

# Secret Guide to Instant Astral Projection

## The Astral Plane

The word "astral" comes from the Greek word meaning "related to a star" and it originally described the heavens of the Greeks and the abode of their gods. The concept of the astral world expanded in time to refer to what the ancients called "ghostland," a realm inhabited by etheric entities, disembodied spirits and highly developed angelic beings.

Under normal circumstances the limitations of our five physical senses keep us from seeing into the astral world. That is because that world is made up of an energy that is invisible to us, owing to the fact that it is vibrating at a higher rate than the energy that comprises the material world.

But there are ways to perceive it other than through direct entry into it via astral projection. Clairvoyants and well-trained occultists have done so all through the ages. The former is the passive recipient of mental impressions, but these are usually fleeting and only moderately revealing.

If he is developed enough, though, the occultist can shift from material to astral perception through a conscious act of will, "just as the operator on the typewriter shifts from the small letter type to the capitals," in the words of one writer.

The perceiver will look into a world that is just as real as ours. It has geography, scenery, inhabitants. There are even countries and kingdoms. The astral world has its own natural laws. It is subject to constant change just as the physical world is.

Some theorists writing on the subject of astral projection have speculated that the astral world is in fact a "rationalized dream world," a universe of elemental energies which we shape into beings, people and places through our own thought processes. In other words, the astral world is a real place but we create its manifestations in our imaginations.

There probably is some truth to this idea. Certainly some of the sights and experiences reported by astral explorers sound like thought projections. But at the same time so many people have reported the same kinds of things in the astral realm—witness, for instance, the testimonies of many thousands of NDE percipients—that we can reasonably conclude that it has its own independent, objective existence. Once you enter it, you can be confident you will see certain things there.

## A Theosophical View

The esoteric thought system known as Theosophy provides a detailed description of the astral world, which it depicts as the realm into which we pass at physical death and in which we spend a period of time before moving on to a higher sphere.

Theosophists believe that it is not just disembodied spirits who live in the astral but also, writer Lewis Spence says, "inhabitants. . . of an altogether nonhuman nature—lower orders of the devas

or angels, and nature-spirits or elementals, both good and bad, such including fairies which are just beyond the powers of human vision, and the demons present to the vision of delirium tremens."

The astral world has seven divisions.

The lowest and most material of these is called Avichi, a hellish environment in which souls are tortured with desires that cannot be fulfilled without the physical body. The souls of criminals and other depraved persons witness the activities of their counterparts on the physical realm and are driven to despair because they can no longer take part. On their side of the astral border, as one writer puts it, is a dreary "astral atmosphere of pool rooms, gambling halls, race tracks, brothels and red-light districts" in which these miserable souls congregate; these structures exist, alas, only as a symbolic back-drop; the functions such places fulfill on the physical plane are denied the inhabitants of Avichi.

The souls in Avichi do not suffer eternally. For most, the desires that have gone so long unsatisfied die away, suffering ceases and the soul moves up to the next astral level. Those few incapable of change and moral improvement eventually are exhausted by the strain and descend into merciful oblivion.

Avichi is sometimes compared to the Christian hell, but it is really more like purgatory, because through suffering sins can be forgiven and put behind one.

It should be clear that relatively few persons who enter the astral world will experience Avichi. The great majority will end up in one or the other of the next three divisions. (Avichi, the lowest of them, is considered the seventh division.) The division you will end up in is dependent upon the degree of your moral development.

### Deeper into the Astral

The sixth division of the astral world is so much like the physical world that those first entering it may not even remember that, biologically and materially speaking, they are ill and in bed. Today you feel happier and healthier than you have ever felt. You get out of bed, get dressed and go out into the world.

Out there you see familiar surroundings and familiar faces—but soon you begin to sense that something is different. Slowly it dawns on you that this, for all its superficial resemblances to the world you know, is in reality another world.

"As the astral life becomes more and more familiar," L. W. Rogers writes, "he [the arrival] gets well settled into it and gradually readjusts his viewpoint to a truer perspective. As time passes he is less and less in touch with the affairs of the physical life."

Yet before they move on, many people use their time in the astral to expand their knowledge of life, the universe and the many realms of being. Undistracted by the cares and concerns of the mundane world, they devote their energies to their own moral betterment; they may also act as guides to the many thousands of persons who daily arrive unprepared in the astral world. Many are frightened and confused, fearing that they have not been "saved" and are about to spend an eternity of torment for not holding the proper religious views.

With the passage of time the astral body loses more and more of its material substance and it

ascends gradually to the higher divisions. These divisions are correspondingly removed from the physical world and in them the landscapes take on more a spiritual than an earthly aura. In fact here the geography is the geography of heaven: beautiful buildings, gently flowing rivers, green hills and magnificent mountains. These things are quite real but they are in no way physical; they are the mental creations of the spiritual beings who dwell in this land of pure thought.

At the first and highest level of the astral world, the souls work for noble purposes and they are free to travel to lower realms if necessary for their work.

### Beyond the Astral

When you leave the astral world, you enter the mental world, also known as the manasic plane or the devachan. It is the home of what are known in Sanskrit as the devas, angelic beings (in the near-death literature they are called "beings of light," as we already have seen.)

By the time you have arrived here, you will have left behind all that remained of the lower emotions that so dominated your existence on earth. Now you are concerned solely with your highest aspirations and you need no longer fear the distracting effects of sorrow, anxiety, struggle or fear. You are now experiencing nothing less than total bliss. In her *The Basic Ideas of Occult Wisdom*, Anna Kennedy Winner describes life on this plane as follows:

" . . . people whose highest thoughts have connected themselves with their families will see around them "living" images of their loved ones, which will seem real and responsive to them. People who have been interested in philanthropic schemes may construct apparently real Utopias. Scientists will have the opportunity to study some of the real inner laws of nature. Musicians or artists will be aided and taught by the devas who work in those lines, and thus be reborn later with a great enhancement of their capacity. In general, any experience which a man has had of a pure and lofty, or purely intellectual, nature will be worked over and mentally digested, as it were, until he has gained from it the last possible drop of wisdom and enhanced ability. He can have no experience for which there is not some seed already planted—this is not a time for new beginnings, but for gathering together the essence of the past and building it into his permanent self as a permanent part of his character."

In due course, when all the concrete thoughts and experiences of the past have been reflected on and resolved, they in turn are discarded and the soul enters the highest subplanes of the manasic plane; in Sanskrit these are referred to as the arupa, or "formless" worlds. By this time the soul body bears no resemblance whatever to the physical form that once contained it. It is now a globe of living light, pulsating and radiating, sensitive to all impressions from all worlds. It is now prepared to begin anew: to reincarnate in a physical body.

### The Seven Planes of Existence

The seven planes of existence, in other words the seven planes that you, your spirit needs and wants to go through to become complete. First very briefly I would like you to understand that you, your spirit and please remember that you are spirit, go through many, many earthly lifetimes. In other words reincarnation. Your very many earth lives are there for you, your spirit to learn the many lessons that your spirit needs to learn. Once your spirit has learned all of the lessons, and believe me, because there are so many of them, your spirit needs very many earth lives to learn all of the lessons that are required to ultimately become what is termed as a perfected spirit. Once you, your spirit has become perfected, then and only then can the spirit travel to the next higher

plane. I will now briefly explain these seven planes which hopefully will give you a better insight into your own spirit. They are as follows:

The Earth Plane (Physical)

The Astral Plane

The Mental Plane

The Buddhic Plane

The Nirvana Plane

The Para Nirvana Plane

The God Head.

Imagine seven circles completely separated from each other, but they are within each other, from the outside circle, to the next inner circle, to the next inner circle, to the next inner circle and so on to the last inner circle which is the centre of the circles. Therefore you have seven circles within each other.

The largest circle or the outside circle is called the Earth Plane. The next inner circle is called the Astral Plane. The next inner circle is called the Mental Plane. The next inner circle is called the Buddhic Plane. The next inner circle is called the Nirvana Plane. The next inner circle is called the Para Nirvana Plane and the next and last inner circle, in other words the centre of all the circles is called the God Head. (The centre of all).

We will now start with the outer circle first which is called the Earth Plane. This is the plane of low material vibration. This is where the spirit in its first incarnation was wayward, irresponsible, nasty etc., and then spends the rest of its incarnations to becoming a perfected spirit.

The next step up, or the next inner circle (the second circle) is called the Astral Plane. Now this plane is more like a stepping stone, where the spirit (you) is continuously stepping backwards and forwards from the Earth Plane to the Astral Plane for lessons to be learnt. Then stepping forward into the Astral Plane for the corrections of those past lessons with the help of the Guardian Spirit and the Lords of Karma.

The next step up, or the next inner circle (the third circle) is called the Mental Plane. This is where what we the earthly beings call, the masters and the guardian spirits, will reside. These are the perfected spirits who have volunteered their services to the Earth Plane for the benefit of all human beings.

The next step up, or the next inner circle (the fourth circle) is called the Buddhic Plane. Now this is the plane where the vibration of the spirit becomes a lot faster and more ethereal and the spirit's memory of the earth plane now becomes diminished.

The next step up, or the next inner circle (the fifth circle) is called the Nirvana Plane. This is the plane of peace and tranquillity and anything to do with the earth plane has now completely

ceased. The spirit now senses the increased pull of the higher spheres (the last two circles), and a sense of eager anticipation now fills the spirit as it awaits the other fifteen parts of itself which were separated eons ago when it spun off from the God Head.

Now the spirit has arrived at the Para Nirvana Plane, the sixth inner circle. This is what is called the waiting room, and this is where the reunion of the sixteen parts of the original spirit ultimately takes place. These are the mysteries that are known only to the very higher spheres of life.

Now the completed spirit has now arrived at the God Head (the very centre of the circles). This is the ultimate of the original spirit and this is the complete reunion of all energy and light of the sixteen parts of your original spirit. In other words, the evolution of the sixteen parts has now been completed. But this my friend is not what you may think is the end. It is definitely not. It has now become the beginning again.

If I may explain a little further, because the sixteen parts have now become one and are now spinning faster and faster within the god head, faster and faster only to be spun off yet again into sixteen parts again, yes sixteen parts, sixteen individual spirits to start to learn all over again. These sixteen parts, these sixteen spirits, again will eventually meet and become as one. But only when all lessons of those sixteen spirits have been learned and understood. Because for spirit there is a never ending. Because life is never ending. You must always remember this one special thing, and that is. You are spirit and spirit is you. You are an individual and you are, someone very, very special.

## Heaven & Hell

Heaven and hell are really just the astral plane, separated by vibrational frequencies. You can say earth is also "hell" because it's so low vibrationally, along with the lower astral realms, and the higher astral planes are "heaven" because they vibrate at a very fine rate and are quite gorgeous. But the astral has only 7 levels and then you start getting into the higher planes of existence (mental, buddhic, etc.) which is where the "collective unconscious" or "universal mind" might exist. Everyone uses different words for these planes of existence (heaven, hell, collective unconscious, etc.) Spirits live in the astral realm, and when you leave the astral realm to the higher realms, you are "consciousness" and have no vehicle like the physical body or astral form although you can elect to appear in one (Robert Monroe talked about how he would see a blaze of energy and that energy would tune itself down and appear as a human). You are simply Conscious energy at that point. All things are vibrations, whether light or sound, so the physical realm is just different vibrations (coarser) than the astral, the mental and so forth. We are here to learn and love, and as we do, our vibrations raise, which is when you can start to tap into the different planes of existence. The more I meditate and astral project, the wider my frequencies become which means that I can go to higher planes of existence. When I project, I can pick up on radio and tv frequencies, and can sometimes 'see' or 'hear' what some other people cannot. When you die, you migrate to the portion of the astral plane that you are in tune with vibrationally (hence the whole concept of "bad" people go to hell and "good" people go to heaven). If you saw the higher astral planes, you would know why it's confused for "heaven" for it is simply beyond words.

The astral realm is also known as the "emotional" realm because it reacts to our thoughts. Not only is it an astral counterpart to the physical world (so the astral counterpart of a chair would exist in the astral), but it is also what we "think" about so a lot of mental "debris" exists in the astral which is why everyone gets so confused while projecting. This is not all levels though. The

higher levels don't seem to have the astral thought matter that the lower and mid levels do (I know, because I've seen them). People think that they are not astral projecting (despite the unmistakable separation process) because they see objects in the astral that do not necessarily exist in the physical, so they question this reality. The fact is, they ARE astral projecting, and the astral can seem quite jumbled at times. And we humans are not the only entities that exist in the astral as well...

The astral is not just a play land for sleeping or projecting humans. It can be structured like physical life, where people go to classes, or even "work" on projects of their choice.

## Fears

People who are inexperienced about Astral Projection tend to have many fears about it. This is normal. The Astral Planes to the uninitiated is an unknown and humans tend to be fearful of anything not in their normal sphere of daily living. It is especially frightening to those who experience astral projection spontaneously and with no control. Weird things happen, weird feelings or sounds and touches; even while still in the body which can unnerve even "he-man" types because they have nothing in their past to reference this new experience to.

For those who want to learn and activate their training, their first experience can still be a bit frightening since this is not an everyday occurrence. However, it is rare for anyone, whether new or an old pro, to experience anything negative or harmful from the Astral Planes. Some would say it's the state of mind that you project from yourself when entering the Astral Planes. If you enter with unconditional love in your heart, have in your mind that things will go well and that you will have a wonderful spiritual growing experience, then this is exactly what will happen. Nothing can harm you since you are a child of the light. This is true for most people. Some never have had a single problem on the Astral Planes. And those that DO have problems, the experience mostly stems from not knowing what is going on, that others are also out and about and can come visit you whether they are conscious in doing so or not (and may or may not have a physical body at this particular time), or a teacher guide is awaiting you to acknowledge their presence. They'll come up to touch or speak to the people they are visiting for whatever reason, and without meaning too, scare the heck out of them. Or a spirit guide, familiar, or totem animal gets overjoyed that their mistress or master is awakening spiritually with conscious awareness, and accidentally in their enthusiasm overwhelm their friend and frighten them.

So many things can happen and for so many different reasons. The best thing to do when confronted with something you are not sure of, but KNOW it's out of the ordinary, is to stay calm above all else. Write it all down as soon as you can. Use your common sense once you have your fear in check to deduce what may or may not be happening. Go to several sources of books, sites, and people for further information. But again, use common sense in accepting anything as gold from the lips or text of anyone. What may be right and true for one person may not necessarily be right and true for you. And most importantly, listen to that inner voice. You will rarely if ever be wrong. Rare is the case of a true full blown astral attack from some negative person or entity. However, even if it was signaling something negative, you still have power and control at all times. The trick is to keep calm and do not feed it fear or anger. Negative emotions give anything negative power. Stay calm and KNOW that you are in control at all times. You are a child of the light and because of this wonderful gift you ARE protected. This is a fact of anything spiritual. You and only you have control. The Divine or whatever God/dess you give a name to gave you a

gift of free will. This can not be taken advantage of or taken away from you by anyone. Here is your power.

Things you can do to avoid problems are to always make protective circles around you before attempting astral travel. Secondly, and most importantly.... psychic hygiene. If you are a clean happy person nothing negative would even want to get near you. Make it a habit to clean your aura before and after astral projection. Here are two methods:

Outside method: to cleanse, go outside, cast a simple circle and ground yourself from your root chakra to Mother Earth. Do a rhythm breathing [i.e. breath in on a five count, hold for three heartbeats, expel on a five count, hold for three heartbeats]. Center yourself. Hear nothing but your heartbeat. Feel the wind and then feel your aura tingle. Feel it crawl up your leg, swirling and getting stronger. See white energy coming from Mother Earth. Keep breathing and feel it climb, getting stronger as you expel breath. Feel the negativity leave into Mother Earth to be cleansed by Her. When you have felt the energy all the way up, see a golden beam from the sun shining down on you, cleansing all the dirt and negativity from your aura. Feel it cleaning, then feel it charging your aura, making it stronger and more energized. Then let the sunbeam go back and put your favorite shield up around you.

Inside method: this can be done anywhere anytime when you have a few moments of quiet time. See a white light around you. Breathe, relax, get really into it as much as you can. See two large white hands come down and gently start to clean your aura from your head all the way down, cleaning all the dirt and negativity away from all sides, all over, then see the white hands disappear and you'll feel all clean again.

## Strange Things

A reader just asked me if I've ever seen dragons, mermaids, faeries, unicorns or other fantasy creatures, and if so, what were they like.

All right! I'm coming out of the closet on this one! I've seen gnomes on the subtle planes! I withheld this bit of info for fear of being labeled a pure nut, but there's a side to this story that puts it into the credible department. Now, while I've seen gnomes, I have not seen any of the others listed above, however, I imagine some may exist. Who knows, maybe some myths were started because someone "dreamed" them (a disguised projection) and thought it would make for an interesting story.

Here is the fascinating tale of how I saw these gnomes. I decided to do some remote viewing for the lottery numbers one afternoon. I did my usual set-up of going to bed, getting comfortable, and then started the process of moving from beta to theta. About 40 or so minutes into it, I felt I had reached the theta state (body totally asleep, hypnagogic imagery starting to form). This is when I started to probe for the lottery numbers. As my third eye opened up, what I got instead were two little gnomes! They both looked male and had the proverbial appearance of gnomes (dressed in rustic clothing, very earthy surroundings, etc.) What was rather odd is that one of them was drinking out of a tea cup! As the one gnome sipped his tea, he said to me (in an accent that sounded a bit Irish), "Look at the lottery for seven days and it will be like looking at paper." Now, while this tale sounds ridiculous, and you are probably rolling your eyes, I did exactly what the gnome told me to do. For the next seven days I went to Safeway and asked to see the lottery numbers. On the seventh day, an amazing thing happened.

It was a weekend morning and I decided to use my "My Favorite Technique" to do a projection. This basically requires sleeping in to the point of becoming excessively groggy. When I reached that point, I was able to induce the vibrations and exit my body. I of course went to search for the lottery numbers, thinking I had to "go someplace." Well, one projection was futile, and after awhile I came back. But for some reason my body remained in an optimal state and I was able to leave over and over. On the seventh exit I grew frustrated and demanded to see the lottery numbers (hence the source for my Will article.) And as I pushed out the force of my will, up popped the daily lottery numbers, as clear as the gnome said it would be. Of course the rest is written down under my lottery article.

So I do believe I really did see gnomes. But why they chose to appear to me and help me, I do not know. I can only say one thing, and that is that I've had a very strong attachment to earth and her creatures since I can recall. Even in my dreams I have drawn "other realm" tarot cards depicting a nature goddess. So perhaps there is some affinity even with her subtle realm creatures (nature is nature).

There are creatures that we cannot see that are literally "out of this world." I'm quite sure many of these exists and have varying degrees of personality, as we do.



## The Higher Planes

You can almost think of the higher plane as what existed prior to the Big Bang. What was before everything you see around you? Before man, planets, solar systems... and even light... was just conscious energy. It was formless, no boundaries, an incomprehensible state of oneness. Here you have what we now call the higher plane. But then it wasn't the higher plane because there was no lower plane to give it the word "higher". It just was the Oneness of God. Then the Big Bang happens.. It did explode out, but it didn't just explode out physically, it exploded out in so many layers we haven't a clue. From this, we now have the mental plane, the etheric, the astral, parallel and holographic universes, and eventually the physical. This is the Creator's Divine Will now in action. So to go back to the "higher plane" is to go back to The Source. The Source before it created ego, separation, and all the experiences that appears to be outside of itself.

There are a lot of planes wedged in between The Source (relatively speaking as The Source is part of everything). A religions leader, guru, priest, or shaman may dream and enter one of the higher plane and declare this "heaven," but as long as heaven is described as anything relating to pearly gates, ego, and having seemingly physical properties and rewards, it is not heaven. The heaven used by many religions is meant to control the masses. How else can we get people to kill when specifically "Thou shalt not kill"? We reward them with harems in the afterlife, honorable placement next to God, riches and so forth. From there, we can get them to kill through hari-kari, Holy Wars, stoning, burnings, and the like. Burning at the cross sounds like ancient history, but "holy men" were doing this up until recently, and stoning is still commonplace in many countries.

Jesus was able to perform miracles. With all his powers, why did he not just kill his adversary? Sounds easy enough to me. A man who can miraculously heal also has the potential to kill. But he chose not to. He knew what I know, and that you may know. Killing doesn't get you back to The Source. It is no exaggeration when it was stated that to get to heaven (The Source) is as hard as shoving a camel through the eye of a needle.

And you know why the Source is never dangled as a carrot to the populace, like the other mid planes are? A real Master would have you set your sights higher than the astral plane or where you think the "pearly gates" are. The Source cannot be used as a carrot because the ego is left behind. This is the greatest fear to most people on earth. Feverish readers beg me to assure them that they would like to astral project (or ascend) as long as they don't lose their identity (ego). To most people, this is a punishment, not a reward. So you have to assure them that when they die, they will still be them and still enjoy things they enjoy here when times are optimal.

The Source is energy. When you experience the source, you are part of everything. You have no division, no separation, and no ego. You are size-less and without real description. You permeate all matter, on all planes. You then experience what was intended, Divine Will, at its source. There are no words, no vision, just pure conscious Divine energy. What do you do there? You do what Divine Will does: Create and experience. You then descend again into your creation and experience it. Over and over we create and experience our Divine Will.

## Time Travel

*"The distinction between past, present and future is only an illusion, even if a stubborn one."*  
Albert Einstein

*"You can go anywhere in any time, past, present, or future, via OBEs."*  
Robert Monroe, Ultimate Journey

*"Eventually someone will remember that telepathy is an instantaneous form of telecommunications, clairvoyance as instantaneous form of perceiving. And, pre-cognition and retire-cognition (as parapsychologists call them) are forms of time travel. So, somewhere among its many mysteries, human consciousness possesses a "machine" that can do all of the above."*  
Ingo Swann

*"It's a poor kind of memory that only works backwards."*  
The White Queen, in Through the Looking-Glass

Right from the start I have to tell you that this is real. There have been so many occasions where I've seen things in the astral prior to them happening in the physical. These include the moment of my step mothers death, the daily lottery numbers that I specifically asked for, weather events, job situations, and so on. Transcending time is real and this is where I think more attention needs to be paid.

### Lottery:

For people interested in winning the lottery: First of all, it's possible, but this is no easy feat! I am still discovering what is real information and what is not. It seems to me that "dream" quality visions (dreaming or meditating) are less frequently real. If a floating image comes through my mind, it is usually only imagery. We have different vehicles for our consciousness, and the dream vehicle is typically symbolic, while the astral and mental vehicles are fairly accurate. Information received from levels higher than the mental plane can come in forms such as a blinding white light and are very accurate (but beyond the scope of this document).

I've seen the lottery during dreaming, lucid dreaming, and astral projection and only experiences while astral projecting have provided accurate results. Dreaming, both lucid and otherwise, has only provided sporadic accurate information. When I find myself "dreaming" and then take control of the dream (which is lucid dreaming) I can quite lucidly seek and see very clear lottery numbers, but they are usually not real, and when they have been real, I can only seem to remember the last digit. What I do find true, however, for "seeing the future" while dreaming is that what I see of the future is "symbolic" or very close to the fact. When I say symbolic, I mean, for example, I asked to see the Sunday paper for the next day, and what I saw was a men's football sports team, wearing blue. But on the actual Sunday paper the next day, it was a women's soccer team (and they were wearing blue). While not exact, symbolically, it was accurate (sports team wearing blue). This probably would work for horse races because you could ask for the winning colors. I also once dreamed that my boss was packing up a truck at our work and I cried because I knew he was leaving and I would miss him dearly. The next day his credit card and entry card keys were in his out basket and he had been fired. Dreams can be both symbolic and actual. Sometimes dreams can be confused with astral projection. I once saw with absolute clarity snow on our backyard tree, but I didn't know it was going to snow that night. When I got up the next morning, the same tree, bare the night before, was laden with a few inches of white fluffy snow the next morning. This was probably an involuntary astral projection and not a dream. Click here if you want to read a general question/observation on the lottery: [Lottery Observation](#)

### Studies:

I've been looking high and low for information about studies conducted on precognition while out of body and have only been able to find a few resources. Dr. Slate wrote in his book, "Astral Projection and Psychic Empowerment, "A study conducted in our laboratory to investigate ESP during the out-of-body state found significant improvements in telepathy, precognition, and clairvoyance when compared to previous ESP performance. On average, the accuracy of ALL forms of ESP improved around 50% during the out-of-body state.

I also found several pages on the topic of time travel in Dr. Bruce Goldberg's book, Astral Voyages. He states, "It is relatively simple to traverse time while on the astral plane. All one needs to do is focus on a specified period of time in the "past" or "future", and he or she will be instantaneously transported there." One technique he recommends for shorter trips is to imagine a clock face with its hands rapidly turning forward or backward.

Note:

The whole time travel concept can drive a person buggy. Questions like, "well, if my future is already determined, why do I have to do anything now?", or "If I go into the future and see myself with a different person, should I break up with the one I'm with now?" We can debate endlessly about time. Some say it's 70 per fate, 30% choice, whereas I think it is 70% choice, 30% fate.

I read an interesting comment from a remote viewing e-groups that I wanted to include that pertained to time travel:

From the RV group:

"Can someone direct me to any research on experiments targeting places or events for the next year? i remember the snow and waumbaugh book but that material was not really controlled in any way so although it was interesting it was not verifiable or statistically significant in the general sense of the word. thanks in advance." stuart

"Dear Stuart, There have been lots of future event targets done including a book by Joseph McMoneagel of which the name escapes me right now (something with millennium in it). He speaks to the problem of front loading (knowing what the target is). I've done some targets, one of which saw Tucson with a lot of water and people heading for the mountains. I didn't know what the target was, and I didn't have a time frame. (This could be 10,000 years in the future.) Ed Dames is pretty famous for his future gloomy predictions. (I think his accuracy rate is pretty low.) I think one of the problems with viewing or predicting the future is the idea that the future is fixed. I don't believe that this is true. I feel that those of us in this great theater that we call life, change the future with our thoughts, beliefs and intentions. If we really see ourselves involved in cataclysmic earth changes, or suffering great losses with y2k, we will probably set that stage for great changes or losses in our personal lives. A number of years ago, Dr. Chet Snow wrote a book called Mass Dreams of the Future in which many people were hypnotized and projected into their future. Depending on the belief system of the people, their future took on this belief. Those that were survivalists, went to a mad max type place, those that were techno-types went to techy futures, those who liked nature went back to it and so on. I've seen some very accurate predictions, like astrologist Dr. Louie Turi and some really lame predictions. This is a very unpredictable science." Peggy

## Chapter 2

### The Astral Plane Scenery

First of all, then, it must be understood that the astral plane has seven subdivisions, each of which has its corresponding degree of materiality and its corresponding condition of matter. Although the poverty of physical language forces us to speak of these subplanes as higher and lower, we must not fall into the mistake of thinking of them (or indeed of the greater planes of which they are only subdivisions) as separate localities in space - as lying above one another like shelves of a book-case or outside one another like the coats of an onion. It must be understood that the matter of each plane or subplane interpenetrates that of the plane or subplane below it, so that here at the surface of the earth all exist together in the same space, although it is true that the higher varieties of matter extend further away from the physical earth than the lower.

So when we speak of a man as rising from one plane or subplane to another, we do not think of him as necessarily moving in space at all, but rather as transferring his consciousness from one level to another - gradually becoming unresponsive to the vibrations of one order of matter, and beginning instead to answer to those of a higher and more refined order; so that one world with its scenery and inhabitants seems to fade slowly away from his view, while another world of a more elevated character dawns upon him in its stead. Yet there is a point of view from which there is a certain justification for the use of the terms "higher" and "lower", and for the comparison of the planes and subplanes to concentric shells.

Matter of all the subplanes is to be found here on the surface of the earth, but the astral plane is much larger than the physical, and extends some thousands of miles above its surface. The law of gravitation operates on astral matter, and if it were possible for it to be left entirely undisturbed it would probably settle into concentric shells. But the earth is in perpetual motion, both of rotation and revolution, and all kinds of influences and forces are continually rushing about, so this ideal condition of rest is never attained, and there is much intermingling. Nevertheless it remains true that the higher we rise the less of the denser matter do we find. We have a fair analogy on the physical plane.

Earth, water and air - the solid, the liquid and the gaseous - all exist here on the surface but broadly speaking it is true to say the solid matter lies lowest, the liquid next to it, and the gaseous matter higher still. Water and air interpenetrate the earth to a small extent; water also rises in the air in the shape of clouds, but only to a limited height; solid matter may be thrown up into the air by violent convulsions, as in the great eruption of Krakatoa in 1883, when the volcanic dust reached the height of seventeen miles, and took three years to settle down again; but it does settle down eventually, just as the water drawn up into the air by evaporation returns to us as rain. The higher we rise the more rarefied does the air become; and the same is true with regard to astral matter. The dimensions of our astral world are considerable, and we are able to determine them with some approach to accuracy from the fact that our astral world touches that of the moon at perigee, but does not reach it at apogee; but naturally the contact is confined to the highest type of astral matter.

Returning to the consideration of these subplanes, and numbering them from the highest and least material downwards, we find that they naturally fall into three classes, divisions 1, 2 and 3 forming one such class, and 4, 5 and 6 another, while the seventh and lowest of all stands alone. The difference between the matter of one of these classes and the next would be commensurable with that between a solid and a liquid, while the difference between the matter of the subdivisions of a class would rather resemble that between two kinds of solid, such as, say, steel and sand. Putting aside for the moment the seventh, we may say that divisions 4, 5 and 6 of the astral plane have for their background the physical world in which we live, and all its familiar accessories. Life on the sixth division is not unlike our ordinary life on this earth, minus the physical body and its necessities; while as it ascends through the fifth and fourth divisions it becomes less and less material, and is more and more withdrawn from our lower world and its interests.

The scenery of these lower divisions, then, is that of the earth as we know it; but in reality it is also much more: for when we look at it from this different standpoint, with the assistance of the astral senses, even purely physical objects present quite a different appearance. As has already been mentioned, one whose eyes are fully opened sees them, not as usual from one point of view, but from all sides at once - an idea in itself sufficiently confusing. When we add to this that every particle in the interior of a solid body is as fully and clearly visible as those on the outside, it will be comprehended that under such conditions even the most familiar objects may at first be totally

unrecognizable. Yet a moment's consideration will show that such vision approximates much more closely to true perception than does physical sight. Looked at on the astral plane, for example, the sides of a glass cube would all appear equal, as they really are, while on the physical plane we see the further side in perspective - that is, it appears smaller than the nearer side, which is a mere illusion. It is this characteristic of astral vision which has led some writers to describe it as sight in the fourth dimension - a suggestive and expressive phrase.

In addition to these possible sources of error, matters are further complicated by the fact that this higher sight cognizes forms of matter which, while still purely physical, are nevertheless invisible under ordinary conditions. Such, for example, are the particles composing the atmosphere, all the various emanations which are always being given out by everything that has life, and also four grades of a still finer order of physical matter which, for want of more distinctive names, are usually described as etheric. The latter form a kind of system by themselves, freely interpenetrating all other physical matter; and the investigation of their vibrations and the manner in which various higher forces affect them would in itself constitute a vast field of deeply interesting study for any man of science who possessed the requisite sight for its examination. Even when our imagination has fully grasped all that is comprehended in what has already been said, we do not yet understand half the complexity of the problem; for besides all these new forms of physical matter we have to deal with the still more numerous and perplexing subdivisions of astral matter. We must note first that every material object, every particle even, has its astral counterpart; and this counterpart is itself not a simple body, but is usually extremely complex, being composed of various kinds of astral matter. In addition to this each living creature is surrounded with an atmosphere of its own, usually called its aura, and in the case of human beings this aura forms of itself a fascinating branch of study. It is seen as an oval [ovoid] mass of luminous mist of highly complex structure, and from its shape has sometimes been called the auric egg.

Theosophical readers will hear with pleasure that even at the early stage of his development at which the pupil begins to acquire this fuller sight, he is able to assure himself by direct observation of the accuracy of the teaching given through our great founder, Madame Blavatsky, on the subject of some at least of the "seven principles of man". In regarding his fellow-man he no longer sees only his outer appearance; almost exactly coextensive with that physical body he clearly distinguishes the etheric double; while the vitality (called in Sanskrit prana) is also obvious as it is absorbed and specialized, as it circulates in rosy light throughout the body, and as it eventually radiates from the healthy person in its altered form.

Most brilliant and most easily seen of all, perhaps, though belonging to a more refined order of matter - the astral - is that part of the aura which expresses by its vivid and everchanging flashes of colour the different desires which sweep across the man's mind from moment to moment. This is the true astral body. Behind that, and consisting of a finer grade of matter again - that of the form-levels of the mental plane - lies the mental body or aura of the lower mind, whose colours, changing only by slow degrees as the man lives his life, show the trend of his thoughts and the disposition and character of his personality. Still higher and infinitely more beautiful, where at all clearly developed, is the living light of the causal body, the vehicle of the higher self, which shows the stage of development of the real ego in its passage from birth to birth. But to see these the pupil must have developed the vision of the levels to which they belong. It will save the student much trouble if he learns at once to regard these auras not as mere emanations, but as the actual manifestation of the ego on their respective planes - if he understands that this is that ego which is the real man, not the various bodies which on the lower planes represent him.

So long as the reincarnating ego remains upon the plane which is his true home in the formless levels, the vehicle which he inhabits is the causal body, but when he descends into the form-level he must, in order to be able to function upon them, clothe himself in their matter; and the matter that he thus attracts to himself furnishes his mind-body. Similarly, descending into the astral plane he forms his astral or desire-body out of its matter, though still retaining all the other bodies, and on his still further descent to this lowest plane of all the physical body is formed according to the etheric mould supplied by the Lords of Karma. Fuller accounts of these auras will be found in my book *Man, Visible and Invisible*, but enough has been said here to show that as they all occupy the same space, the finer interpenetrating the grosser, it needs careful study and much practice to enable the neophyte to distinguish clearly at a glance the one from the other. Nevertheless the human aura, or more usually some one part of it only, is not infrequently one of the first purely astral objects seen by the untrained, though in such a case its indications are naturally likely to be misunderstood.

Though the astral aura from the brilliancy of its flashes of colour may often be more conspicuous, the nerve-ether and the etheric double are really of a much denser order of matter, being within the limits of the physical plane, though invisible to ordinary sight. If we examine with psychic faculty the body of a newly-born child, we shall find it permeated not only by astral matter of every degree of density, but also by the several grades of etheric matter. If we take the trouble to trace these inner bodies backwards to their origin, we find that it is of the latter that the etheric double - the mould upon which the physical body is built up - is formed by the agents of the Lords of Karma; while the astral matter has been gathered together by the descending ego, not consciously, but automatically, as he passes through the astral plane. (See *Manual No. IV*, p44) Into the composition of the etheric double must enter something of all the different grades of etheric matter; but the proportions may vary greatly, and are determined by several factors, such as the race, sub-race, and type of a man, as well as by his individual karma. When it is remembered that these four subdivisions of matter are made up of numerous combinations, which, in their turn, form aggregations that enter into the composition of the "atom" of the so-called "element" of the chemist, it will be seen that this second principle of man is highly complex, and the number of its possible variations practically infinite. So that, however complicated and unusual a man's karma may be, those in whose province such work falls are able to give a mould in accordance with which a body exactly suiting it can be formed. But for information upon this vast subject of karma the previous manual should be consulted. One other point deserves mention in connection with the appearance of physical matter when looked at from the astral plane, and that is that the higher vision, when fully developed, possesses the power of magnifying at will the minutest physical particle to any desired size, as though by a microscope, though its magnifying power is enormously greater than that of any microscope ever made or ever likely to be made. The hypothetical molecules and atoms postulated by science are visible realities to the occult student, though the latter recognizes them as much more complex in their nature than the scientific man has yet discovered them to be. Here again is a vast field of study of absorbing interest to which a whole volume might readily be devoted; and a scientific investigator who should acquire this astral sight in perfection, would not only find his experiments with ordinary and known phenomena immensely facilitated, but would also see stretching before him entirely new vistas of knowledge needing more than a lifetime for their thorough examination.

For example, one curious and beautiful novelty brought to his notice by the development of this vision would be the existence of other and entirely different colours beyond the limits of the ordinarily visible spectrum, the infra-red and ultra-violet rays which science has discovered by other means being plainly perceptible to astral sight. We must not, however, allow ourselves to follow these fascinating bye-paths, but must resume our endeavour to give a general idea of the appearance of the astral plane. It will by this time be obvious that though, as above stated, the

ordinary objects of the physical world form the background to life on certain levels of the astral plane, yet so much more is seen of their real appearance and characteristics that the general effect differs widely from that with which we are familiar. For the sake of illustration take a rock as an example of the simpler class of objects.

When regarded with trained sight it is no mere inert mass of stone. First of all, the whole of the physical matter of the rock is seen, instead of a small part of it; secondly, the vibrations of its physical particles are perceptible; thirdly, it is seen to possess an astral counterpart composed of various grades of astral matter, whose particles are also in constant motion; fourthly, the Universal Divine Life is clearly to be seen working in it as it works in the whole creation, though naturally its manifestations differ greatly at successive stages of its descent into matter, and for the sake of convenience each stage has its own name. We recognize it first in the three elemental kingdoms; when it enters the mineral kingdom we call it the mineral monad; in the vegetable kingdom it is described as the vegetable monad, and so on. So far as we know, there is no such thing as "dead" matter.

In addition to all this an aura will be seen surrounding it, though this is much less extended and varied than in the case of the higher kingdoms; and its appropriate elemental inhabitants may be seen - though these should more properly be described as gnomes, a variety of nature-spirit. This is not the place to treat fully the subject of the Indwelling Life; further explanations will be found in *Man, Visible and Invisible* and other Theosophical works. Also see a later chapter of this book. In the case of the vegetable, animal, and human kingdoms, the complications are naturally much more numerous. It may be objected by some readers that no such complexities as these are described by most of the psychics who occasionally catch glimpses of the astral world, nor are they reported at seances by the entities that manifest there; but we can readily account for this. Few untrained persons on that plane, whether living or dead, see things as they really are until after long experience; even those who do see fully are often too dazed and confused to understand or remember; and among the small minority who both see and remember there are hardly any who can translate the recollection into language on our lower plane. Many untrained psychics never examine their visions scientifically at all; they just obtain an impression which may be quite correct, but may also be half false, or even wholly misleading.

All the more probable does the latter hypothesis become when we take into consideration the frequent tricks played by sportive denizens of the other world, against which the untrained person is usually absolutely defenceless. It must also be remembered that the regular inhabitant of the astral plane is under ordinary circumstances conscious only of the objects of that plane, physical matter being to him as entirely invisible as is astral matter to the majority of mankind. Since, as before remarked, every physical object has its astral counterpart, which is visible to him, it may be thought that the distinction is trivial, yet it is an essential part of the symmetrical conception of the subject. If, however, an astral entity constantly works through a medium, these finer astral senses may gradually be so coarsened as to become insensible to the higher grades of matter on their own plane, and to include in their purview the physical world as we see it instead; but only the trained visitor from this life, who is fully conscious on both planes, can depend upon seeing both clearly and simultaneously. Be it understood, then, that the complexity exists, and that only when it is fully perceived and scientifically unravelled is there perfect security against deception or mistake.

For the seventh or lowest subdivision of the astral plane also, this physical world of ours may be said to be the background, though what is seen is only a distorted and partial view of it, since all that is light and good and beautiful seems invisible. It was thus described four thousand years ago

in the Egyptian papyrus of the Scribe Ani: "What manner of place is this unto which I have come? It hath no water, it hath no air; it is deep, unfathomable; it is black as the blackest night, and men wander helplessly about therein; in it a man may not live in quietness of heart." [In Budge's translation: "The Osiris, the scribe Ani, whose word is truth, saith:- Hail, Temu! What manner of land is this unto which I have come? It hath not water, it hath not air; it is depth unfathomable, it is black as the blackest night, and men wander helplessly therein. In it a man cannot live in quietness of heart; nor may the longings of love be satisfied therein. But let the state of the Spirit-souls be given unto me instead of water and air, and the satisfying of the longings of love, and let quietness of heart be given unto me instead of cakes and ale."] For the unfortunate human being on that level it is indeed true that "all the earth is full of darkness and cruel habitations", but it is darkness which radiates from within himself and causes his existence to be passed in a perpetual night of evil and horror - a real hell; though, like all other hells, entirely of man's own creation.

I do not mean by this that the subplane is wholly imaginary - that it has no objective existence. It lies partly on the surface of the earth, and partly (perhaps mostly) beneath that surface, interpenetrating the solid crust. But I do mean that no man who lives an ordinarily pure and decent life need ever touch this eminently undesirable region, or even become conscious of its existence. If he does contact it, it is entirely due to his own coarse and evil action, speech and thought. Most students find the investigation of this section an extremely unpleasant task, for there appears to be a sense of density and gross materiality about it which is indescribably loathsome to the liberated astral body, causing it the feeling of pushing its way through some black, viscous fluid, while the inhabitants and influences encountered there are also usually exceedingly objectionable.

The first, second and third subdivisions, though occupying the same space, yet give the impression of being much further removed from this physical world, and correspondingly less material. Entities inhabiting these levels lose sight of the earth and its belongings; they are usually deeply self-absorbed, and to a large extent create their own surroundings, though these are sufficiently objective to be perceptible to other entities and also to clairvoyant vision. This region is the "summerland" of which we hear so much at spiritualistic seances, and those who descend from and describe it no doubt speak the truth as far as their knowledge extends. It is on these planes - that "spirits" call into temporary existence their houses, schools, and cities, for these objects are often real enough for the time, though to a clearer sight they may sometimes be pitifully unlike what their delighted creators suppose them to be. Nevertheless, many of the imaginations which take form there are of real though temporary beauty, and a visitor who knew of nothing higher might wander contentedly enough there among forests and mountains, lovely lakes and pleasant flower-gardens, which are at any rate much superior to anything in the physical world; or he might even construct such surroundings to suit his own fancies. The details of the differences between these three higher subplanes will perhaps be more readily explicable when we come to deal with their human inhabitants.

An account of the scenery of the astral plane would be incomplete without some mention of what have often, though I think mistakenly, been called the Records of the Astral Light. These records (which are in truth a sort of materialization of the Divine memory - a living photographic representation of all that has ever happened) are really and permanently impressed upon a much higher level, and are only reflected in a more or less spasmodic manner on the astral plane; so that one whose power of vision does not rise above this will be likely to obtain only occasional and disconnected pictures of the past instead of a coherent narrative. But nevertheless these reflected pictures of all kinds of past events are constantly being reproduced in the astral world, and form

an important part of the surroundings of the investigator there. I have not space to do more than just mention them here, but a fuller account of them will be found in Chapter vii of my little book on *Clairvoyance*.

## The Universe

May you walk with steps of strength the Path of Light and Love

Over the last several thousand years as people became aware of the greater aspects of Life and increased their understanding by focused thought, the knowledge they developed was shared freely amongst them and to others who had the ability and preparedness to respond.

The collective knowledge deals with all forms of consciousness evolving on this planet and the greater causes which create these effects. This large body of information is the gift from earlier generations to all men and women who seek to increase their understanding of the Whole as it relates to the part. Described in another way, the use and application of this knowledge is to guide the seeker to increased spiritual awareness of Light and Love.

There have been various names used which range from "The Old Knowledge", "The Hidden Understanding" to the "Wisdom Religion"; all refer to the same body of information. When this knowledge is first approached it is somewhat difficult to understand and presents quite a challenge to established concepts and ideas. This has been caused by man's needed focus into the world of form and the as yet limited development of the mind. The concentration of consciousness focused on form has begun to hypnotise the majority of people into the belief in a set of values and understandings that essentially deny the existence of any other view of life outside what is considered "normal."

It is a problem we all suffer from in one way or another and when this approach is used to attempt to comprehend the larger aspects of Life, such knowledge contained in the Wisdom Religion, is at first difficult to deal with. However as the cells of the brain begin to function and the mind establishes increased focus, what was once impossible to understand begins to take on a sensible shape. The great beauty of the inter-relationship from God to man can be seen. Possibilities of Life and living which lead us all towards the Light open up as our consciousness breaks free from the dream we have created.

All that is required is effort in the right direction, - truly this is the freedom which draws us forward as we seek to understand and then apply those gifts of knowledge sent to us through time by men and women who also saw the Light.

What we comprehend and develop becomes part of this gift to future seekers.

The astral body has been the centre of use and attention by the human kingdom for thousands of years and much information relating to it has been amassed. The formation of a number of races and cultures has been based on a strong use of astral plane awareness which can also be clearly seen in many religious and ceremonial activities. Probably the best example of this can be seen in the early Egyptian approaches to the astral plane.

Some of the information that comes to us in this manner through time is of use to modern man, whilst other aspects only relate to the earlier and no longer required encouragement's for developments of consciousness. The subtlety of such variations is difficult for many people to recognise and respond to.

What follows is a brief outline that relates the astral body of energy to Western thought, for it is by our efforts to intelligently use this energy that will cause the next needed developments to be achieved.

The astral plane is a complete body of conscious energy that each of us is directly connected to. It is divided up into seven sub planes or ranges of energy that essentially correspond to those found in the etheric body.

For the majority of people activity is centred around either the 4th or 5th sub plane. The two higher levels carry the energies which produce the insights and beauty expressed by poets, painters, writers, musicians, inspired religious visionaries and all those creative understandings that are such an important part of our growth.

These higher planes also produce the needed energies for such clairvoyant and clairaudient men and women who are to be found with increasing frequency in the human kingdom. The words and actions of these people are impossible to confuse with the activities of those whose clairvoyant focus can be seen based around the many areas of fortune telling and trance medium abilities that are frequently found. This energy does not come from the higher astral planes and relates to energies that are no longer of use to the human kingdom. They will be an extremely rare quality of future endeavour when their restrictions are properly comprehended. Working with such energy in this period is really a sign of laziness and its use of no benefit and only serves to confuse people.

Astral plane energy can be seen in our conscious outlook. When we use the lower energies, desire and personal need predominate, occasionally resulting in actions that could be regarded as more animalistic than human. This is frequently seen in mob or crowd activities where these energies have been stirred into activity. This approach is not new to those people who utilise such energies for their own gain.

When the upper range of astral energies have begun to be used, personal desire and emotional instability give way to an increasing awareness of the activities of Love. The need then becomes one of aspiration and the person begins to attempt to make this Great energy a reality.

This is seen in consciousness as the recognition and response to others with compassion, unity, understanding, brotherhood and all the other activities of applied Love. Such energy that can be found on the upper sub planes of the astral plane when correctly used stimulate the heart of the human kingdom.

Psychology is a relatively recent development within science and will in the future be of importance to humanity more than it is at this point in time. Presently it has done much to map the astral plane through the study of activities in consciousness and by the recognition of patterns in dreams. This science will in the future, by working more with people who are not damaged, begin to comprehend the significance of its relationship in the study of the soul and man. Psychology in this area of work will be one of the more important sciences of the future and be of great use to man's development. Consciousness is evolution.

Activity in consciousness or thought produces energy forms or bodies. Astral plane focus after development by many people over great lengths of time has produced thought forms which eventually, after much energy concentration have been able to take on a life of their own. In this way a thought form becomes essentially independent of human input and now having very powerful energy associated with it can easily effect someone having little emotional or desire control with whom it comes in contact.

For most people, thought forms on the astral plane which produce difficulty are described as astral glamour and by our intelligent daily activities of constructive regard for each other they are gradually dissipated. However thought forms produced by many millions of men and women over long lengths of time exist on the lower astral sub planes and have strong energies associated with them. They have become capable of existence without the need for human input. They occasionally appear in human consciousness where there is damage to the cord of energy from the soul to man caused by some form of mental weakness which is often in the use of drugs.

These are the energies used by those people who practice what is termed "black magic" and most definitely are best left alone. Although they are still powerful, as the human kingdom increasingly develops the abilities of heart and mind, or Light and Love they will fade as all illusion eventually does.

Psychic energy is the radiated energy from the astral plane and should never be confused with the energy of the soul.

When we sleep at night, the activities of consciousness are removed from the brain and become centred in the astral body. Although most of us are unaware of activity when we return to daily consciousness, during sleep there is a constant process occurring which could be described as teaching. Many important developments in our growth begin on the astral plane and only filter back into waking consciousness as dreams, words, pictures or thoughts which if not written down soon become lost in daily noise. Particularly in this time of change, it is worthwhile to keep some form of record of this activity and make an effort to consider what has been retained. The Brothers of Light actively work on the astral plane and when we approach sleep with this awareness and a moments quiet focusing, much can be achieved.

One of the purposes of prayer before sleeping is to assist the astral consciousness in focusing in a particular way which improves the opportunity of constructive development.

The final approach to the astral plane in this extremely brief regard is from the point of view we call death.

Many races past and present have a reasonably good understanding of this activity which effects us all, but Western thought, so proud of its sophistication, has yet to develop an intelligent approach and awareness. Perhaps we believe too strongly that "ignorance is bliss"

Death needs to be far more seriously considered, not only from how it effects those who suffer from the grief of lost contact based on great friendship and love, but also how we can assist those people who are approaching this stage of Life. This does not refer to the intelligent efforts achieved by medical assistance during this time.

Light, sound, colour, words and thought are some of the methods that can intelligently be used to assist the person who is approaching death to re-focus towards the soul. It is a time where the

energy of Love is extremely powerful, although frequently during the process it is very difficult to see in attendance.

It is a time of natural beauty where eventually fear will have no place. The confusions we have at present connected with death will be overcome by comprehension and intelligent response, however challenging that may be to our present outlook.

Essentially, it is an activity associated with the withdrawal of soul consciousness from the body of form or human and its eventual return to the soul. That aspect of conscious energy which had been absent, once more becomes part of the soul. Death to man is birth to the soul.

This withdrawal of conscious energy begins in the physical body of man, normally commencing when the energy that the soul was seeking to develop has been completed to some degree. This energy, which is our consciousness, is extracted from the brain at the point of final soul activity in the physical body. All the memories stored are removed in the last few seconds although at this point time has ceased to be significant and the activity unfolds quite slowly. Soul consciousness after this has been completed is no longer active in the body, all that is left is the physical shell.

For the majority of people, consciousness begins again in a world not unlike that which had recently been experienced, but one where the physical laws are quite different. The rather desperate and chaotic aspects of the previous life no longer exist and there is what could be best described as peace. Frequently called heaven, this is the astral plane being experienced by the astral body of each person, and for most this is on either the 4th or 5th sub plane.

Soul consciousness, still expressed through men and women continues on the astral plane and life goes on, even though there is no longer contact with the dense planes of physical matter. Activities of conscious development continue but without the confusion or distractions found previously. Time has no relationship on this plane.

Eventually, when all aspects of astral plane consciousness have been explored and development to the level being sought by the soul has been reached, attention is then withdrawn from the astral form body and re-focused in the mental plane. From the perceptions of man this appears as the recognition of the individual consciousness being a part of all consciousness.

Man stands on the top of the mountain and sees within the light the Light within.

This lesser consciousness then becomes a part of the collective consciousness of the soul body. This is the eternal aspect of each of us. Cycles pass and eventually the soul seeks expression once more and man is born.

What remains on the astral plane after the soul has extracted its consciousness is the astral shell body, not unlike the physical body left behind in an earlier period. This shell body retains some degree of residual consciousness as it dissipates to become part of the collective astral plane energy.

Unfortunately this natural process is often halted creating various degrees of damage by contact through physical plane mediums. Trance mediums do establish astral plane contact but their energy very often feeds an astral shell body giving it life long after the soul has departed. This stops the natural decay process from happening and results in unnecessary energy being maintained. To encourage such activity the shell body responds with wonderful words and

comments that have almost no value other than to indicate that life exists after death. The observations obtained do nothing more than to confuse a natural process. Fortunately for man, although still a part of our present activities, this will definitely soon cease and become relegated to our history.

As we develop the use of the mind and learn to focus this energy with strength, the human kingdom will find the fear and confusion previously associated with death begins to fade.

With the successful focus on the mental plane this Light burns away all illusion. The Divine Spark grows and the conscious energy of Love from the soul fuels the Fire.

## THE PLANE OF MIND

Every person is master of their own wisdom.

Understanding the structure and developing the ability to work with the energies of the plane of mind is of great importance to the human kingdom for it is here that the first direct contact between the soul and its expression man can be established. Presently modern man is the inheritor of abilities on this plane which have been achieved by many thousands of men and women who have, after great effort, passed beyond our view. Each race develops some aspect of consciousness or energy and it is the destiny of what we simply term "Western man" to work with these energies of the plane of mind to improve and build the contact between soul and man.

This is not something new and has been achieved by many people individually over vast lengths of time. However what is new in our response to this plane of energy, is that for the first time in our long history there can be a collective approach by the human kingdom to this contact. If this is successful, and there is every indication that it will be, the level of consciousness caused by improved soul/personality contact will have a very pronounced effect on all physical life on this planet. Spiritual energy, magnetically attracted by man from the soul and then radiated out, will constructively stimulate the development of all kingdoms. From the point of view of man it will open up areas of conscious awareness that will give a greater appreciation of the Whole as it relates to the part.

Universal Mind will become a reality rather than an expression of vaguely understood words. How can this be achieved practically?

Presently much of the energy of thought for many people is centred on the astral plane, producing a conscious outlook based on emotion and desire. Only infrequently do we use the energy of mind, however when we begin to recognise its potential and clearly see the constructive effects, both individually and collectively, our focus and attention then becomes centred on this plane of energy. When this occurs, astral thought slowly but with great certainty fades and we each move forward in response to evolutionary urge.

The plane of mind offers vast potential to all who use this energy but an understanding of its structure, however brief, is a necessary first step. When this is achieved then comes the opportunity for further development. The plane of mind, like that of the astral plane, is divided up into seven sub planes, each representing a range of energy which is reflected in consciousness.

The three upper planes are the domain of the soul body or causal body and as yet are infrequently contacted by man. This is sometimes referred to as the "higher consciousness" but this is a term which is too vague to be of any real use. The density of matter at these levels tends more towards light than form.

The lower four sub planes are the most used by man and it is on one of these that the mental unit of each of us is located. As we increasingly become more orientated towards the use of the mind this unit will be found in the upper sub planes of the lower mind. The plane of mind can be considered as having two poles; one being used by man and the other by soul, until the uniting of both raises the light and energy of this plane in accordance with evolution. The soul is connected to man by the energy of mind and this is responded to by each of us via the brain.

Without a well stocked brain, active and capable of responding free from restrictions there can be little reaction to the energies of mind. It is in this regard that the significance of education can be seen. Where the brain is either not activated or is presented with information that is false, misleading or intentionally biased, this immediately places a restriction on the development of the mind. This can be not only extremely difficult for the individual to overcome, but also greatly damaging to the society.

Societies are in a constant state of development but the direction they take is totally dependant on the base of education they evolve from and where this is treated casually, social decay always begins. Limits within education can often be quite difficult to recognise or respond to when they become part of a group or racial outlook, but when they can clearly be seen every effort should be attempted to overcome them.

Some societies restrict education to a particular gender, male being considered more important than female. Others use political outlook, race or religious belief as a base for educational development, whilst the Western approach, having freed itself from these obvious restrictions plunges into education based on economics. How often do we hear such phrases as "knowledge economy" or see education being sold as a commodity with profit as the only goal? Is this not a restriction?

Realistically we need educated societies in order to develop, but by placing such obvious restrictions on education and the necessary bias in outlook that must inevitably accompany them, we limit the potential of each member of the group. Ideas, ideals, understandings and activities remain either undeveloped or lost to a society that actively limits its education to a particular bias that excludes the true significance and need for greater educational development.

For anyone who is interested contemplation on the concept of "freedom of education" will indicate future possibilities in this area. The human kingdom cannot develop without the active relationship of soul, mind, brain being established. Surely this is the reason for education?

The process of energy transference from the soul to man is always achieved by focused, active consciousness. When the lower mind is directed towards the upper mind, causal body or soul, the energy response appears as an idea or concept. This then enters the lower mind eventually becoming an ideal. As this takes on a more definite shape it becomes what is termed a concrete thought or thought form which the brain can respond to.

The original idea, having great beauty and possibility, is changed in quality during its journey through an undeveloped mind, eventually what is produced and presented to the human kingdom

is an extremely distorted view of the original response. However when the mind and brain are relatively clear and cause little distortion to the idea from the upper planes of mind, then what is presented to the human kingdom produces great benefit and constructively influences patterns of growth. The relationship between the soul and its expression in time and space, the personality of man begins to develop and the potential of union becomes a definite possibility.

All this begins with education and is developed by meditation.

The mind of people in the West is relatively new, particularly when compared to many of the cultures and races of the past, but its ability of what is termed focused intelligence shows greater collective potential than has previously been seen. The relative youth of our mind does cause difficulties in development which when clearly seen need to be addressed.

Intellectual thought is an ability of the lower mind which when it becomes over developed generates an excess of energy that repels the upper mind energies and essentially closes off any flow that can occur. The soul begins to be separated from its personality which initially can be extremely damaging and if continued - fatal. It is not uncommon to encounter an over active intellect but the beauty of the ideas being reached for in such a fashion can never be achieved regardless of effort. Intellect is needed to be developed by all of us but its excessive use should be avoided.

The concrete mind can often fixate on an idea or ideal which is new to it. Once it has been accepted there is an absolute refusal to acknowledge the need for further development. This also generates a body of energy that repels upper mind energy from entering. Similarly the seeking for power over other people which is totally dependant upon all the energies of the lower mind, sets up the same condition. All these situations are not uncommon.

Psychology in the future as it begins to recognise the sub planes of mind and their range of effects on consciousness, will play an extremely significant role in assisting developing education of the lower mind. This is the beginning of esoteric psychology.

A rule that has been used in the past by men and women who have sought to develop the relationship of soul and personality by improving the ability of the mind is equally of vale today.

" No thought or activity that carries within it the seed of separatism is acceptable"

For some this is considered the greatest sin, as it isolates the soul and its expression man from each other. The energy of Love and the Light of wisdom are opposed.

The dual nature of education needs to be recognised in the intelligent development of the brain and mind. The goal for such education needs to be to improve the flow of ideas from the upper mind or soul to the lower mind or man and their application via the brain to daily activity. This we are well capable of achieving as the present high levels of mind development indicate.

Study, meditation, contemplation and application remain the best individual approach at this time and can be enhanced where group work is undertaken in all these areas.

May the Light of wisdom within the soul reach you with strength.