every ounce of strength and energy I possessed I have focussed my consciousness on it and projected to it. Stripping away my physical body, I have projected straight into this dimension. It was just like stepping, slipping, through a heavy curtain into another place and another world. I am still aware of my physical body, duality, during this whole experience.

我将注意力集中到这个音符上，并调谐至它。我用我所有的力量和能量将我的意识集中在它那里，并向它投射。我甩开自己的物质身体，直接投射至这个维度。这就像穿过一块沉重的幕布，迈步滑进另一个地方、另一个世界。在整个经历中，我仍能感知自己的物质躯体，具有两重性。

I look about me with wonder, the light is so silver and bright it burns deeply into my soul and I can feel its healing touch within me. There in front of me is my long dead son. He was eight years old when he left me, and he looked just as he did when I last saw him. He was beaming with happiness, his eyes bright and shining. I cuddled him up to me and wept with the joy of seeing him. I looked beyond him and there was a large crowd of people waiting for me. These were all the friends and family I had known and loved and lost during my life. There were also many people I did not know. They all seemed very familiar though and I felt I loved them all. They were clapping and jumping up and down, cheering me in greeting. There were many tears of joy and lots of hugging and kissing.

我惊讶地朝四周望去，光芒是如此银光闪闪、明亮，它深深地烧灼着我的灵魂，我感到它的触摸具有治愈力量。在我面前的是我很久以前死去的儿子。他八岁时离开了我，他的样子依然和我最后见到他时一样。他发出幸福的光芒，他的眼睛明亮、闪烁。我抱起他，看着他，我留下了高兴的泪水。我朝四周望去，有一大群人在等我。这些人都是在我生命中我认识和热爱的朋友和家人。还有许多人我不认识。他们看上去很面熟，我觉得自己爱他们。他们在拍手、上下跳跃，向我欢呼、问候。充满了欢乐的泪水、拥抱和亲吻。

Looking beyond them, I see we are in a natural stone amphitheatre. The ground is smooth rock and it rises to a ridge a couple of hundred meters away that curves towards us. On the top of this ridge are Angels. They looked just like Michaelangelo painted them. They were incredibly beautiful, with large White feathered wings, curly Golden hair and Alabaster skin. They were blowing long sparkling golden horns, and the pure high note came from them.

我朝四周看去，我看到我们是在一个天然的石头的圆形剧场中。地面是光滑的石头，它延伸至一座数百米外的向我们蜿蜒而至的山脊。在山顶上有天使。他们就像米开朗基罗画中的天使。他们的美貌难以形容，长着大大的白色羽毛的翅膀，蜷曲的金发，雪白的皮肤。他们吹着长长的金光闪闪的喇叭，发出纯粹的高昂的音符。

Stepping from the crowd I walked into the open. I look in awe at these angels and wave at them. The note started to die away as I did this and the Angels began lowering their horns. I stand for a timeless moment in silence, looking all around me. Then everything began to shimmer and I slipped, fell back into my physical body. I wept. I have never wanted to come back.

离开人群，我来到一片开阔地，我敬畏地看着这些天使，并向他们招手。这时音符开始消失，天使放下喇叭。我沉默地站在那里，看着四周。一切开始发出微光，我感到自己在滑向自己的物质躯体。我哭了。我一点儿都不想回来。

Death

死亡

When you leave your body for the final time, at death, this is what I believe will happen:

这就是我认为当你最后一次离开你的身体，在你死亡时，会发生的情形。

You will be projecting, in real time, for the first few days, close to the physical world, until your supply of etheric matter runs out. Then you will go through the second death and enter the Astral dimension. There, you will purge yourself of all desire, by being able to have anything you have ever wanted, in abundance. This is done through having the full use of your subconscious mind's powerful creative ability. Here you can saturate your every need and desire, until you see these desires for the illusions they really are.

在最初几天里，你会在靠近物质世界的地方实时投射，直到你的以太物质供给告罄。然后你会经历第二次死亡，并进入星体层。在那里，你能够得到你所要的一切，并以此来净化你所有的欲望。这是通过充分利用你潜意识强有力的创造力来完成的。在这里，你可以满足你所有的需要和欲望，直到你发现这些欲望其实都是幻象。

You will then shed your Astral (desire body) and enter the Mental dimension. There you will see your past life, examine and express every thought you have ever had and every action you have ever done. There, your thoughts, memories and experiences will be added to the Akashic Record. Which is the recorded experience of the entire human existence in the physical dimension.

然后你会摆脱你的星体（欲望身体），并进入意识层。在那里，你会看到你过去的一生，察看和展现你有过的每一个思想和一举一动。你的思想、记忆和经验都会被加入到那里的阿卡西记录中。它是物质层整个人类存在经验的记录。

Shedding your mental body you will then enter the Buddhic dimension. There you will stay for timeless healing, for rest, atonement, forgiveness and understanding of self. In this world your inner wounds will heal and your soul will be nurtured by divine love. Your spirit will become whole and perfect once more.

摆脱你的精神躯体后，你会进入布迪克层。在那里你会进行治疗和休息、赎罪、宽恕和自我理解。在这个世界中，你内心创伤会痊愈，你的灵魂会为神圣的爱所滋养。你的灵魂会再次变得完整和完美。

Then you will shed your Buddhic body and enter the Atmic dimension. There you will wait in the divine presence for those you love. Then, one day, you will go on to the next level of existence; where the last great mystery of life will be revealed to you....

然后你会离开你的布迪克身体，并进入阿特密层。在那里，你会等待你所爱的人的出现。然后，有朝一日，你会到下一个生存层次；在那里，最终的伟大的生命之谜会向你展现……

DNA 译 010106

论星体投射

卷二 第三部分(v1.1)

罗伯特·布鲁斯著

PROJECTION TRAINING

投射练习

To trigger the projection of the Astral body, while fully conscious, there are four major requirements:

引发完全有意识的星体投射，有四个主要条件：

1. Relaxing your body 100% while staying awake.
2. Concentrating 100% on what you are doing.
3. Having enough energy available.
4. Pressuring the astral body to separate.

1. 保持清醒，100%放松身体。
2. 100%集中注意力。
3. 体力充沛
4. 对星体躯体施加压力使其分离。

Together, these four things will trigger an OOB.

这四点加起来就会引发脱体经验。

Below are exercises that will teach how to relax the body, concentrate, clear the mind, raise energy, stimulate the chakras and enter the trance state.

以下是教你如何放松身体、集中注意力、净心、提升能量、刺激脉轮和进入恍惚状态的练习。

CALMING THE MIND

平息心念

Relaxation

放松

You must learn and master, a full body relaxation exercise. If you know one already it can be adapted to suit. Here is a very simple one:

你必须学会和掌握一套全身放松练习。如果你已经知道一种，可稍作修改以适应需要。以下是非常简单的一种。

Sit, or lie down, and relax. Starting with the feet, tense and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face until your whole body is deeply relaxed. Go over this a few times, making sure your muscles stay relaxed.

坐下、或躺下并放松。从脚开始，先紧张后放松。分别在小腿、大腿、臀部、胃部、胸部、胳膊、颈部和脸部重复这一动作，直到你的整个身体深度放松。重复数次，确保你的肌肉保持松弛。

Note: Deep physical relaxation is the key to bringing on the trance state, i.e., deep relaxation CAUSES the trance state. Once you are in the trance state, projection on the astral body is relatively easy.

注意：深度的生理放松是启动恍惚状态的钥匙，即：深度放松引发恍惚状态。一旦你处于恍惚状态，星体投射就相当容易。

Contemplation

冥想

When you begin meditation, you will be plagued with thoughts from your surface mind, which acts like a huge Memo pad. It carries messages, reminders, pressing thoughts, problems to solve, unresolved issues etc. It is constantly busy, it NEVER rests, thoughts, thoughts, thoughts, one after the other, all clamouring for attention.

当你开始冥想，你会为来自你表层意识的思想所困扰，它就像一本巨大的记事簿。它包括信息、备忘、压抑的想法、要解决的问题、没有解决的问题，等等。它一直忙个不停，它从不休息，想、想、想、一个念头接着一个念头，吸引着你的注意力。

Before you attempt to clear your mind, with the breath awareness exercise below, it is wise to deal with these surface thoughts by the act of contemplating them. Sit comfortably, do the relaxation exercise and think, nothing more, just think. Search out the strongest thoughts in your mind and examine them, try to resolve and understand them.

在你开始净心之前，用以下的感知呼吸练习来处理这些表层的思想。舒适地坐着，进行放松练习，并且冥想，其他什么也不做，只是冥想。找出你头脑中最强烈的念头，对它们一一察看，试图解决和理解它们。

Note the word: THINKING. Contemplation does not involve clearing the mind, or visualisation. It

requires you to THINK, deeply and thoroughly, about something, to gain a deeper understanding of its nature and how it relates to you, an insight.

注意这个词：冥想。冥想并不包括净心、或观想。它要求你去冥想，深刻地和彻底地，某件事情，以获得一个更深刻的对它的本质的理解，以及它如何使你获得启发。

Breath Awareness Meditation

感知呼吸冥想

This is a simple form of meditation. It will clear your mind and focus your awareness.

这是一个冥想的简单形式。它会让你净心并集中你的感知。

Sit or lie down, close your eyes, do the relaxation exercise and clear your mind. Breathe deeply and slowly and focus on the breath entering and leaving your body. Feel it coming in and feel it going out. Focus your whole attention on your lungs and the breathing process. This simple action is enough to occupy your surface mind. Firmly push intruding thoughts away, as they begin, before they can gather strength and distract you.

坐下或躺下，闭上眼睛，进行放松练习并净心。深沉而缓慢地呼吸，集中注意力于呼吸进出于你的体内。感觉它进来、出去。将你的整个注意力集中于你的肺部和呼吸的过程。这个简单动作足以占据你的表层意识。只要它们一出现，在它们可以积聚力量和转移你的注意力之前，就坚决地赶走入侵的念头。

Breath awareness occupies the surface mind and allows you to think on a much deeper level.

对呼吸的感知占据表层意识，使你能在一个更深刻的层次冥想。

Surface Thoughts

表层心念

Sounds are very distracting, they generate surface thoughts. A car horn will generate: "Who's that, what's happening?" A door opening will generate: "Who's coming in or going out?" The surface mind is always very curious about what is happening around you. It wants to know all, and it wants to inform you of every little thing going on around you. It will pressure you to open your eyes, get up and go find out what's happening.

声音很容易令人分心，它们会引发表层的念头。一个汽车喇叭会引发：“那是谁？什么事？？”一声开门声会引发：“谁进来了或出去了？”表层心念总是对你周围发生的事情非常好奇。它想知道一切，它想告诉你发生在你四周的每一件细微的事情。它会迫使你睁开眼睛，站起来去察看发生了什么事情。

Don't allow this to happen. USE these annoying, attention getting thoughts as a training aide. By learning to quash and ignore them, your powers of concentration will grow.

不要让这种情形发生。把这些烦人的、吸引注意力的念头当作一种帮助练习。通过学习排除它们和对它们不予理睬，你的专注力就会增长。

Stop these annoying little thoughts as they begin, before they can take root and grow into something stronger.

在这些烦人的杂念开始时就让它们停下来，不要让它们生根或更更有力。

For example:

例如：

"Who's that, what's happening?" becomes: "Who's th....."

“那是谁，发生了什么？”变为：“那是……”

"Who's coming in, or going out?" becomes: "Who's co....."

“是谁进来或出去了？”变为：“是谁进……”

With practise the start of these distracting thoughts will get shorter and shorter until you get:

通过练习，这些杂念会越来越短，直到你：

" Wh...?.....?....." and " W...?..... "

“什……? ……?” 和 “谁……? ……”

And finally:

直至：

".....?.....?.....?....."

“.....? ……? ……? ……”

Many people say they can't clear their mind as they are too easily distracted by all the small noises that surround them, in normal day to day activity. DON'T use music or other sounds to blanket these out, USE them for training. It's like weight lifting, if you train with feather dusters your strength will not increase. You need to master this, the hard way, if you want to give your mind real muscle.

许多人说他们无法净心，在他们的日常生活中，他们很容易就被周围细小的声音所分心。不

要用音乐或其它声音去掩盖它们，把它们当作练习。这就像举重练习，如果你用鸡毛掸练习，你的力量就不会增强。如果你真正想锻炼你的头脑，你就必须掌握这种困难的方法。

Slowly but surely you will master the ability to clear your mind. Once accomplished, you will have gained a valuable mental tool. You will be able to concentrate 100% of your attention, on one task, to the TOTAL exclusion of everything else.

但慢慢地，你肯定会掌握净心的能力。一旦掌握了，你就有了一种很宝贵的精神工具。你就能够 100% 地将你的注意力集中于一件事上，把其它一切完全置之度外。

I sometimes meditate, in the trance state, successfully, in a noisy, crowded room with little children crawling all over me. NOTHING breaks my concentration.

有时我在一间人多、吵闹的房间里，我的四周有小孩在爬，我能恍惚状态中成功地进行冥想。我的冥想并未被打断。

CONCENTRATION

集中注意力

You must be able to concentrate and focus completely on what you are doing. Lack of concentration is the single, biggest cause of projection failure. It affects every aspect of projection, from the relaxation exercise, to the trance state and actual projection.

你必须能够完全将注意力集中于你正在做的事情上。无法集中注意力是投射失败的最简单、也是最大的原因。它影响投射的每个方面，从放松练习到恍惚状态和实际投射。

To test your ability to concentrate: Sit and relax. Close your eyes and your mind of ALL thought. Breath slowly and deeply and count each breath, at the end of each exhale. Hold it totally BLANK, apart from the counting, for as long as you can. See how long you can hold it like this. Be honest with yourself, every time a thought intrudes start counting from the beginning again.

测试你集中注意力的能力的方法是：坐下并放松。闭上眼睛并开始净心。深沉而缓慢地呼吸，并在每次呼出时计数。除了数数之外，尽你所能地保持头脑空白。看你能坚持多久。不要欺骗自己，每次一个念头侵入时就从头开始计数。

You are doing well if can do this for longer than ten breaths. Ten breaths is, however, not long enough. Don't worry though, this can be improved on with the exercises below.

如果你可以数到十次呼吸，你就做得很不错了。但十次并不足够。但也不要担心，通过以下的练习还可以进一步提高。

Concentration Exercise (1)

注意力集中练习（1）

After image retention: Relax, calm your mind, and look at a candle or a light bulb. Place this light in front of you, a couple of feet away, and stare fixedly at it for a minute or two. Close your eyes and concentrate on the after image this will generate behind your closed eyelids. Try and keep sight of it for as long as possible. Use breath awareness to keep the mind clear, while you are doing this. Try and make the after image grow, instead of fading away.

保持残留图像：放松，使你的心念平静下来，注视一支蜡烛或一盏灯。把这盏灯放在你面前，数呎之外，对它注视一到两分钟。闭上眼睛，并集中注意力于你闭上眼皮后残留的图像。尽可能长时间地盯住它。当你在这样做时，运用感知呼吸练习以保持净心。努力使残留图像增强，而不是消失。

Concentration Exercise (2)

注意力集中练习（2）

One point stare: Pick a spot on a wall and gaze at it. Don't focus on it, just gaze at it gently. Clear your mind of ALL thoughts and forcibly hold it blank. Concentrate HARD, on breath awareness while you are doing this. When you feel a thought beginning, push it away, don't let it finish! Hold this for as long as you can. Do this several times a day, or more if you can.

凝视一点：在墙上选一个点，然后盯着它看。不要全神贯注于它，只是柔和地盯着它。排除头脑中所有杂念，使它保持空白。同时，将注意力集中于感知呼吸。当你感到一个念头出现时，立刻把它赶走，别让它想完！尽你所能地延长这种情形。每天做几次这种联系，如果可以的话，可以多做几次。

Concentration Exercise (3)

注意力集中练习（3）

Energy breathing: Sit and relax. Close your eyes and clear your mind. Do the breath awareness exercise and imagine the air you are breathing IN is brightly coloured energy of your favourite colour. Imagine the air you are breathing OUT is a murky Grey, full of toxic waste. This is a purification exercise. It stimulates your chakras into absorbing energy on the inhale and getting rid of negative energy on the exhale.

能量呼吸：坐下并放松。闭上眼睛，开始净心。进行呼吸感知练习，并想象你吸入的空气是你喜爱的颜色的明亮的有色能量。想象你呼出的空气是一种暗灰色，充满有毒的废物。这是一个净化练习。它刺激你的脉轮在吸入空气时吸收能量，在呼气时排出负面能量。

Note: Try your best not to tense up while you are doing these concentration exercises, it is ALL mental. In the beginning, it may feel as if you have to tense your mind into a tight ball to stop it thinking, but in time you will find the opposite to be true. When you get used to it, clearing the mind is VERY relaxing.

注意：当你在做这些注意力集中练习时，尽你所能不要紧张，这都是意念的。开始时，你觉得你必须使你的头脑紧绷成一个球，以不让他思考，但你逐渐会发现相反才是正确的。当你

习惯以后，净心是非常放松的。

The Trance State

恍惚状态

When you have attained a deep level of relaxation and mental calmness, you will feel your body begin to get very, very heavy. This heaviness is the main symptom of your brain waves changing from the Beta to the Alpha level as you enter a trance. The trance state is caused by deep physical and mental relaxation. There is nothing weird or supernatural about it. It simply means your body has entered the sleep state while your conscious mind is fully awake.

当你获得深度放松和心念平静时，你就会觉得你的身体开始变得非常非常沉重。这种沉重感是当你进入恍惚状态时你的脑波由 β （贝塔）转为 α （阿尔法）的主要征兆。恍惚状态是由深度生理和心理放松引起的。这一点儿都不诡异或超自然。它仅仅意味着当你的意识头脑在完全清醒状态时你的身体已经进入睡眠状态。

How To Enter A Trance

如何进入恍惚状态

Do the relaxation exercise and calm your mind through breath awareness. Imagine you are climbing down a ladder in the dark. Don't visualise a ladder, just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder with your imaginary Hands (outlined below). On the inhale, feel yourself holding still on the ladder. What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake level (Beta) to the asleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

进行放松练习，通过呼吸感知平息心念。想象你在黑暗中沿着楼梯往下走。不要观想楼梯，只是想象你自己在下楼梯。呼气时，感觉你自己跨下一、两极楼梯，用你想象的手（下面划线的）。吸气时，感觉你站在楼梯上不动。所需要的是在你头脑中有一种下沉感。这使大脑清醒状态时的脑波活动贝塔状态改变至睡眠层次（阿尔法）或深度睡眠状态（太塔， θ ）。一旦你的脑波活动层次达到阿尔法时你就会进入恍惚状态。一直这样做。进入恍惚状态所要花费的时间各不相同，根据你对深度放松和平息心念的经验而定。

Note: Once you get the heavy feeling, stop the mental falling exercise.

注意：一旦你感到发沉，就停止意念下落练习。

If you don't like the ladder, imagine you are in a lift, feel yourself falling on the exhale and holding on the inhale. Or, Imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. As I stated above, you need a mental falling effect to lower your level of brain wave activity. This mental falling effect, when combined with deep relaxation and mental

calmness, will cause you to enter the trance state. Feel free to use any scenario you are familiar with to bring about this going deeper feeling.

如果你不喜欢楼梯，想象你在一个电梯里，感觉呼气时你在下降，吸气时停顿。正如我上面所说，你需要一种意念下落的效果，以降低你的脑波活动层次。这种意念下落效果，当与深度放松和心念平息相结合时，会使你进入恍惚状态。随你想象任何你所熟悉的场景来引发这种下沉的感觉。

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body. Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change. It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance, feel like a physical blow to the Solar Plexus.

恍惚状态感觉就像：一切变得更安静，你就像是在一个更大的地方。在你身体中有一种非常轻微的嗡嗡声。所有感觉都不一样。它就像黑暗中在你头上罩了一只纸板箱一样，你可以感到气氛改变了。这就像一切变得失真和模糊。在恍惚状态中，任何响亮的声音都像对太阳神经丛的一击。

Deep Trance

深度恍惚状态

The level of trance you achieve depends greatly on your relaxation, concentration skills and will power. To enter a deeper trance, i.e., Theta level and beyond, you have to concentrate much more and for much longer, on the mental falling sensation aided by breath awareness. The first level of trance, i.e., when you get very heavy, is quite deep enough for projection. I strongly advise against forcing yourself deeper than a light trance, until you have plenty of experience with the trance state.

你所达到的恍惚状态的深度主要根据你的放松、注意力集中技巧和意志力。要进入一个更深的恍惚状态，即：太塔和更深的层次，你必须更专注，时间更长，于意念下落感，并辅助以呼吸感知。恍惚状态的第一层次，即：当你感到发沉，深度足以进行投射。我强烈建议你不要强迫自己进入比轻度恍惚状态更深的层次，直到你对恍惚状态富有经验为止。

How can you tell if you are entering a deep trance? There are four very noticeable symptoms:

你如何判断你进入了恍惚状态？有四分非常明显的征兆：

1. An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat.

1. 一种不舒适的寒冷感，但并不令你发颤，伴随着体温的持续丧失。

2. Mentally, you will feel very odd and everything will feel extremely sloooooow. Your thought

processes will slow down as if you had been given a strong pain killing injection.

2. 你会心中感觉非常奇怪，一切似乎极其缓慢。你的思维过程会慢下来，似乎你被注射了强烈的镇痛药。

3. You will feel disassociated from your body, i.e., a strong floating sensation and everything will seem far away.

3. 你会感觉与你的身体分离，即：一种强烈的飘浮感，一切似乎离得很远。

4. Total physical Paralysis.

4. 完全的生理麻痹。

Note: These four things, ALL TOGETHER, signify you are entering a deep trance.

注意：这四点，合在一起，表明你正在进入恍惚状态。

Do not mistake the mild floating sensation you sometimes get with light trance, i.e., as you astral body comes loose. Or the slight loss of body heat from sitting still for a long time and the mild paralysis, i.e., the heaviness, for a deep trance. The sensation of deep trance is quite uncomfortable and unmistakable for what it is.

不要把你有时在轻度恍惚状态中感觉到的轻度飘浮感误认为是恍惚状态，即：当你的星体躯体松动。或者由于长时间静坐引起的轻度的体温丧失和轻度的麻痹，即：深度恍惚状态的发沉感。深度恍惚状态的感觉是十分不舒服的，不可能误认的。

It is very difficult to get into the deep trance state, as you need highly developed relaxation, concentration and trance state skills plus lots and lots of will power and mental energy. You will not accidentally fall into it.

要进入恍惚状态非常困难，你需要高度的放松、集中注意力和恍惚状态技巧，加上巨大的意志力和心理能量。你不会碰巧进入深度恍惚状态。

If you are worried you are going too deep, remember this:

如果你担心你正在进入过深的恍惚状态时，记住这些：

You CAN pull yourself out of it at any time. Concentrate ALL your will on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes. Falling into a deep trance should not be a problem with these exercises.

你可以在任何时候使自己离开恍惚状态。集中你全部的意志动弹的手指或脚趾。一旦你可以

动弹手指或脚趾、弯曲你的手、挪动你的胳膊，摇晃你的头，即：重新活动你的身体；起身走几分钟。以这些练习进入深度恍惚状态应该不会有问题。

I have seen many people in meditation groups etc, enter a light trance and not be able to pull themselves out of it, i.e., they float away with the faeries. Usually some kind person will talk them out of it or massage their wrists etc to get them to come back to reality. This is unnecessary and is the result of lop-sided training, i.e., no concentration or will power training. The person only THINKS they cannot come back and therefore does not try very hard. It is also a good way of getting attention from the group.

我看到冥想团体中的许多人，进入轻度恍惚状态，不能使自己从中出来，即：在幻想中飘浮。通常有人会跟他们说话或按摩他们的手腕以使他们回到现实中来。这是不必要的，是片面练习的结果，即：没有集中注意力或意志力练习。这个人只以为他们不能回来，因此并不十分努力地尝试。这也是一种很好的获得团体的注意的方法。

Note: Your mind is extremely powerful and has vast untapped resources. It can do ANYTHING, no limits, if it is trained, conditioned and properly motivated.

注意：你的意识极其强大，具有广阔的未开发的资源。它可以做任何事情，如果加以训练、调整和适当的激发，没有限制。

Energy Body Expansion

能量身体扩张

At some point after entering the trance state, you will feel a mild paralysis come over you. This will soon be accompanied by a deepening vibration and a buzzing feeling all over. You may also feel like you are huge and swollen. The paralysis, vibrations and the huge feeling are symptoms of the energy body expanding and the astral body loosening. This is part of the normal sleep process. The energy body expands and opens in order to accumulate and store energy. During this, the astral body drifts free, slightly out phase with the physical body.

在进入恍惚状态之后的某个时刻，你会感到全身的一种轻度的麻痹。这会很快伴随而来一种全身的深沉的振动和一种嗡嗡的感觉。你还会感到你似乎庞大而肿胀。麻痹、振动和扩张的感觉是能量体扩张和星体躯体松动的征兆。这是通常的睡眠过程的一部分。能量身体扩张和打开以 积聚和储存能量。在这期间，星体躯体自由飘浮，稍稍在物质身体之上。

Trance Familiarity

熟识恍惚状态

Many people blow their projection simply because they are not used to the trance state. They think it is a briefly opened window into the Astral dimension. This is simply NOT true. If you stay mentally and physically calm when you enter the trance state, you can maintain it for hours. I regularly spend several hours at a time in the trance state, during meditation.

许多人半途而废只是因为他们不习惯恍惚状态。他们认为这只是进入星体层的一扇打开的窗户。这根本不对。当你进入恍惚状态，如果你保持心理和生理上的平静，你可以维持这种状态数小时。我通常在冥想中一次花上数小时于恍惚状态中。

If, when you enter trance, you think: "Yes! I've done it!...I'm in a trance! Gotta hurry and get out quick...before it stops!" You'll blow it for sure! The trance will be ended by the simple act of getting over excited, i.e., breaking relaxation and mental calmness.

当你进入恍惚状态如果你想：“是的！我成功了！……我进入了恍惚状态！在恍惚状态结束之前，我得快点离体！”你肯定会失败的！恍惚状态会由于过于激动而终止，即：打断了放松和心理平静。

It's a good idea to spend time in the trance state, just getting used to it, before you try and project. Just relax, stay calm, focus on breath awareness, and hold the trance. It won't end until you want it to. Get used to how it feels.

在恍惚状态中花时间是一个好办法，仅仅为了对它习惯，在你尝试投射之前。只要放松，保持平静，注意力集中于呼吸感知，保持恍惚状态。它不会结束，直至你想让它结束。使自己对恍惚状态的感觉感到习惯。

When you are comfortable doing this, do the energy raising and chakra stimulation exercises, below, in trance.

当你舒适地这样做时，在恍惚状态中进行能量提升和脉轮刺激练习。

Note:

注意：

1. You do not HAVE to be in a trance to learn energy and chakra work, it just works better in trance.

1. 你不必再恍惚状态中学习能量和脉轮工作，在恍惚状态中它能更好地工作。

2. Trance practise can be done lying down, but is best done in a comfortable arm chair.

2. 恍惚状态练习可以躺着进行，但最好坐在舒适的椅子中进行。

Your astral body will be loose in the trance state, so try lifting your astral arms and legs out, one at a time. Use your HANDS to do this, as shown in the next section. Focus and FEEL your awareness in an arm and slowly lift it free of your body. You may feel a slight tickling or localised dizziness inside your arm or leg, as you do this. Lift your astral arm up and look at it, with your eyes closed, but DON'T move a muscle. In this state you should be able to see it through your closed eyelids, but don't worry if you can't, this will come later.

你的星体躯体会在恍惚状态中松动，因此尝试抬起你的星体胳膊和腿，一次抬起一条。用你的精神之手这样做，在下一部分所述。集中和感觉你的知觉在一条胳膊上，慢慢地将它抬离你的身体。你会感到你的胳膊或腿部有一种轻微的刺痒或局部的晕眩，当你这么做时。提起你的星体躯体并用你闭上的眼睛看着它，但不要运动肌肉。在这种状态你应该能够通过你合上的眼皮看见它，但不要担心，如果看不见，随后你就会看见。

Lifting your astral arms free is good practise for projection. Later, you will use these astral arms to pull your astral body free of the physical.

自由地抬起你星体躯体的胳膊是一种很好的投射练习。接着，你会用星体胳膊将你的星体躯体拉出你的物质身体。

Tactile Imaging 触觉想象

Tactile imaging is a perception or FEELING of localised bodily awareness.

触觉想象是身体局部知觉的一个知觉或感觉。

Your hands are very closely linked to your bodily awareness. They are intimately aware of every part of your body. Imaginary HANDS, outlined below, is only an extension of this (hand to body) awareness. When you are asked to feel your awareness, in any part of your body, PRETEND your hands, your real hands, are going to touch that area of your body. Then use the awareness this generates in that area to imagine your imaginary HANDS are there.

你的手与你的身体知觉非常紧密地相连。它们密切知觉你的身体的每一个部分。下文描述的想象之手，只是这种（手至身体）知觉的一个延伸。当你被要求感觉你身体任一部分的知觉时，假装你的手，你真实的手，正要触摸你身体的那个部位。然后运用这个部位产生的这种知觉来想象你想象之手在那里。

Keep your eyes closed and hold your hands out a foot or so in front of your face. Concentrate, FEEL where they are and try and SEE them through the blackness behind your closed eyes. Cross your wrists, slowly move them about, turn your hands over, open and close your fingers. Look hard, concentrate, as if you were trying to see in the dark, and you will see a faint moving shadow in your minds eye, where your hands and arms are.

使你的眼睛闭着，将你的手置于你面前一英尺左右的地方。集中注意力，感觉它们在哪里，试图通过你闭上的眼皮看见它们。将你手腕交叉，将它们缓慢移动，反转你的手，伸开合拢你的手指。竭力看，集中注意力，就像你真的看见一样。

Close your eyes and touch the tip of your nose with the index finger of your right hand. You'll find you can accurately put that finger on any part of your body with your eyes closed. Try it, put your hand, your real hand, on different parts of your body like this. You know exactly where your hands

are at all times, you can sense and feel where they are. If you observe what is happening in your mind, while you are doing this, you will notice you become aware of the part of your body you are going to touch, the instant you make the decision to touch it.

闭上眼睛，用你右手的食指碰触你的鼻尖。你会发觉你眼睛闭上你能将食指精确地放置你身体的任何部位。像这样尝试将你的手，你真实的手放置你身体的不同部位。你总是确切知道你的手的位置，你可以感觉它们在哪里。如果你在你头脑中观察正在发生的情形，当你这样做时，你会注意到你变得感知到你将触及的身体部位，在你决定触及它的一瞬间。

Go over your whole body like this, getting used to the sensation of awareness it generates in different areas of your body.

像这样触及你的全身，习惯于你身体不同部位所产生的知觉。

What is happening is this: Part of your mind is shifting into, and HIGHLIGHTING, the area you are going to touch, in order to guide your hand to the exact spot. Your mind shifts part of its awareness to this spot and acts like a homing beacon for your hand.

发生的情形是这样的：你意识的一部分在转移至、并照亮、你将触及的部位，以指导你的手到达那个点。你的意识将它部分的知觉转移至这一点，就象是为你的手自动引导的灯塔。

The ability to shift your awareness into different parts of your body like this is VITAL to energy work and this projection method.

这种转移你的知觉至你身体的不同部位的能力就像这是对于能量工作和这种投射方法是至关重要的。

Note: You do not have to actually visualise these HANDS, i.e., see or imagine you can see them. It is ALL tactile, NOT visual. You just have to be able to pretend to FEEL them doing something, like you are rehearsing some simple action in your mind.

注意：你不必真正观想这些手，即：看见或想象你能看见它们。这都是触觉的，而不是视觉的。你只是必须能够假装感觉它们在做什么事情，就像你在头脑中预演一些简单的动作。

I originally developed this technique for blind people. Blind people cannot visualise AT ALL, if they have been blind since birth, but they do have a very keen sense of bodily awareness. The majority of sighted people also have great trouble with visualisation of any kind, and all projection techniques depend heavily on visualisation. This being the case, I developed a projection technique that does NOT depend on visualisation to exert pressure on the astral body to separate. It turned out to be so much easier, and more successful, than the other visualisation based techniques, that I discarded them in favour of this simple tactile method.

我本来开发这个技巧是为了盲人。盲人根本无法观想，如果他们先天失明的话，但他们的确有一个非常的灵敏的身体知觉。大多数视力正常的人也在任何种类的观想上遇到巨大困难，

而且所有的投射技巧极大地依赖于观想。正是出于这个原因，我开发了一种投射技巧，并不需要依赖于观想来对星体躯体施加压力以使它分离。它变得大为简便，并且更成功，比其他有赖于观想的技巧，我弃置这些方法，更欣赏这种简单的触觉方法。

Note: Blind people are not blind in astral form. The astral body does not have any organs as such, it is a point of consciousness only. The astral body you are aware of while projecting is provided courtesy of the subconscious minds creative ability.

注意：盲人处于星体躯体中时能够看见。星体躯体并没有这类的器官，它只是一个意识点。你在投射时所感知到的星体躯体是拜潜意识头脑的创造力之赐。

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论星体投射

卷二 第四部分 (v1.1)

罗伯特·布鲁斯著

BASIC ENERGY WORK

基本能量工作

The Major Chakras

主要脉轮

The major chakras are situated at:

主要脉轮位于：

1. MASTER: Base chakra (base of spine, between anus and genitals)

1. 主脉轮：基础轮（脊椎底部，在肛门和生殖器之间）

2. Spleen chakra (slightly below the belly button)

2. 脾轮（脐部稍下）

3. Solar Plexus chakra (1 hand-span above the belly button)

3. 太阳丛脉轮（脐部以上一掌）

4. MASTER: Heart chakra (centre of the chest)

4. 主脉轮：心轮（胸部正中）

5. Throat chakra (base of throat, above where it joins the chest)

5. 喉轮（喉咙底部，喉咙与胸部结合处）

6. Brow chakra (exact centre of forehead)

6. 眉间轮（前额正中）

7. MASTER: Crown chakra (whole top of head above the hairline)

7. 主脉轮：顶轮（发迹以上整个头顶）

They are best imagined as roughly the size of the palm of your hand, except for the crown chakra which is much larger.

除了顶轮要大得多以外，最好将它们想象为大约和你的手掌一样大小。

What Are Chakras?

什么是脉轮？

Chakras are non-physical organs that transform raw Kundalini energy into more subtle, and useable, forms of energy, of a different type. The chakras do not, themselves, contain energy. Raw energy is drawn up from the planet, by the minor chakras in the legs and feet, and fed into the main chakra system.

脉轮是非生理器官，它们将未加工的军荼利（瑜伽术语，生命力——译者注）能量转化为一种不同类型的更微细和可利用的能量形式。脉轮它自身并不包含能量。原初能量是由地球中吸收而来，并通过在腿脚中更小的脉轮，输往主要脉轮系统中。

Kundalini energy is, in essence, pure thought energy that permeates and binds the universe together. This living energy field can be tapped, more deeply, by the application of focussed, creative will. It can be drawn into the human body and transformed, by the chakra system, into a more subtle and useable form of energy.

军荼利能量本质上是纯粹的思想能量，它弥漫并束缚宇宙。通过运用专注的创造性的意志，可以更深刻地触及这种生命能量场。通过脉轮系统，它可以被吸收入体内并转化至一种更微细和可利用的能量形式。

The chakras are attached to the spinal cord and nervous system via certain glands and nerve ganglia. The full chakra system is extremely complex. There are 3 master, 4 major and over 300 minor chakras in the human body. There are also several non-physical chakras situated outside of the body. Detailed maps of the chakra system and their connecting meridians and pathways, have been used for thousands of years in Eastern mysticism and medicine, i.e., acupuncture. The chakra system is used with every psychic ability, no exceptions. Whatever the psychic ability, the method of development or the terminology used to describe it, it is all done the same way, through chakra stimulation. It is impossible to manifest any psychic ability without first stimulating the chakras.

脉轮通过某些腺体和神经中枢与脊髓和神经系统相连。完整的脉轮系统极其复杂。在人体中有三个主脉轮，四个大脉轮和超过三百个小脉轮。还有几个位于体外的非生理的脉轮。在东方神秘主义和针刺疗法中，详细的脉轮系统图及其相互关联的子午线和路径，已经使用了数千年之久。毫无例外，每种心灵能力都是运用了脉轮系统。不论是何种心灵能力、开发的方式或描述它所使用的术语，它都是以相同的方式完成的——通过刺激脉轮。如果不首先刺激

脉轮，就不可能有任何心灵能力。

Many people will deny this, above, and claim they have never done any chakra, energy work, but still have psychic abilities. There are many ways to develop yourself, agreed, but they all, directly or indirectly, stimulate the chakra system. And let's not forget natural ability. Many people are born with naturally active chakras and hence, natural psychic ability.

许多人会否认上述观点，并声称他们从不进行任何脉轮、能量练习，但仍具有心灵能力。我同意，开发你自己可以有多种方式，但它们都直接或间接地刺激了脉轮系统。让我们不要忘了天生的能力。许多人天生就有活跃的脉轮，也因此具有天生的心灵能力。

Mediums are people who exhibit psychic abilities when aided by a nonphysical spirit entity. This entity stimulates the chakras of the medium directly, by melding with the medium and causing psychic abilities, clairvoyance, channelling, healing, production of ectoplasm etc to manifest through the medium. This is why they are called Mediums or channels, i.e., they have the ability to become a passive vehicle for a spirit entity to affect, or communicate with, the physical world.

灵媒是在一个非物质的精神实体的帮助下展现心灵能力的。这个实体通过与灵媒合为一体、直接刺激灵媒的脉轮，以引发心灵能力、超视觉、通灵、治疗、产生流质等等，并通过灵媒加以展示。这就是为什么人们称之为灵媒或通灵者，即：他们具有成为一个精神实体借以影响或联络物质世界的一个被动的载体的能力。

You do not need a spirit entity to develop and use, a psychic ability. If you learn to control your own chakras and energy, you can do these things on your own, with no spirit entity involved, and without the inherent risk involved with that method.

你不一定要一个精神实体来发展和运用心灵能力。如果你学会控制你自己的脉轮和能量，你就可以自己做这些事情，而不需精神实体，也没有这种附体所带来的危险。

Energy Raising

能量提升

Sit, or lie down, do the relaxation exercise and clear your mind with breath awareness. Focus your awareness in your feet. Use your HANDS to pull energy up from your feet, through your legs, to the base chakra. Imagine you are gripping energy and pulling it up through you. Just like you did when you used these HANDS with breath awareness and colour breathing, pulling air and energy into your lungs.

坐下、或躺下，进行放松练习，用感知呼吸来排除杂念。将你的注意力集中到你的脚上。运用你的精神之手将能量从你的脚上往上提升，通过你的腿部，到达基础脉轮。想像你抓住能量将它往上提升。就像当你用这双精神之手感知呼吸时一样，将空气和能量拉至你的肺部。

Note: Try and imagine your HANDS are inside your legs and just inside the front of your torso as you do this.

注意：当之这样做时，努力想像你的精神之手在你的腿中，在你的躯干的前部。

Use breath awareness as an aide to energy raising. Draw energy up through you, with the inhale, and hold it in place on the exhale. Do this over and over again, pulling energy to the Base chakra, for at least a few minutes. You may or may not feel anything while you do this. Even if you don't, you are still drawing some energy with this exercise. The amount of energy drawn up through you will increase as the chakras develop with time and use.

把感知呼吸作为能量提升的一种帮助。用吸气来提升你体能的能量，呼气时将能量保持在原位。反复这样做，至少数分钟，将能量提升至基础轮。在这么做时，你会或不会有任何感觉。即使你没有感觉，通过练习你还是吸收到一些能量。当随着运用脉轮和时间的推移用，吸入的能量就会增加。

From the feet, up the legs to the base centre, is a natural path for the energy that flows through you. This energy will stimulate your chakras and they will transform this, basic energy, into energy of a different type. This transformed energy will then flow into your subtle bodies, energising them. With practise, you will actually FEEL this energy tingling and surging through you.

从脚到腿部、再到基础轮，这是流经你身体的能量流的一个天然通道。这种能量会刺激你的脉轮，它们会将这种基本能量转化为一种不同类型的能量。这种被转化的能量接着就会流入你的微细身中，使它们能量化。通过这个练习，你会实际感到这种能量在你体内发麻和涌动的感觉。

Chakra Stimulation

刺激脉轮

Opening a chakra: Your imaginary HANDS are used for this. Imagine you are tearing open a bread roll at the site of a chakra when you are asked to do this. You don't have to visualise anything, just FEEL like you are doing this, as if you were doing it in real life without looking at what you are doing.

打开脉轮：你用想象之手打开脉轮。当你被要求打开脉轮时，想象你在在一个脉轮的所在撕开一个面包圈。你不必观想任何东西，只是感觉你正在这么做，就好像你在现实生活中这么做一样，而不去看你正在做的事情。

Chakras are non-physical centres, so you need a non physical method to stimulate them. This is achieved by focusing your awareness in the area of a chakra and using your mind to manipulate it. You need a localised, mental opening effect in a chakra to stimulate it; this tearing open action, with your imaginary HANDS, provides it. By moving your point of awareness to the site of a chakra and causing a mental opening effect with your HANDS, you are directly stimulating the chakra.

脉轮是非生理的中心，因此你需要一个非生理的刺激它们的方法。这可以通过将你的知觉集

中在一个脉轮上，并用你的意念对它进行操控来达成。你需要一个脉轮上的局部的、意念的打开的效果以刺激它；这个用你想象之手撕开的动作提供了这种刺激。通过将你的感知点移至一个脉轮的部位，并引发以你精神之手的意念打开的效果，你就在直接刺激脉轮。

Note: Do the energy raising exercise, as above, before stimulating the chakras. Use breath awareness to aide your HANDS in pulling energy into each chakra, i.e., draw energy UP on the inhale and HOLD it on the exhale, with all the chakra stimulation exercises below.

注意：在刺激脉轮之前，按照以上所述进行能量提升练习，运用感知呼吸以帮助你的精神之手将能量提升至每个脉轮，即：吸气时提升能量，呼气时保持住能量，做以下的所有脉轮刺激练习。

1. Base chakra: Raise energy up to your Base chakra. Use your HANDS to open it. Pull energy INTO the Base chakra. Repeat this first step, thoroughly, seven times.

1. 基础轮：将能量提升至你的基础轮。用你的精神之手打开它。把能量拉入基础轮。彻底地将步骤一重复七次。

2. Spleen chakra: Draw energy from the feet, through the Base chakra and on up to the Spleen chakra. Open the Spleen chakra. Repeat this three times, starting at feet.

2. 脾轮：将能量从脚通过基础轮向上提升至脾轮。打开脾轮。从脚开始，重复三次。

3. Solar Plexus chakra: Draw energy from the feet, through the Base and Spleen chakras and on up to the Solar Plexus chakra. Open the Solar Plexus chakra. Repeat this three times, starting at feet.

3. 太阳丛脉轮：将能量从脚通过基础轮和脾轮提升至太阳丛脉轮。打开太阳丛脉轮。从脚开始，重复此步骤三次。

4. Heart chakra: Draw energy up from the feet, through the Base, Spleen and Solar Plexus chakras and on up to the Heart chakra. Open the Heart chakra. Repeat this three times, starting at feet.

4. 心轮：将能量从脚通过基础轮、脾轮和太阳丛脉轮提升至心轮。打开心轮。从脚开始，重复此步骤三次。

5. Throat chakra: Draw energy up from the feet, through the Base, Spleen, Solar Plexus and heart chakras to the Throat chakra. Open the Throat chakra. Repeat this three times, starting at feet.

5. 喉轮：将能量从脚通过基础轮、脾轮、太阳丛脉轮和心轮提升至喉轮。打开喉轮。从脚开始，重复此步骤三次。

6. Brow chakra: Draw energy up from the feet, through the Base, Spleen, Solar Plexus, Heart and Throat chakras to the Brow chakra. Open the Brow chakra. Repeat this three times, starting at feet.

6. 眉间轮：将能量从脚通过基础轮、脾轮、太阳丛脉轮、心轮和喉轮提升至眉间轮。打开眉间轮。从脚开始，重复此步骤三次。

7. Crown chakra: Draw energy up to the Crown chakra as in the previous step. Open the Crown chakra. This chakra is much larger than the others (whole top of head, above hairline). Imagine you have a much larger, flatter bread roll inside the top of your head and are tearing it open with your HANDS, or like you are tearing your scalp open. Repeat this entire process twice, starting with the feet.

7. 顶轮：同前述步骤将能量提升至顶轮。打开顶轮。这个脉轮要比其他脉轮大得多（发迹以上的整个头顶）。想象在你的头顶中有一个大得多的、更平的面包圈，你在用你的精神之手撕开它，或像你在撕开你的头皮。从脚开始，重复整个过程两次。

Note: Try your best not to tense any muscles during these exercises. You may, however, feel a slight internal contracting, a feeling that is NOT muscular while you are stimulating your chakras. These are the glands and nerve ganglia, linked to the chakras, contracting in response to the stimulation. This internal contracting is normal.

注意：在这些练习过程中，努力不要使任何肌肉紧张。但你可以感到一种轻微的内在的收缩，当你刺激你的脉轮时，有一种不是肌肉的感觉。这些是与脉轮相连的腺体和神经中枢对刺激作出的收缩反应。这种内在收缩是正常的。

The Base, or Root chakra, is a MASTER chakra and THE MOST IMPORTANT ONE TO ACTIVATE. This chakra is the doorway for the Kundalini energy. Unless this is opened sufficiently, the energy cannot flow into the other chakras. I suggest you concentrate most of your time and energy into stimulating your Base chakra, at least in the early stages of chakra development.

基础轮、或海底轮，是主脉轮，所要激活的最重要的脉轮。这个脉轮是军荼利能量的门户。除非这个脉轮被充分打开，能量就不能流入其他脉轮。我建议你将你大多数的时间和能量集中于刺激基础轮，至少在脉轮开发的早期阶段应该这样。

Note: When I first started raising energy and developing my chakras, many years ago, I didn't feel ANY sensation for several months. Many people, though, have reported to me strong energy and chakra sensation the first time they used them. Some people have more natural chakra activity than others. Lack of any sensation, though, will not stop you from stimulating and developing them, even if, as was my case, you feel nothing at first. I did not have ANY natural chakra activity or ANY natural psychic ability when I first started energy work.

注意：许多年前，当我自己开始提升能量和开发脉轮时，几个月中我没有任何感觉。但许多人告诉我，在他们首次运用脉轮时，他们就感到了强烈的能量和脉轮的感觉。有些人天生就具有比其他人更活跃的脉轮。但没有任何感觉并不会妨碍你刺激和开发脉轮，甚至像我一样，你起先会什么感觉都没有。在我开始能量练习时，我并没有任何天生的脉轮活动或任何天生的心灵能力。

Stop And Check

停下来检查

Check your muscles for any tensing during the energy raising and chakra stimulation exercises, and re-relax as needed. Your muscles will automatically try and respond to the mental action of pulling energy up through you. Remember, this is ALL mental, your body must stay calm and relaxed throughout.

在提升能量和脉轮刺激的练习过程中，察看你的肌肉是否紧张，如果需要就重新放松。你的肌肉会自动试图对提升能量的意念作出反应。请记住，这都是意念的，你的身体自始至终必须保持平静和放松。

Chakra Sensations

脉轮的感觉

The sensations you will feel in your chakras can vary, according to the degree of activity occurring in them, i.e., your physical make up, natural ability, concentration and relaxation skills affect this. It can vary from a gentle warmth, a localised pressure, or bubbling (like stomach wind), a localised dizziness, a tingling, a gentle pulsing, to a heavier throbbing, or a combination of some or all of the above. The heavier the thrumming, the more active the chakra. If you place your hand on a chakra, when it is active, you will actually feel the flesh pulsing.

你对脉轮的感觉会各不相同，这要看它们的活跃程度，即：你的生理、天生的能力、注意力的集中和放松技巧都会对脉轮有影响。感觉可以极不相同，从一种柔和的温暖的感觉、一种局部的压力感、或一种气泡感（就像一股胃气），一种局部的晕眩、一种麻刺感、一种柔和的脉动、到一种更深沉的搏动、或上述全部或部分感觉的组合。搏动越重，脉轮就越活跃。如果你把手放在一个脉轮上，当它活跃时，你会真实地感觉肌肉在搏动。

Some of the chakras, when active, can cause other odd, localised sensations:

当一些脉轮处于活跃状态时，可以引起其他奇怪的、局部的感觉：

Base chakra: You may feel a very slight burning or tingling, or a cramping, like you have been riding a bicycle for too long, to begin with. Once it is working properly, you will feel a gentle pulsing or throbbing between your legs, at the site of the chakra.

主脉轮：你会感到一种非常轻微的烧灼感或麻刺感、或一种抽搐感，一开始，就像你长时间骑自行车的感觉。一旦它正常运作，你会在你两腿之间的脉轮的位置感到一种柔和的脉动或搏动。

Solar Plexus Chakra: This can sometimes cause a shortness of breath feeling, which can cause you to hyper-ventilate. This will pass, with time and use, as the chakra stabilises.

太阳从脉轮：这有时会引起一种窒息感，可以使你过度呼吸。随着时间和对脉轮运用的推移，当脉轮稳定后，这种感觉就会消失。

Heart Chakra: The heart chakra merits special mention due to the strong, and sometimes frightening, sensation it can cause. When strongly activated it can feel like your heart is racing at an impossible rate. It is a powerful sensation. Try and ignore this when it happens, it won't hurt you. It is not your heart racing but the chakra working. I know this is easier said than done, ignoring it, but with practise and familiarity you can. This racing is more apparent in the early stages of development. I think this is caused by a lack of energy flowing from the lower centres. In a way it is like a pump racing, when it does not have enough fluid to pump.

心轮：心轮需要特别谈论，因为它有时能引发强烈、可怕的感觉。当被强烈激活时，它的感觉会像你的心在以一种不可能的速率跳动。这是一种强有力的感觉。当它发生时，尽力对它不予理睬，这并不会伤害你。这不是你的心脏在跳动，而是你的脉轮在工作。不去理睬它，我知道这说起来容易，可做起来并不容易，但通过练习和熟悉，你可以做到。在开发的早期阶段，这种急速跳动更为明显。我认为这是由于来自更低的脉轮的能量流的供给缺乏引起的。在某种意义上，它就像一个水泵，这时它并没有足够的水流抽吸。

The heart chakra, when fully operational, feels like: Place one hand on your chest, with your finger tips resting in the middle of it over your heart. Tap your fingers on your chest, in time with your heart. Increase this rate until you are tapping as fast and hard as your fingers can move.

当完全运作时，心轮的感觉就像：将一只手放在你的胸部，你的指尖放在心脏的部位。用指尖敲击胸部，节奏与心跳相同。逐渐加快敲击的节奏直至无法再快。

Note: Your actual heart rate does NOT speed up with this racing sensation. If you hook yourself up to a heart monitor, you will see that your heart beat hardly changes at all.

注意：你实际的心跳速率并不和这种感觉一起加快。如果用心跳监测仪测量的话，你会发现你心跳的速率并未改变。

Throat Chakra: The throbbing in it can cause a very mild choking feeling, because of the sensitive area it is in. This feels something like having an emotional lump in the base of your throat.

喉轮：喉轮的搏动可以引起一种非常轻微的透不过气的感觉，因为它处于很敏感的部位。这种感觉就像情绪激动时的哽咽的感觉。

Crown Chakra: When fully active it feels like a thousand soft, warm fingers gently massaging the inside of the top of your head, above the hairline, and extending down in the centre of the forehead, to include the brow chakra, which is part of it. This sensation is the reason the Buddhists call it "The Thousand Petalled Lotus".

顶轮：当完全活跃时，它就像成百上千的柔软的、温暖的手指轻轻地按摩你发迹以上的头顶的内部，并向下延伸至前额正中，包括它的一部分——眉间轮。这种感觉就是佛教徒称之为

“千叶莲花”的原因。

Note: You may feel a stronger sensation in some chakras and little or none in others. Concentrate on the lowest ones with the least sensation. This will help balance the energy flow in the chakra system.

注意：你会在某些脉轮有更强烈的感觉，而在其他脉轮只有轻微感觉或毫无感觉。集中注意力于最没有感觉的脉轮。这会有助于平衡脉轮系统的能量流。

If you are unbalanced, during projection the inactive chakras can cause failure, i.e., you may get your body partly loose but find you are stuck to your body at the site of the inactive chakra. If this happens, concentrate on stimulating the inactive chakra prior to projection.

如果在投射期间，脉轮系统的能量流不均衡，不活跃的脉轮会导致失败，即：你会使身体部分松动，但发现在不活跃的脉轮处你被身体卡住了。如果发生这种情形，在投射之前要集中注意力于刺激不活跃的脉轮。

Closing The Chakras

关闭脉轮

After any chakras work, it is VERY important to close them, unless you are going to use them, as in projection.

在任何脉轮活动后，关闭它们是非常重要的，除非你在投射中将要使用它们。

This closing is especially important if you FEEL strong activity in them. If you leave chakras open during normal day to day activity you will bleed energy. This can cause fatigue and even health problems. It can also attract the unwanted attention of undesirable astral entities. To close them, simply reverse the process until no activity is felt. Feel your mental hands closing the chakras and push the energy back down. The more activity you feel, the more time you must spend learning to close them. If you still feel any activity after doing this; eating and physical exercise also helps to close them.

如果你感到它们极其活跃，关闭它们就尤为重要。如果你不关闭脉轮，在日常活动中你就会流失能量。这会引起疲惫，甚至健康问题。这也会吸引你不需要的星体实体的不必要的注意。要关闭它们，只要简单地反转过程，直到没有脉轮活动的感觉。感觉你的精神之手在关闭脉轮，并把能量向下推。你感到活动越多，你就必须花越多的时间学会关闭它们。如果这样做后你仍然感到脉轮活动，吃东西和运动也有助于关闭脉轮。

Psychic Abilities

心灵能力

After beginning chakra work, you may find psychic abilities start to grow in you. This is a natural offshoot of stimulating the chakras. In my next series, on more advanced energy work, I will show

how to develop and use some of these abilities and how to raise the Kundalini.

在开始脉轮活动后，你会发现你身上开始出现心灵能力。这是刺激脉轮的一个自然的衍生物。在我后面的论文中，在论述更高级的能量活动时，我会说明如何开发和运用一些这样的能力，以及如何提高军荼利。

Practise

练习

Some relaxation, breath awareness, concentration and mental hands exercises should, ideally, be carried out daily. They can be done anywhere and anytime you have a few minutes to spare.

每天最好应该进行一些放松、呼吸感知、集中注意力和精神之手的练习。只要你有几分钟的空闲，可以随时随地进行练习。

HOW LONG DOES IT ALL TAKE?

这一切要花多长时间？

Many people have asked me "How long does it take to learn projection?" My answer is: Because everybody has different levels of natural ability and skill, it will take as long as it takes. I have had letters from people, who have been trying various other methods for several years, but with no results; get out the very first time they tried this technique. Other people, with NO relaxation or concentration skills at all, are looking at several months training before they will get out.

许多人都问过我“学习投射要花多长时间？”我的回答是：因为每个人天生能力和掌握技巧的程度不同，所需时间也不同。我收到人们的来信，他们花了几年时间，以不同的其他方式进行尝试，但毫无结果；他们尝试这种技巧以后第一次就成功了。也有人一点都没有放松或集中注意力技巧，他们希望化上几个月的时间就可以获得成功。

DNA 译

010110

论星体投射

卷二 第五部分 (v1.1)

罗伯特·布鲁斯著

ASTRAL ROPE

星体绳

A key ingredient to the new projection techniques is an invisible, imaginary ROPE hanging from your ceiling. This ROPE will be used to exert dynamic pressure at a single point on your astral body to force its separation from the physical.

这种新的投射技巧中的关键部分是一根看不见的、想象中的、由天花板下垂的绳子。运用这

根绳子对你的星体身体在一个点上施加动力的压力，以迫使它与肉身分离。

The ROPE technique is similar, but more direct and hence more effective than other more passive and indirect methods, such as reaching out and pulling vibrations into you, or visualizing yourself in front of yourself. The idea of pulling vibrations into you is vaguely illogical, if you understand the mechanics of projection.

这种绳子技巧与其它更为消极和间接的方法相似，但它更直接，因而更有效，这些方式如：伸展并将振动拉入你的体内，或观想你自己在你自己的前面。如果你理解投射机制的话，将振动拉入你体内的想法有些不合逻辑。

The vibrations are an effect and NOT a cause of projection. When enough pressure is exerted on the astral body to loosen it sufficiently, the energy body expands and energy flows through the chakra system to be stored in the energy body. This flow of energy through the hundreds of chakras and their connecting web, or meridians, CAUSES these vibrations. This normally happens, unnoticed, during sleep.

振动是投射的结果，而不是投射的起因。当施加于星体躯体上的压力足以使它松动，能量体扩张，能量流经脉轮系统以储存于能量体中。这种流经数百个脉轮及其连接网络或子午线的能量流引发这些振动。这种情形通常不被注意地发生于睡眠期间。

PUTTING THE PRESSURE ON

施加压力

The more passive, indirect methods of projection do exert some pressure on the astral body to separate, but over a wide area. They still shift the point of consciousness out of the body, albeit obtusely. Any mental action that exteriorizes the point of consciousness will exert some pressure on the astral body.

更消极、间接的投射方法确实在星体躯体上施加了一些压力以使它分离，但压力分布于很大的区域。它们仍然将意识点转移至体外，尽管很笨拙。任何移出体外的意念会对星体躯体施加一些压力。

The action of pulling yourself hand over hand up a rope is a strong, one pointed, natural action that is easy to imagine yourself doing. The ROPE technique concentrates ALL your mental resources into one strong, DYNAMIC action which exerts a high level of pressure directly on a single point of the astral body.

将你自己一手一手地沿着一根绳子往上拉的动作是一种强烈的、集中于一点的自然动作，是很容易想象你自己在做的动作。绳子技巧将你全部意念集中于一个强烈的、动力的动作，它将高层次的压力直接施加于星体躯体的一个点上。

There are many other, more subtle, ways that exert pressure on the astral body as well. Many of these are unsuspected for what they are. Most meditation exercises, for example, exert PASSIVE

pressure on the astral body. You may imagine you are going down in a lift, falling, climbing down a ladder, or just floating downwards. Whatever the technique, it is designed to reduce brain activity. Any self induced, inward falling sensation places passive pressure on the astral body, which will cause brain activity to lower and bring on the trance state where a deeper level of the mind is revealed.

对星体躯体施加压力还有许多其他的、更微妙的方法。其中许多无疑是有用的。例如，大多数冥想练习对星体躯体施加了被动的压力。你可以想象你在一架下降的电梯里，你在下落、你在一架楼梯上往下爬、或向下飘浮。不论是什么技巧，它的目的是减少大脑活动。任何自我诱使、内心的下落感将被动的压力施加于星体躯体上，这会使大脑活动降低，并引发恍惚状态，它显现为一种意识的更深层的状态。

The action of inward falling obtusely shifts the consciousness out of the body, exerting passive pressure on the astral body over a wide area, but in the reverse to that needed for projection, i.e., general downwards pressure. This, in a way, is like trying to get your astral body to FALL out of your physical body on its own, i.e., your point of consciousness tries to FALL, downwards, out of the physical body.

内心的下落的动作笨拙地将意识转换至体外，对星体躯体施加范围较广的被动压力，但投射需要与此相反的压力，即：总体上向下的压力。在某种程度上，这是试图使你的星体躯体自己下落至你的肉身之外，即：你的意识点试图下落至肉身之外。

What most people do to project is to either exert forward, passive pressure on the astral body, by visualizing themselves floating out of themselves, and HOPE, they can make it happen, i.e., trigger the projection reflex. Or, they try a more direct method, such as visualizing themselves out of their body, which is very, very, difficult. Lets face it, 99% of people can't visualize for peanuts and the act of mentally visualizing yourself OUT of your body, AND shifting your consciousness INTO this visualization is almost impossible for most people. The other popular method is to try to pull vibrations into you. This method is slightly more effective than most as it exerts some pressure at a single point, but it is still an indirect mental action and, therefore, obtuse.

大多数人投射时是通过观想他们自己漂浮出体外来对星体躯体施加向前的、被动的压力，并希望他们能够使投射发生，即：诱使投射反射。或者，他们以一个更直接的方法，比如，观想他们在自己的体外，这是非常、非常困难的。我们得承认，99%的人一点都不能观想，对于大多数人，他们要意念观想在自己的体外，将意识点转移至这个观想中，这是不可能的。另一个常用的方法是，试图将振动拉入你的体内。这种方法比大多数方法稍稍有效一些，因为它将压力施加于一个点上，但它仍然是一个间接的意念动作，因此也是笨拙的。

All the above, and the general lack of information about the mechanics of projection, i.e., HOW it happens, accounts for the extremely high failure rate amongst people learning to project.

以上所示，加上有关投射的力学知识总体上的匮乏，即：它如何发生，这就是为什么人们学习投射失败的比例如此之高。

Holding passive pressure, over a wide area, on the astral body, for long enough, WILL activate the projection reflex, eventually. But this can take a long time and can be mentally exhausting. I have developed, through recent research, a better, faster and more dynamic method of projection that is very effective. I call this technique simply ROPE. It is not that using an imaginary rope for projection is such a new idea, it's not, but the understanding of the mechanics of it and the application of this knowledge to ROPE is.

对星体躯体大范围、长时间施加压力，会最终激活投射反射。但这会花很长时间，并使你意念耗尽。我通过最近的研究，已经开发了一个更好、更快、更具动力、效果更好的投射方法。我将这个技巧称为绳子技巧。这不是一根用于投射的想象中的绳子，而是对它的力学的理解，并运用这种知识。

If you fully understand how a thing works, you can use that thing more efficiently and, therefore, get better results.

如果你完全理解一样东西是如何工作的，你就可以更有效率地运用这样东西，并因此获得更佳的结果。

The new ROPE method overcomes the general misdirection of mental resources and the chronic waste of mental energy caused by the usual lengthy procedures needed for projection. ROPE shortens the time needed to cause a projection and optimizes the use of available energy.

新的绳子技巧克服了总的对意念的误导、以及由于通常投射所需要的步骤而对意念能量的长时间的浪费的问题。绳子技巧缩短了引发投射所需要的时间，并最优化地运用可获得的能量。

One of the most important ingredients for a successful projection is to be properly motivated. Without this motivation you will not have enough mental energy to succeed and will either fall asleep or forget the projection afterwards. It is, therefore, important to keep preparation time as short as possible so it is not such a daunting and mentally exhausting task.

成功的投射最重要的因素之一是有适当的动机。没有动机，你就不会有足够的意念能量以获得成功，你会睡着或事后遗忘投射过程。因此，尽可能缩短预备时间是很重要的，这样投射就不会是一个如此令人气馁和伤脑筋的事了。

One thing a new projector has in abundance is enthusiasm. Enthusiasm is pure mental energy. ROPE, plus the understanding of HOW it works, harnesses and makes better use of this energy resource and vastly improves the success rate.

新的投射者所缺乏的是热情。热情是一种纯粹的意念能量。绳子技巧，加上对它如何工作的理解可以更好地利用这种能量资源，并大大提高成功率。

Getting The Feel Of Rope

感觉绳子

Pin a length of ribbon, string or rope to the ceiling above you. Have it hanging within arms reach so you can easily reach up and touch it. Reach out and touch it frequently, until you are used to where it is in your mind. This ribbon is only a tactile aide. By being able to reach out and touch the ribbon, you used to the spatial coordinates of where the invisible, imaginary ROPE is. This grows both in your mind and hence as a thought form, making it easier to imagine yourself reaching out and climbing the ROPE with your imaginary HANDS.

将一根缎带、线或绳子钉在你头顶上的天花板上。使它悬挂在你出手可及的位置，你轻易就可以触摸到。常常去伸手触摸它，直到你熟悉了它的位置。这根缎带只是一个触觉助手。通过能够伸手触摸到缎带，你就熟悉了对应的看不见的想象中的绳子的空间位置。这在你头脑中因而也生成一个概念，使你更容易想象你自己以你想象中的精神之手伸手攀爬绳子。

Note: You do NOT have to actually visualize, or see, the ROPE at any time, just know where it is supposed to be. This method uses NO visualization at all.

注意：你不必任何时候都真的观想或看见它，只要知道它应该在什么位置就可以。这种方法根本不用观想。

Reaching out and pulling on this invisible, imaginary ROPE with your imaginary HANDS shifts the bodily awareness induced point of consciousness, out of the body, with a strong natural action that puts direct pressure on one point of the astral body.

用你想象中的精神之手拉住并沿着这根想象的绳子往上爬，这以一个强烈的自然的动作直接在星体躯体上的一个点上施加压力来转移身体知觉诱使意识点离开身体。

Active Chakra

激活脉轮

One important point, if you happen to have more activity in your Brow Chakra, rather than in your Heart Chakra, which is sometimes the case. Move the position of your imaginary ROPE so your arms would be at a 45 degree angle above your head. If you use the visual aide, ribbon, move this so it is hanging down over your head, rather than over your chest.

重要的一点，如果正好你的眉间轮比心轮更活跃，有时会出现这种情形。移动你想象中的绳子的位置，这样你的胳膊会在你头上成 45 度角。如果你运用视觉助手——缎带，那就移动它，让它下垂至你的头顶，而不是下垂至你的胸前。

Changing the angle of the ROPE shifts the point of pressure you are exerting on your astral body to the most active chakra area and gives better results.

改变绳子的角度使你施加于星体躯体的压力点转移至最活跃的脉轮区域，获得更佳效果。

In any case, position the angle of the ROPE at the most natural, and easy to imagine attitude for you. It is important that the angle and position of the imaginary ROPE feels natural. Experiment

with this angle until it feels right for you.

在任何情形中，将绳子的角度置于你觉得最自然和容易想象的位置。想象中的绳子的角度和位置要感觉自然，这是很重要的。试试不同角度，直到觉得合适为止。

ARE YOU READY TO PROJECT ?

你准备好投射了吗？

All the exercises in the previous parts of this series ARE necessary training for projection. They are, however, not all needed, in themselves, for the projection process. If you do all the relaxation, mental calming, mental falling, chakra opening and energy raising exercises during the actual projection, you can use up your supply of mental energy. This can cause mental exhaustion and you may find yourself short of energy and willpower for the all important exit.

论文前述所有练习都是投射所必需的练习。然而在投射过程中它们却不是必要的。如果你在实际投射时做所有的放松、净心、意念下落、打开脉轮和能量提升练习，你会用完你所有的意念能量。这会使你大脑疲惫不堪，你会觉得自己缺乏最重要的脱体所必需的能量和意志力。

All the exercises should be done separately from the projection itself. They are training and development exercises, designed to improve control over body and mind and to increase the flow of energy through the chakras. This is like working out in a gym as a part of football training. You don't actually use these exercises to play football, they just improve your fitness and strength so you are able to play football effectively.

所有的练习应该与投射本身分开来进行。它们是训练和开发练习，目的是提高对身体和头脑的控制，并增强流经脉轮的能量流。这就像体操练习作为足球训练的一部分。你不必实际上运用这些练习来踢足球，它们只是提高你的协调性和力量，这样你就能够有效地踢足球。

Do the training exercises separately UNLESS you are trying for an advanced, real time projection. It is, then, still necessary to go through the full procedure, and activate all the chakras, prior to the actual projection.

单独做训练练习，除非你在尝试一个高级的、实时的投射。那么，仍然需要在实际投射之前进行全部程序，并激活所有的脉轮。

The whole point of learning to project is to get your astral body to separate from the physical while fully conscious. The earlier you get a fully conscious projection the better. Otherwise, you may eventually give it all up as just too difficult. Therefore, I strongly suggest all beginners concentrate on the simplest, most effective way of getting a conscious projection. Once you have some projection experiences under your belt you can try for some of the more advanced, and hence, more difficult, types of projection.

学习投射的关键是，有意识地使你的星体躯体与肉身分离。你越早获得有意识的投射越好。否则，你会最终因为太困难而全部放弃。因此，我强烈建议初学者集中于最简单、最有效地

获得有意识投射的方法，一旦你有了一些投射经验，你就可以去尝试一些更高级的、因而更具难度的投射类型。

By doing the training exercises you have learned to relax your body, to clear your mind and to concentrate. You have begun to develop (MBA) (mobile bodily awareness) and how to use MBA, i.e., using your imaginary HANDS to preform certain tasks both inside and outside of your body. You have also begun to awaken and develop your chakras so your energy flow is stronger and you have, hopefully, spent time getting used to being in trance. These skills have prepared your body and mind for projection.

通过进行训练练习，你学会了放松身体、净心和集中注意力。你已经开始开发移动身体感知以及如何运用它，即：运用你想象中的精神之手去完成体内和体外的某些任务。你也已开始唤醒和开发你的脉轮，因此你的能量流更强烈，你已经可以化时间熟悉恍惚状态。这些技巧为你的身体和头脑进行投射做好了准备。

When To Do The Exercises

何时做练习

Even though the exercises, in themselves, are not all used during the projection sequence, they still need to be done regularly in order to develop the necessary skills and energy levels for conscious projection.

虽然这些练习本身在投射步骤中并不都要使用，但为了培养有意识投射所必须的技巧和能量的层次，仍应进行常规练习。

I suggest the relaxation, concentration and mental calming exercises are done daily. Use your imaginary HANDS with these exercises. The energy, chakra work and other exercises should be done at least once a week to be effective. If you wish to do them more often, fine, just don't tire yourself out too much.

我建议每天进行放松、集中注意力和净心练习。做这些练习时，要运用你想象中的精神之手。能量、脉轮活动和其他练习应至少一个星期做一次才有效。如果你希望做的次数再多一些，也可以，只是不要使自己太累就行。

Your Projection Sequence

你的投射步骤

It is difficult to give one, universal projection sequence as everybody has different levels of skill and natural ability. For this reason I give a more flexible sequence and I suggest you tailor a projection method to fit your own needs and level of skill. Keep in mind the old saying "What works, works!" Play around with your sequence until you find what is right for you, what is easiest and most effective.

很难给出一个通用的投射步骤，因为每个人的技巧和天生的能力都不一样。出于这个原因，

我提供一个更灵活的步骤，我建议你编制一个符合你自己需要和技巧水平的投射步骤。记住老话：“什么有用，就用什么！”尝试你的步骤，直到你发现哪个适合你，哪个最容易、最有效。

First, here is the full sequence for advanced, real time projection.

首先，这里是适于高级的、实时的投射的完整步骤。

Full Sequence

完整步骤

1. Do relaxation exercises thoroughly.
2. Clear your mind through breath awareness.
3. *Enter trance using mental falling method.
4. *Raise energy and open all chakras.
5. Pull yourself out with the imaginary rope.

1. 彻底进行放松练习。
2. 通过感知呼吸来净心。
3. *运用意念下降方法进入恍惚状态。
4. *提升能量并打开所有脉轮。
5. 用想象中的绳子将你自己拉出体外。

Note:

注意：

1.Steps 3* and 4* can be swapped to suit, i.e., do the energy work before, or after, entering trance. Energy and chakra work is more effective done in trance, but some people have trouble getting into that state. Doing the energy work first will usually help bring about the trance state.

1. 步骤 3*和步骤*4 可以互换，即：在进入恍惚状态之前或之后进行能量活动。能量和脉轮活动在恍惚状态中进行更有效，但一些人难以进入这种状态。先进行能量活动通常会有助于进入恍惚状态。

2.IF you still have trouble getting into trance, use the ROPE climbing method at step 3* instead of the mental falling exercise, until you are in trance. Then stop the ROPE climbing and do the energy work before continuing with the projection, i.e., using the ROPE at step 3* will help force your body into the trance state.

2. 如果你依然无法进入恍惚状态，在步骤 3*用绳子技巧代替意念下落练习，直至你进入恍惚状态。然后停止绳子攀爬，并在继续投射之前进行能量活动，即：在步骤 3*运用绳子技巧会有助于迫使你的身体进入恍惚状态。

How To Use ROPE

如何运用绳子技巧

This is a complete projection method in itself, if you have good powers of concentration. I suggest beginners concentrate solely on this method until they have more experience. This projection method will give you a normal Astral projection. The duration of this projection, in real time, will depend on the level of chakra development and energy flow you have attained.

如果你具有良好的集中注意力的力量，这本身是一个完整的投射方法。我建议初学者只专注于这个方法，直到他们更有经验。这种投射方法会使给获得一个普通的星体投射。这种投射实时的延续的时间有赖于脉轮的开发程度和你已经获得的能量流。

1. Do the relaxation exercise thoroughly, until you are completely settled. This should only take a few minutes, don't overdo it.

1. 彻底地进行放松练习，直到你完全安定下来。这应该只化几分钟时间，不要过多做这个练习。

2. Reach out with your imaginary HANDS and pull yourself, hand over hand, up the strong, invisible, imaginary ROPE hanging above you. Try and imagine the feel of a strong, thick, coarse rope in your HANDS.

2. 伸出你想象中的精神之手，将你自己一手接一手地沿着牢固的、看不见的、想象中的悬在你之上的绳子向上爬。努力想象你精神之手中的牢固、粗糙的绳子。

Don't try and visualize this ROPE! I want you to imagine you are reaching out and climbing this ROPE in the pitch dark, so you can't see it at all, you just know where it is and can imagine the feel of it. Visualization wastes valuable mental energy that can be better put to use exerting direct pressure on your astral body.

不要试图观想这根绳子！我要你想象你在出来并在黑暗中攀爬绳子，所以你根本看不到它，你只知道它在哪里，并且可以想象它的感觉。观想浪费宝贵的精神能量，它可以更好地用于对你的星体躯体施加直接的压力。

You will feel a slight dizzy sensation inside you as you do this, specifically in your upper torso. This is caused by exerting dynamic pressure on the astral body. The dizzy sensation comes from the astral body loosening. This feeling of vertigo will intensify the more you pull on the rope.

当你这样做时，你会在体内、尤其在你的躯干，感到一种轻微的晕眩的感觉。这是由对星体躯体施加压力引起的。这种晕眩感来自星体躯体的松动。你继续沿着绳子往上攀，这种晕眩感会越来越强烈。

Very Important Note:

特别注意：

a) This dizzy feeling and any feelings of pressure or vertigo, etc, caused by your mental action of pulling on the ROPE MUST be carefully noted by you. Learn the EXACT mental action you are doing to cause this vertigo. You will have to train your mental climbing action to cause this feeling. So, the first few times you try this ROPE method, concentrate on finding the right mental action to do this. Once you learn what it is you are doing to cause this, and can recreate it at will, you are really starting to get somewhere.

A) 你必须小心注意这种由你拉绳子的心理活动引起的晕眩感或任何压力感等等。要了解正是你正在进行的心理活动引起了这种晕眩。你必须训练你意念的攀爬活动以引发这种感觉。所以，你最初几次尝试这种绳子方法时，集中注意力于寻找正确的这样做的意念活动。一旦你知道了你正在做的所引起的的是什么样的，并能随意重新创造它，你就确实是在开始起步了。

b) IGNORE *ALL* SENSATION YOU FEEL DURING PROJECTION or it will distract you, break your concentration, and ruin your chances for projection. Concentrate on the single act of climbing your ROPE to the TOTAL exclusion of everything else. Put everything you have into this one action, but don't tense up, it must be all mental.

B) 在投射期间对你感到的*所有*感觉不予理睬，否则它会转移、打断你的注意力，破坏你投射成功的机会。集中注意力于单一的攀爬绳子的动作，不管任何其他事情。全心投入这个单一的动作，但不要紧张，这应该都是意念的。

3. Keep climbing, hand over hand, ever upwards, and you will feel the heavy sensation come over you. The pressure you are exerting on your astral body will force you into the trance state. Ignore this when it happens and concentrate on what you are doing.

3. 继续攀爬，一手接一手，一直往上，你会感到你有沉重的感觉。你施加于你星体躯体上的压力会迫使你进入恍惚状态。当它出现时，对它不予理睬，集中注意力于你正在做的动作上。

4. Keep climbing and you will feel your chakras open in response to the pressure, don't stop.

4 继续攀爬，你会感到你的脉轮对压力做出回应，正在打开，不要停。

5. Next you will feel the vibrations start, your whole body will seem to be vibrating and you will feel paralysed. Concentrate, single minded, on climbing your rope, don't stop.

5. 接着，你会感到振动开始了，你的整个身体会振动起来，你会感到麻痹。集中注意力，聚精会神于攀爬绳子，不要停下来。

6. Next you will feel yourself coming free of your body. You will buzz slightly as you pull yourself out of your body. You will exit your body in the direction of your imaginary ROPE and will be hovering above your body. You're free at last!

6. 接着，你会感到自己离开了你的身体。当你脱离你的身体，你会感到轻微的嗡嗡作响。你会沿着你想象中的绳子的方向离开身体，你会在你的身体之上游荡。你终于自由了。

Note:

注意：

a) Do ***NOT*** allow yourself to break concentration when the vibrations start. They are a natural EFFECT caused by energy coursing through all the hundreds of major and minor chakras in your body. If you do find yourself being distracted by this, spend more time and effort doing the concentration exercises until you overcome this problem.

A) 当振动开始，***不要***让你自己中断集中注意力。这是能量流经你体内所有上百个主要和次要脉轮时引起的。如果你发现你自己因此而心烦意乱，那就花更多时间和努力进行注意力集中练习，直到你克服这个问题为止。

b) If you have not mastered using your imaginary HANDS for relaxation, raising energy and chakra work, you may have difficulty using them for climbing the ROPE. This does not mean you have to be able to open your chakras successfully to project using this method, you don't, it just helps if you can.

B) 如果你还未掌握运用你想象中的精神之手来放松、提升能量和脉轮活动，在运用它们来攀爬绳子时你会遇到困难。这并不意味着你一定能运用这种方法成功打开脉轮以进行投射，你并不一定，如果你能，它只是对你有所帮助。

This method is very direct. It shortens the time needed to project dramatically! Once you start pulling in earnest on your ROPE you WILL enter trance, your chakras WILL open, the vibrations WILL start and you WILL project, very quickly! The speed of this method may frighten you, the first time you try it. Everything will seem to happen TOO fast. You will get used to this, though, and will appreciate having plenty of mental energy to use during your projection.

这种方法非常直接。它急剧缩短投射所需的时间！一旦你开始专注地攀爬绳子，你就会进入恍惚状态，你的脉轮就会打开，振动就会开始，你就会投射出去，非常快！当你第一次尝试这种方法时，它的速度会吓你一跳。一切会看起来发生得太快。但你会习惯的，你会庆幸在你投射时你还有很多精神能量。

If your powers of concentration are good, you have a better chance of getting out with this method than any other, even if you haven't mastered deep relaxation and trance skills. What is needed, apart from the ability to concentrate, is the ability to carry out strong mental actions, without any corresponding muscular action, i.e., you have to be able to separate mental and physical actions.

如果你的专注力很好，你以这种方法比其他任何方法更有机会脱体，即使你还未掌握深度放松和恍惚状态的技巧。除了集中注意力的能力之外，还需要在不引起相应的肌肉动作的情形下完成强烈的意念动作的能力，即：你必须能够区分意念动作和实际动作。

If you have trouble with any part of the ROPE method, analyse it, find the problem area, then go back and concentrate on the related training exercises until you overcome the problem.

如果你在绳子技巧的任何一部分遇到问题，就要对它进行分析，发现问题所在，然后专注于相关的训练练习，直到你克服问题为止。

A ROPE Variation

绳子的变异

Note: One good variation for the simple ROPE technique, is to do the full sequence of exercises and energy, chakra work first, but separate from, the actual projection. Do the full sequence, but `don't' close your chakras. Get up and have a break, make yourself comfortable, have a drink etc. Then return to your bed /chair fresh, spend a couple of minutes relaxing and go straight to your ROPE. This will increase the amount of chakra energy available during the projection.

注意：简单的绳子技巧的一个很好的变异是，先进行完整步骤的练习和能量、脉轮活动，但与实际投射分开来。做全套练习，但“不要”关闭你的脉轮。起来休息一下，使你自己感觉舒适，喝点饮料等等。然后充满活力地回到床上/椅子上，化几分钟时间放松，直接做绳子练习。这会增加投射时所需的脉轮能量。

The Mechanics OF How ROPE Works

绳子技巧的机制

ROPE is the most dynamic projection method to date and can override the need to do just about anything else, once it is learned. Let me explain a little more of the mechanics of what actually happens when you use ROPE, by breaking it down:

绳子技巧是目前最具动力的投射方式，一旦学会这种方法，就不需要再做其他事情。让我更详尽地逐步解释在你运用绳子技巧时实际发生了什么。

Clearing The Mind:

净心：

The mental act of climbing the ROPE fully occupies and clears the mind.

攀爬绳子的意念动作完全占据思想并排除杂念。

Brain Wave Activity:

脑波活动：

Clearing the mind and exerting, one pointed, dynamic pressure on the astral body, forces the reduction of brain wave activity.

排除杂念并集中于一点对星体躯体施加动力压力，迫使脑波活动降低。

Deep Relaxation:

深度放松：

Reducing brain wave activity forces the body into a deep level of relaxation.

脑波活动降低迫使身体进入深度放松层次。

Trance State:

恍惚状态：

Exerting dynamic pressure on the astral body, while the physical body is deeply relaxed, and brain wave activity is at a low level, FORCES the mind and body into the trance state.

对星体躯体施加动力压力，同时保持肉身深度放松，脑波处于较低水平，迫使身心进入恍惚状态。

The Chakras:

脉轮：

Exerting dynamic pressure on the astral body, while in trance, FORCES the energy body to expand and the chakras to open.

对星体躯体施加动力压力，同时在恍惚状态中迫使能量身体扩张并打开脉轮。

Vibrations:

振动：

Exerting dynamic pressure on the astral body while the energy body is in its expanded state and the chakras are open causes energy to flow through the 300 odd chakras in the body and causes the vibrational state.

对星体躯体施加动力压力，同时能量身体处于扩张状态，脉轮正在打开，使得能量流经体内三百多个脉轮，并引发振动状态。

Separation:

分离：

Exerting dynamic pressure on the astral body while the energy body is in its expanded, vibrational state forces the astral body to separate from the physical.

对星体躯体施加动力压力，同时能量体处于扩张状态，振动状态迫使星体躯体与肉身分离。

Note: If you exert enough pressure on the astral body, during the final phase of the projection sequence, the exit, it will override the projection reflex completely. This forces a manual separation of the physical / astral bodies.

注意：如果你在投射的最后步骤——脱体时对星体躯体施加足够的压力，它会完全不顾投射反射。这迫使肉身/星体躯体的人为的分离。

This means: Instead of involuntarily buzzing out of your body via the projection reflex, at the climax of the projection, and ending standing at the foot of your bed etc, you will exit your body in the direction you are pulling on the ROPE.

这意味着：在投射的高潮，你不是通过投射反射不情愿地离开你的身体，最后站在你的床脚前等等，而是会以你正在攀爬绳子的方向离开你的身体。

How Long Does It All Take

这要花多少时间

The whole projection process can be done in less than fifteen minutes, I can do it in under five minutes. The speed of the method allows you to use ALL your available energy in one burst. If you don't get out in the first fifteen minutes I doubt if you will during that attempt. IF this is the case, either get up and have a break and come back to it later, or get some sleep.

整个投射过程可以在十五分钟内完成，我可以在五分钟之内完成。这种方法的速度会使你一下子用光你可获得的所有能量。如果你不在起先的十五分钟脱体，我怀疑你是否还能脱体。如果情形正是如此，要么起来休息一下，过会儿再继续，要么睡一会儿。

Using the ROPE method, literally, amazed me with it's ease and simplicity the first time I used it. It shortened my usual projection time (20-30 minutes, from a cold start) to about 5 minutes, for a normal astral projection. I still, though, use the full sequence when I do a real time projection.

我第一次运用绳子技巧时，我对它的轻易和简单感到惊讶。它使我通常的星体投射的投射时间（从头开始，20~30 分钟）缩短至大约五分钟。但我在进行实时投射时依然用完整的步骤。

My analysis of the mechanics of this process comes from using the ROPE method myself and carefully observing what was happening to my body during the separation.

我对这个过程的机制的分析来自于我自己在脱体时运用绳子技巧对我身体所发生的情形的仔细观察。

My First ROPE Projection

我第一次的绳子技巧投射

Here is an account of the first time I tried ROPE, while I was developing it as a viable theory:

以下是我第一次尝试绳子技巧时的经过，我当时正将它作为一个可行的理论加以开发：

I laid down on my bed, I was thinking of my new theory. I had been working out a projection technique that blind people could do. A technique that did not require ANY optical visualization. I had come up with the idea of using the sense of touch to exert pressure on the astral body, tactile imaging, as this sense is strongly developed in blind people.

我躺在床上，我正在思考着我的新理论。我已经开发出一个盲人可以运用的投射技巧。一种不需要任何视觉观想的技巧。我想到运用触觉对星体躯体施加压力的想法，触觉的想象，因为盲人的触觉特别发达。

I lay there for a few minutes, mulling it over in my mind, while I generally relaxed and settled myself, ready for sleep. Then I decided to try it out, to see if it was practical.

我躺了几分钟，在头脑中进行思考，同时我在放松，使自己平静，准备睡觉。接着，我决定试一试，看看它是否实用。

Note: I did not do any of the usual relaxation, mental calming or chakra energy exercises. I just wanted to see if I could exert pressure on my astral body with this method.

注意：我并未做通常的放松练习，净心或脉轮能量练习。我只是想看看我是否能够用这种方法对星体躯体施加压力。

I reached out my imaginary hands and began climbing the ROPE, hand over hand. I immediately felt a sensation of vertigo in my stomach and upper torso and a dizzy feeling inside my bones, like a tickling inside my arms and legs. I snapped my mind shut, stopped all thought, and focussed my will on the climbing action. I could feel the enormous pressure it was exerting on my astral body, my astral head and upper torso was starting to lift free, trying to go up the ROPE following the line of pressure I was creating.

我伸出精神之手开始攀爬绳子，一手接一手。我立即在腹部、胸部和体内感到有一种晕眩感，就像在胳膊和大腿中挠痒的感觉。我停止想象，停止所有的念头，将注意力集中于攀爬的动作上。我可以感觉到它正在对我的星体躯体施加巨大的压力，我的星体躯体的头部和上躯干开始自由抬起，努力随着我正在创造的压力沿着绳子向上爬。

Still pulling, I felt my brain waves drop into the alpha state and the heavy sensation came over me as I entered trance. I kept pulling and the trance deepened, my body was now paralysed. Still pulling, my chakras opened and the vibrations started. I was amazed, I had only been doing this for a couple of minutes! I kept pulling and my astral body soon buzzed free of the physical.

这时，我感到我的脑电波降至阿尔法状态，当我进入恍惚状态时，我有发沉感。我继续拉绳子，恍惚状态更深了，我的身体现在处于麻木状态。继续拉，我的脉轮打开了，振动开始。我很诧异，我才做了几分钟时间！我继续拉，我的星体躯体很快嗡嗡作响地离开了肉身。

This was completely different from any other projection I had ever done. The projection reflex did not seem to have time to cut in and project me out of my body. I had, literally, pulled myself free on my own. I floated above my physical body, still aware of myself on the bed.

这与我以前做过的任何投射完全不同。这种投射反射似乎并无时间间隔就使我投射出体外。我其实是凭我自己将自己拉出体外的。我飘浮在自己的身体之上，依然知道自己还躺在床上。

I went to go through the wall into the lounge, where there was more light, as it was pretty dark in my room. Suddenly I was in a strange world. "Where the hell am I" I thought. There was very dim light and there was a damp fog all around me. There was a large building in front of me with an old fashioned thatched roof. To the side of me was an old rail fence made of massive, rough hewn timbers. I leaned against the fence and thought about it all. I looked past the house and saw the reflection of water. There was a lake on the other side of the house.

我接着穿过墙壁来到休息室，那里更亮一些，而我的房间非常暗。突然间我身处一个奇怪的世界。“我到底在哪里？”我想。光线很暗，四周是潮湿的迷雾。我前面是一座大房子，它的老式屋顶是用茅草盖的。我的一边是用粗大的木材做成的围栏。我靠着围栏，心想这是怎么回事？我往房子的那头看去，我看见水的反光，房子的另一头是一个湖。

This didn't make any sense to me and I was getting bored, so I tried to move to another realm in the dream pool. I looked at my hand, this usually works. It was white and pale and unreal looking, it began to melt quickly, like white ice under a blowtorch. My fingers were soon stumps and then my hand melted and my arm began to follow. I tried remaking it. It grew back as I concentrated on visualizing what it should look like, but started to melt again as soon as I stopped concentrating.

我对此觉得毫无意思，我感到厌倦了，因此我想到梦界的其他地方去。我看着自己的手，这通常都会发生作用。我的手看上去很苍白和不真实，它开始很快融化，就像在火焰下的冰一样。我的手指很快消融，我的手也融化了，接着我的手臂开始融化。我试图恢复它。当我集中注意力观想它看上去应该是什么样的时，它又恢复了，但我一停止集中注意力，它又开始融化。

Then it hit me, why this scene was so familiar to me, I was in a picture! I have a large picture hanging on the wall in my room, in the exact position where I had tried to pass through the wall. This picture has an old house with a thatched roof and a rough hewn fence around it. There is a lake behind it and it is early dawn, when the sun is just starting to illuminate things. There was no doubt about it, I was in my picture.

这时我突然明白，为什么这幅景象让我觉得如此熟悉，我是在一张图画里！我在自己房间里的墙上挂了一张很大的画，它的位置就在我刚才穿过墙壁的地方。这张图画有一座古旧的房子，顶是用茅草盖的，它的四周有一圈围栏。它的后面是一个湖，这是黎明时分，太阳刚刚开始照亮大地。毫无疑问，我是在这幅图画中。

I'd had enough of this, it was too dim to enjoy the projection, or to do anything. I focussed on my

physical body, which I could still feel. I concentrated on moving my mouth and eyes and this soon brought me back to my physical body. I sat up in bed and thought about it while I recorded the results of my experiment.

我已经看够了，要享受投射或做点儿什么的话，它显得太暗了。我将注意力集中于我的肉身，我仍能感觉到它。我集中注意力移动我的嘴和眼睛，这很快使我回到我的肉身之中。我从床上坐起来，我一边回想经过，一边记录我的实验结果。

Settling back down again I tried climbing the ROPE again. Within a couple of minutes I was back out of my body again. "This is great," I thought! I hovered above my body and looked about the room. There in the gloom was the picture on the wall, the one I had entered by accident. I went towards it again, just to see if it would happen again. As I got closer it got bigger and bigger and I seemed to shrink into it. As I got right up to it, instead of passing through it, I seemed to move into it and there I was again in this dimly lit, damp world with the old house and the fence. Everything felt real about it, the fence felt like wood and even the air smelled different, it had a farm like, swampish smell about it.

我重又躺下，再次努力攀爬绳子。几分钟后，我再次出体。“太妙了！”我想道，我在自己身体上方游荡，看着屋内的情形。昏暗之中我看见墙上的那幅画，我无意中刚刚进入了画中。我再次移向它，想看看会不会再次进入其中。当我靠近它时，它变得越来越大，我似乎缩小进入其中。当我到达它时，而不是穿过它，我似乎在进入它，于是我又在这个光线昏暗、潮湿的地方，老房子和围栏。一切像真的一样，围栏感觉象是木头的，甚至空气的味道都不一样，它有一股农场的、湿地的味道。

Leaving the picture again and returning to my body, I again wrote everything down in my notebook. I lay there for most of the night, thinking about what had happened, mulling over the implications of it all, what it all meant....

我再次离开图画，回到体内，我又把我的经历记在笔记本上。我几乎躺了一整夜，思考着所发生的一切，琢磨着它的含义……

This is how I discovered 'Virtual Reality Projection' or (VRP) This technique is, at the moment, in its infancy and only a rough method for creating a custom made world. I plan to do some more experiments with it in the near future, though, to get the bugs out of it.

我就是这样发现了“虚拟现实投射”，简称 VPR。目前，这种技巧初具雏形，只是创造定制世界的一个粗糙方法。我计划在近期对这种方法做更多的试验，并排除原因不明的故障。

Remembering It All

完全记住

One of the biggest problems with any kind of conscious OOB is remembering it all when you wake up.

任何有意识脱体经验的最大问题之一就是当你醒来时完全记住全部经历。

Here's what you can do about this not remembering. As soon as you wake up, sit up in bed and pull those memories back. Sit up and think hard. Put aside a few minutes quiet time each morning to do this. It will train your dream memory.

这里是解决遗忘的办法。你一醒过来，马上从床上坐起，回忆这些记忆。坐起来努力回忆。每天早晨用几分钟静静地回忆。它会训练你的梦境记忆。

During this quiet time, run key phrases through your mind until you hit on something. Say things like: I looked at my watch and... I looked at my hands and... I was walking... I was talking to... I was just going to... I was over at... I was flying over... I was having a... I was inside a... I was with... These are examples of phrases that can lead you to a fragment of dream memory you can lock on to. Make up some more phrases to suit yourself.

在这段安静的时间里，要在你脑子里搜索关键词，直到你想起什么。说诸如此类的话：我看着手表然后……我看着自己的手然后……我在走……我在说话……我正要到……我是在……我是在飞……我正在……我在什么里面……我和……这样的词语可以引导你至梦境记忆的某个片断，你可以将它锁定。想出更多适合于自己的词组。

It may feel like there is nothing in your mind to remember, but try hard and put some REAL effort into it. They are there, you just have to reach in and locate them. Once you lock onto a fragment of memory, more can be located and more and more. You will be surprised how much you can remember this way.

你可能感到你头脑中没有什么可回忆的，但努力花功夫回忆。它们就在那里，你必须找到它们并将它们锁定。一旦你锁定记忆的一个片断，更多的片断会回忆起来并被锁定。你会对能回忆起如此之多而感到惊讶。

It is important to write these down as soon as you remember them. Even if you have to do this several times during the night. They may seem vivid and unforgettable at the time but dream, or astral, memories will usually vanish in a few seconds if you don't record them. Just write down a few key words and you can fill in the blanks later. With practise, this writing down can be dispensed with as your astral recall develops.

你一想起来就立即记下来，这很重要。在夜里，甚至你必须多次这样做。它们或许在当时会很生动难忘，如果你不记下来，梦境记忆或星体记忆通常会在几秒钟之内消失。只要记下几个关键词，余下的你可以以后再填写。通过练习，当你开发了星体回忆能力之后，这种记录的方法就可以不用。

Stuck ?

卡住了？

Some people may find they are stuck in part of their body during projection. They may come free

of their body but be stuck at their head or stomach area. If this happens, exerting too much pressure by pulling on the rope may cause some physical pain and discomfort. There are two possible reasons for this: If you are stuck in the middle, stomach area, it may be diet related, i.e., a heavy protein or meat meal before projection can cause this.

有些人会觉得在投射期间他们被卡在他们身体的一个部位上。他们可以自由离开他们的身体，但在他们的头部或腹部被卡住了。如果出现这种情形，通过攀爬绳子施加过多压力会导致某些生理疼痛和不适。这可能由两个原因造成：如果你在中间腹部区域被卡住，这与饮食有关，即：在投射之前过多摄入蛋白质或肉类会导致这种情形。

Remedy: Eat a light meal, eat plenty but have fish or white meat instead of red meat and avoid fats, oils, nuts and cheese.

疗法：吃清淡一点，吃饱但吃鱼或白色肉类，而不要吃红色肉类，也不要吃脂肪、油腻、干果和干酪。

If you are stuck at the head, or some other part, this is a sign of an inactive chakra, possibly caused by an energy blockage.

如果你在头部或其他部位被卡住，这是某个脉轮不活跃的信号，可能是由能量障碍引起的。

Remedy: Concentrate on opening this stuck chakra during the energy exercises. If this happens during your projection sequence, stop everything and open that chakra, you will be in trance so it will be easier. Once you have done some work on it, try pulling on the ROPE again.

疗法：在能量练习时，集中注意力打开这个被卡住的脉轮。当在你的投射步骤中发生这种情形时，完全停下来，打开那个脉轮，你通常处于恍惚状态，因此打开脉轮会更容易。一旦你做了一些努力，就尝试再次攀爬绳子。

DNA 译 010131

论星体投射

卷二 第六部分(v1.1)

罗伯特·布鲁斯著

More On ROPE

再谈绳子技巧

ROPE is a very effective projection technique, but it still has to be learned to be effective. I would like to elaborate on a couple of points about the technique, inspired by the feedback I have received so far.

绳子技巧是一种非常有效的投射技巧，要有效就必须学会它。我想在这里详细谈谈有关这个技巧的一些问题，因为到目前为止我已收到许多有关的回馈。

1. There is NO visualisation required - AT ALL - in the ROPE technique. It is ALL tactile imaging. This means you do NOT have to picture yourself doing it.

1. 在绳子技巧中不需要观想——根本不需要。这全都是触觉想象。这意味着你不必想象自己看到自己在这样做。

That is, to climb ROPE, the correct mental action is to REHEARSE the climbing action in your mind.

那就是，攀爬绳子，正确的心理活动是在你的头脑中彩排攀爬的动作。

* This mental rehearsal - IS - the ROPE technique *

这种心理的彩排——就是——绳子技巧

2. You need to *mentally* grit your teeth and strain with the action, i.e., you have to put maximum mental effort into it, as if you were really climbing a ROPE, but without allowing your muscles to take part in it - this is ALL mental. Your body must not be allowed to respond. You also need to feel you are very strong, full of energy and could climb like this all night.

2. 你必须*在心中*咬紧牙关，用力动作，即：你必须以最大的心理力量这样做，仿佛你真的在爬一根绳子一样，但不要让你的肌肉参与——这都是心理的。你的身体不必对此做出反应。你还需要感觉你非常强壮，充满能量，可以像这样爬一整夜。

3. You will find that a certain way of holding the focus of your mind, while you climb, will exert more pressure on your astral body than another. It is VERY important you note what this is and learn how to apply it. This will tune your climbing action for the maximum effect. When you hit on the right mental focus for the action, you will feel a corresponding dizzy/falling sensation in your Solar Plexus.

3. 当你在攀爬时，你会发现集中注意力的某种方法会比另一种方法对你的星体躯体施加更多压力。你要注意这是什么方法，并学会如何运用它，这一点很重要。这会使你的攀爬动作发挥最大效力。当你集中心念做动作时，你会感到在你的太阳神经丛有一种相应的眩晕的/下落的感觉。

4. To use ROPE successfully, it is extremely important to make a firm decision to DO IT. This commitment is VERY important to success. A DO OR DIE effort is needed. This focuses all your mental energy into a single point, for a single purpose - to exit your body.

4. 要成功地运用绳子技巧，下定决心这样做是至关重要的。这种决定对于成功至关重要。

一种要么做、要么死的努力是必须的。这集中你所有的精神能量至一个单一的点，为一个单一的目的——脱体。

5. Many people have emailed me with ROPE success stories. In every case - they have been practising ROPE when they suddenly decided to give it a go - TO REALLY DO IT! This commitment to succeed means the difference between actually getting out - OOB - and experiencing various levels of ROPE induced relaxation, trance, paralysis, chakra activity etc. I cannot stress enough the importance of this commitment to the success of ROPE induced OOB.

5. 许多人发电子邮件给我，告诉我他们成功运用绳子技巧的经过。当他们突然决定试一下——真的这样去做时，他们每个人都称赞绳子技巧。这种成功的承诺意味着实际的脱体——脱体经验——和经历不同层次的由绳子技巧引发的放松、恍惚状态、麻木、脉轮活动等等。我无法进一步强调这种承诺对于绳子技巧成功诱使脱体经验的重要性。

6. While using ROPE, completely IGNORE ALL PHYSICAL SENSATION AND ANY NOISES YOU HEAR. If you react to a sensation, in any way, you will lose the focus of your mental energy and dilute your effort considerably.

6. 当运用绳子技巧时，完全*对所有生理感觉和你听到的任何噪音不予理睬*。如果你对一种感觉以任何方式作出反应，你会失去你意念能量的焦点，并极大地减弱你的努力。

All the energy/chakra work and other exercises in Parts 3 and 4, are designed to stimulate the flow of energy in your body and increase concentration, will power and mental control. By increasing the energy flow during a projection and controlling your mind better, your duration in real time is increased. It is also easier to exit.

所有能量和脉轮练习、第三和第四部分中的练习，都是为了刺激你体内的能量流和增进注意力、意志力和意念控制而设计的。在投射期间，通过增加能量流和更好地控制你的意识，你实时的期限就增加了。这也更容易脱体。

You CAN skip all the exercises entirely and just concentrate on learning ROPE. Everyone has different levels of skill, natural ability and energy flow. Some people need lots of training in order to OOB, others do not. Some people will prefer to learn ROPE by DOING it, rather than training for it. If your goal is just to have a conscious OOB, of any kind, the simple use of ROPE, below, is your best option.

你可以完全跳过所有练习，只是集中注意力学习绳子技巧。每一个人掌握技巧的程度、天生的能力和能量流都不同。有些人需要大量的训练以获得脱体经验，而其他并不需要。有些人更愿意通过做来学习绳子技巧，而不是为绳子技巧而练习。如果你的目标只是想有任何种类的有意识的脱体经验，那么对绳子技巧的简单运用，以下就是你最佳的选择。

SIMPLE USE OF ROPE

绳子技巧的简单运用

Some people have the impression ROPE is too complicated. This was possibly because by the detailed explanation I gave about the mechanics of ROPE in Part 5, i.e., HOW it works.

有些人对绳子技巧的印象是过于复杂。这是有可能的，由于我在第五部分对绳子技巧的原理作了详尽的解释，即：它是如何发挥作用的。

ROPE is THE simplest projection technique to date. All that is needed to use ROPE in its simplest form, are these two steps:

绳子技巧是目前为止最简单的投射技巧。以最简单的形式运用绳子技巧唯一需要的是以下两个步骤：

1. Go to bed, or sit in your chair, relax and settle yourself down, as you normally would do before going to sleep.

1. 躺在床上，或坐在椅子上，放松、平静下来，就像你临睡前所做的一样。

2. Start climbing the ROPE.

2. 开始爬绳。

* This is all there is to the simple use of ROPE *

简单的绳子技巧就这些

As there are no time consuming exercises or complicated relaxation exercises involved, the simple use of ROPE has many advantages. It allows you to focus all your mental resources on it. In many cases this is all that is needed to give you your first conscious OOB.

由于没有花时间做各种练习或复杂的放松练习，对绳子技巧的简单运用具有许多优势。它允许你将你全部的精神资源用于绳子技巧。在许多情形中，这是你想获得第一次有意识的脱体经验所需要的一切。

Because the simple use of ROPE is less complex, you will find yourself attempting projection more often, even when you are tired - one of the best times to try - and cannot be bothered with anything complicated. The increased frequency of your projection attempts gives you more practise with ROPE and hence the technique will be mastered sooner.

由于绳子技巧的简单运用并不复杂，你会发现自己试图更频繁地投射，甚至在你疲劳时——尝试的最佳时间之一——不受任何复杂的事情的打扰。你对投射更多的尝试使你对绳子技巧更熟练，这样你就会更快地掌握这种技巧。

LUCID DREAM BACKUP

清醒的梦的记忆

I have had a great many reports of vivid dreams and heightened lucid dream activity (L.D.) from people doing the energy/chakra training exercises. This is happening far too frequently for it to be coincidence.

很多人告诉我，进行能量/脉轮训练练习的人获得许多生动的梦和高度清醒的梦。这种清醒远较一般更频繁，这并不是巧合。

The energy/chakra work increases the level of energy flowing into the energy body and heightens awareness and memory of the dream and OOB state. It is a shame to waste all this energy on uncontrolled dreams, so I suggest L.D. be used as a secondary goal. This will give you OOB experience earlier, in the form of L.D., and help keep your interest high until you learn how to do the conscious exit.

能量/脉轮练习增进流向能量身体的能量的程度，并提高对梦境和脱体经验状态的感知和记忆。将能量都浪费在不受控制的梦境上是可惜的，因此我建议，把清醒的梦作为次要目标。这会使你更早地以清醒的梦的形式获得脱体经验，并有助于你保持高度兴趣，直到你学会如何有意识地脱体。

Lucid Dreaming

清醒的梦

To become Lucid in dream you need to program yourself with a trigger to make you realise when you are dreaming, in order to take control over it, i.e., become lucid. The best way of doing this is by getting into the habit of doing frequent reality checks during your daily life.

在梦中变得清醒，你就必须为自己设计一个扳机，当你在做梦时以使你能够感知，以对梦境进行控制，即：变得清醒。这样做最好的方法是通过在日常生活中养成进行频繁的现实核查的习惯。

Reality Checking

现实核查

A reality check is when you stop what you are doing and check the reality level of your situation. This is simple to do. Every time you do a reality check. Ask yourself:

现实核查是你停止你所作的事，核查你所处情形的现实程度。这做起来很简单。每次你进行现实核查时，你问你自己：

1. Is this a normal situation, is there anything strange about it?
2. Can I fly? Try floating up in the air.
3. Try closing your eyes. This is a dead giveaway as you cannot close your eyes in astral form.

1. 这是否是正常情形，它有什么地方怪异吗？
2. 我能飞吗？尝试飞向空中。
3. 尝试闭上眼睛。在星体形式中时你不能闭上眼睛，这一试便知。

Note: This reality checking must become habitual to be effective.

注意：这种现实核查必须成为习惯后才会起作用。

When you do a reality check during a dream, you will realise you are dreaming and can take control of it. It is then important to affirm to yourself you are going to remember everything. Tell yourself over and over, "I will remember this when I wake up."

当你在梦中作现实核查时，你会认识到自己在做梦并能控制它。对自己确认你会记住一切，这一点很重要。一遍又一遍地告诉你自己，“当我醒来时我会记住这些。”

L.D. Trigger

清醒的梦的扳机

The key to success with reality checks is to have a good trigger for it. This should be something you would normally do many times a day. This can be any kind of habitual action, but here are a few ideas:

现实核查成功的关键是设置了一个很好的扳机。一天当中你应该做许多次。这可以是任何习惯性的行为，但以下是几个方法：

1. Time: Every time you look at your watch, do a reality check. An electronic watch is a good aid. Set the timer to beep hourly. When it beeps, do a reality check.

1 时间：每次你看手表时，做现实核查。电子表是很好的助手。将表设置成每小时报时。当手表报时时，就进行现实核查。

A wrist watch, beeping hourly, is the most effective *

一只每小时报时的手表，极为有效

2. Hands: Every time you notice your hands, do a reality check.

2. 手：每次你注意你的手时，进行现实核查。

3. Smoking: If you smoke, every time you have a cigarette, do a reality check. You will usually find yourself reaching for a cigarette during the course of a dream, if you are a habitual smoker.

3. 抽烟：如果你抽烟，每次你点烟时，进行现实核查。如果你有烟瘾，在一个梦中，你通常会找烟抽。

Note: It takes time to make your trigger habitual, usually a few weeks. It also helps to do a few affirmations before you go to sleep, e.g., "I will remember to look at my watch"

注意：使扳机成为习惯需要时间，通常要几个星期。在你睡觉以前进行一些肯定也有助益，例如：“我会记得看手表。”

When you become aware in a dream, L.D., you should already be in a communal dream pool. If you want to try changing this to a real time projection, try and become aware of your physical body. If you can sense it, you may be able to return to a time location near it. This is difficult, though, and may end the experience completely, i.e., forcing a return to the waking state.

当你变得对一个梦有知觉——清醒的梦——时，你应该已经是在一个公共的梦界中。如果你想尝试将它变为实时投射的话，你可以尝试感知你的肉身。如果你可以感知它，你就可以回到一个靠近它的时间场所。尽管这很困难，并会彻底结束这种经历，即：迫使回到清醒状态。

I suggest you enjoy the L.D. for what it is. Communal dream pools are very colourful places and usually lots of fun. You will see all kinds of weird and wonderful things there and have all kinds of adventures.

我建议你按它本来的样子享受清醒的梦。公共梦界是非常多姿多彩的地方，通常有很多乐趣。你会在那里看到各种各样稀奇古怪和神奇的事物，并会有各种各样的历险。

Note: To improve your memory of the L.D. don't forget to remind yourself constantly during the L.D., to remember it all.

注意：要提高你对清醒的的梦的记忆，不要忘记在清醒的梦中不断提醒自己记住整个经历。

Changing Your Reality Location

改变你的现实场所

If you don't like the dream pool you are in, or are in a real time OOB and want to enter a dream pool, here are a couple of ways to do it:

如果你不喜欢你所处的梦界或一个实时的脱体经验，并想进入一个梦界，以下是这样做的几条方法：

1. Look closely at your hands and watch them melt. (This is worth doing just to see the melting hands phenomenon).
2. Spin around until you become disoriented.
3. Visualise a place you would like to be. (Instantaneous travel). This will usually move you to a dream pool similar to your visualised target destination.
4. Fly straight up, as fast as you can. If this fails to shift your reality location, at least you will experience space flight.
5. Fly away fast, close to the surface, until you find a place you like. The blurring of speed will cause a reality shift.
6. Walk into a mirror, picture or painting. This is the same as VRP (virtual reality projection).

1. 仔细端详你的手，看着它们融化。（这值得一试，只要看着手融化现象）。
2. 原地打转直到你迷失方向。
3. 观想你想去的地方（瞬间旅行）。这通常会使你移至一个与你观想目标相似的梦界。
4. 尽你所能快地直向上飞。如果这无法转换你的现实场所，至少你会经历到空中飞行。
5. 快速飞走，靠近地面，直到你发现一个你喜欢的地方。速度的模糊会引起现实的转换。
6. 走进一面镜子、图画或画作。这与虚拟现实投射相同。

These techniques all trick the subconscious, through disorientation, into moving you to another reality location.

这些技巧都通过迷失方向使潜意识受骗，将你移至另一个现实场所。

THE ASTRAL FORM IN MOTION

运动中的星体形式

Many people have motion problems in their first few projections. Simply getting across a room in the right direction, can be a major accomplishment. This lack of control is simply because they are unfamiliar with astral form. It is like being in zero gravity. You have to learn to move all over again. When you project in real time, you are just a point of consciousness with a poorly constructed etheric shell surrounding it. Motion is provided by thought - not muscles.

许多人在他们最初几次投射中遇到了运动问题。简单地以正确的方向穿过一间房间可以说是重大成功。这种缺乏控制只是因为他们不熟悉星体形式。这象是处于零重力状态。你必须重新学习四处移动。当你实时投射时，你只是一个由以太躯壳所围绕的意识点。运动是由思想而非肌肉发起。

Astral Momentum

星体动力

There is a type of momentum in astral form that causes most of the problems. This causes you to continue moving for a while, after you decide to stop. This may take you through a wall or a ceiling etc. This impetus is caused by the thought you used to cause the motion. If it is too strong, or too prolonged for the action, you will move too quickly or too far. Only practise teaches you how to get about with any degree of accuracy and grace.

星体形式中的动力类型是大多数问题的起因。这使你在你决定停下来后会连续移动一会儿。这会使你穿过一堵墙或天花板等等。这种推力是你的引发动作的思想造成的。如果它太强烈，或对于动作来说太长，你就会移动太快或太远。只有通过练习，你才能学会如何准确而优雅地移动。

It really is quite a comical process, learning astral motion. I remember learning to move about my home town, in my youth. I would start by trying to navigate through my house, usually ending up stuck in the roof, for a while. Then I would run down the road, trying to build up speed and take

off like a plane. I would get airborne for a while, but could never quite clear the roof tops of the surrounding houses. I would often float unintentionally into strange houses, blundering about like a drunk in zero G. I seemed to be endlessly apologising to all these strangers in passing, as I floated in and out of their houses.

学习星体移动，这真是一个很好笑的过程。我还记得我年轻时在我的家乡学习到处移动。我通常开始试着穿过我的房子，我经常会在房顶被卡住一会儿。然后我会跑到路上，想像一架飞机一样加速起飞。我会在空中呆一会儿，但从不清清楚楚周围房子的屋顶。我常常会无意间飘浮进陌生的房子，像醉汉一样跌跌撞撞。当我飘进飘出他们的房子，我似乎在不停地向所有这些我经过的陌生人道歉。

How To Move

如何移动

To move about in astral form, simply - DO IT. Do not think about what you are doing, just DO IT. Be aware that motion is provided by your mind. You have to will yourself into motion, to change direction, and to stop. This is the best advice I can give you on this. It really has to be learned by doing. Have fun.

要在星体躯体中四处移动，很简单——就这样去做。不要想你在做什么，只是这样做。感觉这样的动作是由你的思想发动的。你必须让你自己动，以改变方向和停下来。在这一点上，这是我所能给你的最好建议。这的确要通过实践来学习。自己去享受吧。

When you have learned basic motion, do not try anything too ambitious for a while. Stick close to the surface and learn to get around your local area first. Practise varying your speed until you gain some control over it.

当你学会了基本的移动，一开始不要尝试任何过于野心勃勃的事情。接近地表，并学习先在当地转转。练习改变速度，直到你能够加以控制。

Learning To Fly

学习飞行

Learn to fly the same way as you learned to move, by using your mind. At first you may find something very much like gravity affecting you. You may get yourself into the air only to find yourself slowly arcing back to earth again. If you persevere you'll find yourself moving in a series of short flight hops. This is caused partly by habit and partly by the basic motion problem in general. You sink back to earth when your motion causing mental action falters. This causes your flight impetus to stop and the gravity habit then pulls you down.

学习飞的方法与你学习走的方法是一样的，也是运用你的思想。一开始你会觉得有什么很像重力的东西在影响着你。你使自己进入空中时，你会发现自己在缓缓地重又落向地面。如果一直这样持续下去，你会发现自己是以前一系列的短距离的飞跳在移动。总体上来说，这部分是由于习惯，部分是由于基本的运动问题造成的。当你的运动引起意念动作踉踉跄跄时，你

又降回地面。这使你的飞行动力停止，重力习惯又把你拉回地面。

You may find yourself, as I did, trying to fly by running down the road and leaping into the air. This is not necessary. Focus your will into floating up into the air. Then use your will to provide motion, same as with basic motion. There is NO gravity affecting you in astral form. Convince yourself of this and you will be flying in no time.

你会发现自己——我曾经也是如此——试图一路飞奔并跃入空中。这是不必要的。集中注意力飘浮到空中。然后运用你的意志力以发生运动，这和基本运动一样。处于星体躯体中时没有重力影响你。使你自己确信，你就会马上飞起来。

Speed

速度

The three speeds as defined by, S. Muldoon, and commonly accepted, are a basic guide only. These are:

S. Muldoon 定义的通常为人所接受的三种速度只是一种基本的指导而已。它们是：

1. Walking speed.
2. Motor car speed.
3. Instantaneous travel.

1. 步行速度。
2. 机动车速度。
3. 瞬时旅行。

I think these three speeds were a sign of the times back then. These would have been the only types of speed known to most people. Today, movies, computer games and air travel have thoroughly prepared our minds to accept much higher speeds.

我想这三种速度是过去时代的标记。在过去，对于大多数人来说，这些是唯一的速度类型。今天，电影、电脑游戏和坐飞机旅行已使我们对更快的速度作好了充分的准备。

With practise and good mental control, you CAN vary your speed to your purpose, from walking speed to supersonic speed. This is a big problem for the beginner though, the control of direction and speed. It has a lot to do with how stable the projection is and how experienced you are at applying your will to motion.

通过练习和良好的意念控制，你可以根据你的目的变化你的速度，从步行的速度到超音速。虽然对初学者来说，对方向和速度的控制是一个很大的问题。这与投射是否稳定以及你用意念控制运动的经验是否丰富都有着很大关系。

Instantaneous Travel

瞬时旅行

It is generally accepted that if you can visualise a destination you can project yourself there instantly, at the speed of thought.

如果你能够观想一个目的地，你就能够立即以思想的速度将自己投射到那里，总的来说这是公认的。

* I have found this to be highly unreliable *

我发现这是极其不可靠的

I find this instantaneous method usually projects you straight into a subjective location created by the visualisation of your target. You may appear to be at your destination but you will usually find many discrepancies between the real location and where you are.

我发现，这种瞬时旅行的方法通常将你直接投射至由对你的目标的观想所创造出来的一个主观的场所。你会看似在你的目的地，但你通常会发现，你所处的地方与真实的场所之间有许多不符之处。

Instantaneous travel is very like VRP. By using your visualisation powers to travel with, you will not actually travel. You will create a subjective copy of a destination and enter it.

瞬时旅行与 VRP（虚拟现实投射）非常相似。通过运用你的观想力量旅行，你实际并不旅行。你会创造目的地的一个主观的副本并进入其中。

Long Distance Travel

远距离旅行

I have found it more reliable to follow the surface for short to medium distance projection of up to a few hundred miles. Even this can be difficult as it is easy to fall into the Alice effect while travelling. All you have to do is break concentration once and you will slip into a dream pool. Strict mental control must be maintained at all times when travelling in real time.

我发现在地表进行最多数百英里的中短距离的投射更为可靠。甚至这样都是困难的，在旅行过程中，很容易掉入艾丽斯效应之中。只要你一旦中断集中注意力，你就会滑入梦界。当进行实时投射时，必须自始至终保持严格的意念控制。

It is not really practical to follow the surface for a long distance. For example, a country on the other side of the world from you is 12000 miles away. You would need to travel at about 64 times the speed of sound to reach there in 15 minutes. At this speed in the atmosphere, everything blurs and clouds and surface features cause disorientation and a corresponding reality shift. Any real time objective aspect of the projection will then be lost.

沿着地表进行长距离旅行并不真正可行。例如，地球另一面的国家距离你有 12000 英里之遥。如果你以 64 倍音速旅行，到达那里也要 15 分钟。在大气层中以这种速度旅行，一切都会模糊一片，云和地表特征会使你迷失方向，并且对应的现实转换了。投射的任何实时客观的方面就会消失。

Note: Newbie projectors can normally hold themselves in real time for only a few minutes. Therefore, any long distance travel is limited by the real time part of a projection.

注意：新的投射者通常只能使他们保持于实时投射状态数分钟。因此，任何长距离旅行会受到投射的实时长度的局限。

To travel long distance you need to study geography. You have to be able to recognise continents, oceans, countries, states and cities. You also need to study a map of your target area and note any landmarks. To project there, after this is memorised, you must go into orbit and re-enter over your target. As you approach the earth you must adjust your approach and aim for the geological features and landmarks around your destination.

要进行长距离旅行，你就必须研究地理。你必须能够认出各个大洲、海洋、国家、州和城市。你还需要研究你的目标地区的地图，并注意任何陆标。在记住这些之后，要投射到那里，你就必须进入环地轨道，并重新进入你目的地的上空。当你靠近地球，你必须调整你的方向，并瞄准你的目的地四周的地理特征和陆标。

Orbiting the Earth

环绕地球

To enter orbit is a little more difficult than it sounds. Getting up there is easy, you just go straight up, but stopping when you get high enough is difficult. Most people, myself included, tend to blast themselves straight out of the solar system, sometimes right out of the galaxy. To avoid this, it is important to control your speed during the ascent.

进入轨道比听起来要稍微困难一点。到达那里是容易的，你只要一直往上升，但当你到达足够的高度时要停下来是困难的。大多数人，包括我自己，往往一头冲出太阳系，有时直飞出银河系。要避免这种情形，在上升过程中控制你的速度是很重要的。

It is easier to project to the moon first, as a way of entering orbit. This gives you a large visual target you can project to in moments. Once there, it is a simple matter to head back to Earth, enter orbit, and circle until you are above your target. In space, away from the atmosphere, there are no problems with speed induced blurring.

作为进入轨道的一个方式，先投射到月球上要更容易些。这为你提供了你瞬间投射的一个很大的看得见的目标。一旦到了那里，那么回到地球、进入轨道、并绕地球旋转，直到你在你的目的地上空就变得很容易。在太空，远离大气层，不存在由速度造成的模糊问题。

How Far Can You Go?

你能去多远？

There are * NO * limits to distance, destination or speed. You can travel to the most distant galaxy. The speed of thought is infinite. It is like folding space and moving without moving. If you can see something, you can be there....as quick as that. In comparison, the speed of light is that of a snail. I often go out into deep space, where the galaxies are just tiny smudges in the distance, to think and meditate. That is easy, but the trick is getting back for a conscious re-entry. Unless you have a good knowledge of astronomy, which I do not, this is difficult. Following the silver cord, if you can see one, is not practical at that kind of speed, though it will give you a basic direction to go in.

不存在距离、目的地、或速度的限制。你可以到最遥远的星系。思想的速度是无限的。这就像折叠空间或不动而动。如果你可以看到什么，你就会在那里……就这么快。光速与此相比，就像一只蜗牛。我常常到深远的空间去，在那里，在想象和冥想中，星系从远处看就像微小的斑点。这是容易的，但诀窍是回来，有意识的重回体内。除非你有很好的天文学知识，我并不懂天文学，那就很困难。你可以跟随银带，如果你可以看见的话，但在这种速度并不实用，尽管它会给你一个基本的方向。

To return from a long distance projection, tune into your body and become aware of it. Then try moving part of your physical body, i.e., a finger or toe. This will return you to your body, and end the projection with full memories of the OOB.

要从远距离的投射回来，你应该调谐至你的身体并感知它。然后试图移动你物质身体的一部分，即：一根手指或脚趾。这会使你回到你的身体中，结束投射，并保持对脱体经验的完整记忆。

FUTURE WIND

未来风

There is a strange phenomenon you will come across, from time to time, while you are projecting. I call this "Future Wind."

这是在你投射时你会时常经历到的一个奇怪现象。我称之为“未来风”。

You will be OOB'ing somewhere, minding your own business, when all of a sudden you will feel an irresistible force. You will feel yourself being moved against your will, usually backwards, by this force. You can fight it for a while but it will grow steadily stronger until you are blown away; over the roof tops, up into the sky and....into the future.

你会在某处处于脱体状态，关注着你自己的事情，突然，你会感到一种无法抗拒的力量。你会感到自己不自愿地被这种力量推动，通常是向后。你可以与之抗衡一会儿，但它会逐渐增强，直到你被吹走；吹到房顶上，吹向空中并……吹进未来。

Then, after a while, you will come down in a different place....and time. Often it will be

somewhere mundane, maybe a domestic setting of some sort. You will be released there and left to wander about... confused. You may even meet people you do not know, yet, and they will be just as confused as you are.

接着，过一会儿，你会来到一个不同的地方……时间也不同。通常它会是世间的某个地方，可以是生活中的某个情景。你会在那里被释放并停留在那里，你会感到迷惑……你被搞糊涂了。你甚至会遇见你并不认识的人，而他们也会像你一样感到被搞糊涂了。

This may be an actual scene out of your future life, it may be a symbolic vision, or a mixture of both. You may be an invisible spectator to this scene, or you may merge with your future self, and see out of your future eyes for a while.

这会是你未来生活中的一幕真实场景，它也会是一幅符号化的灵视，或者是两者的混合。你会是这个场景的一个看不见的旁观者，或你会以你未来的自己出现，并以你未来的眼睛看一会儿。

This can also be a scene of an important future event. It could be a disaster, natural or otherwise, or something unusual or exciting on the world scene. These type of events usually have a lot of energy surrounding them, and this may be part of the reason for the vision.

这也可能是一个未来重要事件的场景。它会是一场灾难，天灾或人祸，或是世界上不同寻常或激动人心的场景。这些类型的事件通常在它们周围有许多能量，这可能是灵视的一部分原因。

The only explanations I can give for this are:

对这种现象我所能作出的解释是：

1. The intervention of your higher self: For some reason it decides that now is the time to show you something from your future.

1. 你更高自我的干涉：出于某种原因，它认为这是向你展现你未来的一些事情的时候。

2. Clairvoyant interference: Your Brow chakra has become clairvoyantly active and has tuned into a future setting. Your point of consciousness is caught up by this vision and projected into the vision.

2. 超视觉的干涉：你眉间轮的超视觉变得活跃，并调谐至一个未来的场景。你的意识点被这个灵视所吸引，并投射至这个灵视中。

3. A combination of both of the above - this is the most logical.

3. 以上两点的综合——这是较为合理的解释。

Symbolic Visions

符号化的灵视

There is another aspect of this wind that is very similar to the above but the vision you experience is symbolic, or has a symbolic aspect, rather than an actual future event or scene.

这种风的另一方面与以上非常相似，但你经历的灵视是符号化的，或具有符号的性质，而不是实际的未来事件或场景。

Note: I would like to warn you about the symbolic aspect of visions. If you don't understand the nature of symbolism it can cause great harm to your life. This warning applies to all clairvoyant visions in general, whether experienced in astral form or not.

注意：我想提醒你有关灵视符号的一个方面。如果你不理解符号的实质，它会对你的生活造成巨大伤害。总的来说，这适用于所有超视觉，不论是否是在星体躯体中经验到的。

For example: You are taken, by a future wind, to a scene in which you see yourself winning a lot of money. You are sitting at a table checking your lottery ticket with the results. You see the prize money is \$18 million. You check your numbers, or ticket, and find you have the winning ticket. You feel all the excitement, the surge of adrenalin, dreams of wealth come flooding into you and your heart races with excitement.

例如，你被一股未来风吹至一个场景，你在其中看到自己赢了许多钱。你在桌前核对你的彩票号码是否中奖。你看到奖金是 1800 万美金。你核对着你的号码或彩票，发现你的彩票中奖了。你感到激动万分，肾上腺素大量分泌，你梦想财富向你滚滚而来，你的心脏兴奋地跳跃。

After this vision, you start buying lots of tickets. You also start to make decisions that affect your life with a "When the money comes through" type of attitude. This can cause irreparable damage to your life! You lose your drive, your initiative, your ambition, i.e., you stop trying. This imparts a "Cargo Cult" type of belief system on you, a belief that everything will be given to you - with all the negative aspects this primitive belief system has.

见到这个景象后，你开始买许多彩票。你也开始以一种“当我发了财”的态度作出决定，这会影响你的生活。这会对你的生活造成无可挽回的损坏！你失去了你的动力、你的主动性、你的雄心壮志，即：你不再努力。这给你施加一种“拜物”型的信仰体系，你相信一切都会给予你——这种原始的信仰体系所具有的全部负面性。

This can cause you to mark time in your life, instead of living it to the full.

这可以使你在生活中原地踏步，而不是发挥你的能动性。

* What you may have missed, from the symbolism of the above vision is:

*你可能忽略的以上灵视中的象征意义是：

The amount of money may be unusual for that lottery draw. \$18 million is an odd amount of money and may be a rare event. This is what I call a SIGN POST - a date stamp of a future event. This means that when your local lottery has a prize of the above amount, something important is going to happen in your life or in the world around you.

奖金额对于彩票来说不太寻常。1800 万美金是一笔不寻常的奖金，可能是一件十分稀罕的事件。这就是我所称的信号戳——未来事件的一个日期戳。这意味着当你当地的彩票达到上述奖金时，就会有什么重要的事情会在你生活中或在你身边发生。

If you know how symbolism works, during the vision you would have been able to pick up more information about this coming event. The setting, the symbols, the connections to you, the action and the sequence of events in it, are all important aspects of its meaning.

如果你知道象征是如何运作的，当你看到灵视时，你就能找出更多有关这个未来事件的信息。这个场景、符号、与你的关联、事件的发生和顺序，都是它的意义的重要方面。

Misunderstanding a vision can ruin your life. Only experience and the intelligent application of logic can teach you how to interpret a symbolic vision. Until you have this experience, it is best to treat any sort of vision with caution.

对灵视的误解可以毁了你的一生。只有经验和理智的逻辑运用可以教你如何解释一个象征性的灵视。在你体验这个经历之前，最好小心对待任何种类的灵视。

Some possible reasons for a symbolic vision are:

象征性灵视的一些可能的原因有：

1. You are being given a warning or guidance by your higher self.
2. You are being given proof there is a future, a destiny, a meaning, a purpose to your life.
3. The sign post of this vision may mark a good or bad event in your life.
4. You may actually win the lottery. Personally, I would always make sure I had a ticket in the draw, just in case, but I would not depend on it.

1. 你的更高自我给你一种警告或指导。
2. 向你证明存在一个未来、一个命运、一种意义、你生命的一个目的。
3. 这种灵视的信息戳可以标记你生活中一个好的或坏的事件。
4. 你可能真的中彩。我个人认为，我总会确信我的抽屉里有一张彩票，以备万一，但我决不会依赖于它。

Future Wind Example

未来风的例子

I left my body and was moving about my home, getting my sea legs. Suddenly, a force moved me

across the room. I tried to fight it but it grew stronger until I was blown out of the house and up into the night sky. A short time later I was brought down again, outside my home. I was just left standing there in the middle of the road. In front of me stood a refrigerator. It was just sitting there in the road with its door open. I examined it and could tell it was not working. Behind it was a massive red brick wall, 40 feet high and twice as wide. There are no REAL brick walls in this street. Then I noticed my wife was standing beside me. I turned and said hello to her. She just said goodbye, very coldly, then turned and walked away. Perplexed, I watched her walk away. Oddly, instead of walking to our home, she walked away from it and off into the distance.

我离开我的身体，在我家四周移动，以搞清方向。突然，一股力量将我推过整个房间。我试图抗争，但它变得更有力，一直把我吹出房子，吹至夜空中。一会儿过后，我重又落下，停在我家外面。我一个人站在路中间。在我面前，有一只冰箱。它放在路上，冰箱门开着。我察看冰箱，知道它并不运转。在它后面是一堵巨大的红砖墙，40英尺高，宽有两倍。这条街上并没有真正的砖墙。接着我注意到我的妻子站在我身边。我转身向她打招呼。她只是很冷淡地说再见，然后转身走开。我困惑地看着她离开。奇怪的是，她并没有走进我们家，而是走向相反的方向，消失在远处。

Being experienced with the symbolism and nature of visions I knew what this foretold, the end of my marriage. I could not understand it as we were only recently married and very happy together.

我对灵视的象征性和实质经验丰富，我知道这预言了什么：我婚姻的结束。我对此感到不理解，因为我们最近刚刚结婚，在一起很开心。

To decipher a symbolic vision it is necessary to analyse it and break it down into its parts.

要解析一个象征性的灵视，必须对它进行分析，并将它分解。

The six significant aspects of this vision are:

这个灵视的六个主要方面是：

1. The sign post... (the date stamp of the event)

* The refrigerator that did not work.

1. 信息戳……（事件的日期戳）

*冰箱不运转。

2. The connections... (something, or someone, in the vision that connects the events to me).

* 1. My wife.

2. It was outside my home.

3. I was there as me.

2. 关联……（将事件与我联系到一起的灵视中的某事或某人）。

- *1. 我的妻子。
- 2. 它在我家外面。
- 3. 我作为自己在那里。

3. The symbol... (the basic nature of the coming event)

* The large brick wall. This symbolises a barrier or an end to something. This was the only actual symbol in the vision, but other parts of it were by nature or action - symbolic.

3. 符号……（未来事件的本质）

*巨大的砖墙。这象征一种障碍或某事的结束。这是灵视中唯一真实的符号，但其他部分实质上或动作上是符号的。

4. The symbolic action... (this signifies the meaning of the vision)

* My wife's cold goodbye.

4. 符号的发生……（这意味着灵视的意义）

*我妻子冷淡的告别。

5. The symbolic modifiers... (these modify the symbol or, in this case, the symbolic action in the vision).

a) My wife departed in a direction away from our home.

b) She walked away until she disappeared from view.

5. 符号改变……（这些改变符号，或，在这里，在灵视中符号的发生）。

A) 我妻子以与我们家相反的方向离开。

B) 她走开直至在视线中消失。

6. The sequence of events.

a) The broken fridge.

b) The large brick wall.

c) My wife's actions.

6. 事件的顺序。

A) 坏冰箱。

B) 巨大的墙。

C) 我妻子的行动。

OR:

When I saw the broken fridge (sign post) I saw the brick wall (symbol) and my wife (connection) said goodbye and left (symbolic action) in a direction away from our home, until she disappeared (symbolic modifiers)

或者：

当我看见坏冰箱（信息戳）我看见砖墙（符号）我的妻子（关联）告别，以与回家相反的方向

向离开（象征发生），直到她消失（象征改变）。

The timing and sequence of a vision is important to unravelling its meaning. It is important to break a symbolic vision into its 5 basic parts and to note this in your journal, while it is still fresh in your mind.

一个灵视的时序对于解开它的意义是很重要的。当灵视在你头脑中依然清晰时，将一个象征的灵视分解为五个基本部分，并作笔记，这是很重要的。

Note: There may be more than one modifier to each part of a vision.

注意：灵视的每个部分可以有一个以上的改变。

Hindsight

后知后觉

A year after I had the above vision, we moved to another town. The day we moved, we had to borrow a refrigerator from a relative. Ours had broken down and was in for repairs. The borrowed fridge did not work either. After our's was repaired, this other fridge sat on our porch for two and a half years, waiting to be collected. I remembered the vision clearly, and knew this fridge was the date stamp of an upcoming event. I also knew what the event was, but honestly could not see it happening. One day, though, they came and collected this fridge. A week later my marriage ended. Suddenly, permanently, and for no foreseeable reason.

我见到以上灵视一年后，我们搬到另一个城市。搬家的那天，我们必须向一个亲戚借一只冰箱。我们的已经坏了，正准备修理。借来的冰箱也无法运转。我们的修好之后，这另一个冰箱放在我们的走廊里已经两年半了，等着被回收。我清晰地记得那个灵视，知道这个冰箱是一个即将来临的事件的日期戳。我也知道这个事件是什么，但真心不想看见它发生。但有一天，他们还是来了，来回收这个冰箱。一个星期后，我的婚姻结束了。突然地，永远地，并且没有可预见的原因。

Looking at it in hind sight, it is crystal clear what the vision meant. It was as simple as it was accurate. Most symbolic visions are this simple. Be very careful not to read too much into vision otherwise the true message in the vision will be obscured.

从事后的眼光来看，这个灵视所包含的意思一目了然。它又简单又准确。大多数象征的灵视都这么简单。要小心不要对灵视作过多的解读，否则灵视中所含的真正信息会变得模糊不清。

Always break a vision down into its parts.

一定要把一个灵视分解成几个部分。

Ask of each part:

推究每个部分：

1. "What is it in itself?"
2. "What does it do?"
3. "What is its simplest, most basic, symbolic meaning?"

1. “它本身是什么？”
2. “它干什么？”
3. “它最简单、最基本的象征意义是什么？”

Write these answers down and then apply common sense and logic to them. This will give you insight into the true meaning of the vision.

将这些答案写下来，然后以常识和逻辑进行分析。这会使你洞察灵视的真正意义。

MIRRORS

镜子现象

Mirrors, historically, are magical devices used as doorways to other worlds. There are also numerous superstitions and old wives tales concerning their effect on the recently departed. After a person had died, all mirrors in their home were covered. This was so they could not see their lack of a reflection and be shocked. Another reason for this was to prevent them from being accidentally trapped in a mirror.

在历史上，镜子是作为通往其他世界的通道的具有魔力的器具。也有无数有关它们对刚刚死去的人有效力的迷信故事。当一个人死了，要遮上他房间里所有的镜子。这样他就不会看到自己没有影子而受惊吓了。这样做的另一个理由就是以防他意外地陷于镜中。

There is some logic to this if you look at the mechanics of projection. Death, in the early stages, is very much like a powerful real time projection. The biggest difference being the lack of a living body to return to.

如果你察看投射的机制，你就会明白这有些道理。死亡的早期阶段与强有力的实时投射非常相似。最大的区别是，少了一个可以回来的活的身体。

Spirits are normally held close to the physical dimension, in real time, for a week or so after death. This is until the supply of etheric matter that binds the spirit to its physical body runs out.

死后大约实时的一个星期中，灵魂通常停留在靠近物质维度的地方。直至将灵魂束缚于它的物质躯体的以太物质的供给消耗光为止。

During this time it is normal for the spirit to wander among relatives and loved ones, saying goodbye and coming to terms with their new state of existence. This goodbye process, eases the

psychological trauma of death, and helps prepare the spirit for the next stage of existence.

在这期间，灵魂在它的亲戚和所爱的人周围徘徊不去，向他们告别，并逐渐适应它新的存在状态，这很正常。这个告别的过程，平息了死亡的心理创伤，并有助于灵魂做好下一阶段存在的准备。

What can happen with mirrors, is this: A new spirit can inadvertently enter a mirror. If this happens, they enter a mirror world in the same way a projector enters a picture through VRP. Once in a mirror world they usually do not know where they are, or how to get out of it, and can be stuck there for the duration of their real time stay. This will not interfere with the journey of the soul. It will just cause confusion for a few days until it enters the next stage of existence. This can though, make their last days near the physical world very confusing and interfere in the natural goodbye process.

与镜子有关的所发生的事情是：一个新的灵魂会不留神地进入一面镜子。如果这种情况发生，他们就进入一个镜子的世界，正如一个投射者通过 VRP（虚拟现实投射）进入一幅图画一样。一旦进入镜中世界，他们通常不知道他们在哪里，或如何从镜中出来，并在实时停留期间陷于其中。这不会干涉灵魂的旅程。但这会使他们在物质世界附近最后停留的日子非常混乱，并妨碍自然的告别过程。

This, I believe, is where the old superstitions came from. Therefore, in the light of my understanding of projection and the death process, I think the covering of mirrors after a death is a VERY good idea, for the benefit of the deceased. This is best done for two weeks, to be sure.

我以为，这就是古老迷信的由来。因此，根据我对投射和死亡过程的理解，我认为人死后盖上镜子是一个很好的主意，这对亡者是有益的。要想更有把握，最好盖上两个星期。

A Better Goodbye

更好的告别

It is possible to communicate with a recently departed spirit during its real time, post death wandering. This can be done by leaving a letter, uncovered, for the spirit to read. They can also hear you, so talking to them is also effective. I think a good practise would be to have goodbye letters, from all the people that loved the deceased, stuck to the wall in the spirit's old room. Leave the letters open, with all pages clearly in view, to make reading easier.

在一个刚死的灵魂处于实时期间、死后徘徊期间，与其交流是可能的。可以通过放一封展开的信让亡魂阅读。他们也能听见你，因此跟他们说话也是有效的。我觉得一个好的方法是由爱它的人写一封告别信，贴在它曾居住的房间里。把信展开，每一页都能看到，使它读起来更容易。