

# The How and Why of Astral Projection



**Step one:**  
I would like to find a comfortable place. The space should have minimal distractions. This is so you aren't tense for the next steps.



**Step three:**  
Try and meditate, this is the biggest step. I recommend focusing on breathing in and breathing out. Meditating is what leads to astral projecting.



**Step Five:**  
Cleansing step. Imagine a light, any colour, and picture it around you and inside you cleaning the negativity away. I picture a magenta light, and this step is to reinforce that there is no negativity.



**Step Seven:**  
When you feel almost the full separation of your body and mind, with no rush, just get up out of your comfortable position. You should see your body just lying there.



**Step two:**  
I recommend getting into a comfortable position. This is because you don't want to move for 15 - 20mins. This is so you can focus on meditation.



**Step four:**  
Create a protective shield by visualising a white light around you. Breathe in positivity, and shake negativity. Immerse yourself, body and mind, in the white light. This is because negativity can sense up the body and we want the body as loose as possible.



**Step six:**  
For this step I like to think of it as the body vibrating. What you want to do is keep your mind awake and send your body to sleep. How you do this is by breathing in tranquility and out disarray. To keep focus have a mantra. I use "my body is relaxing", however you can use whatever you want. By the end, your mind should feel light and your body heavy.

"you control where you are and what you are doing with your thoughts, rather than your body or speaking"

# Astral Work

**Chic Cicero, Sandra Tabatha Cicero**



## **Astral Work:**

*The Star Gazers of Egypt* Alfred Francis Seward, 1919      *Golden Dawn Magic* Chic Cicero, Sandra Tabatha Cicero, 2019-05-08 An easy to follow step by step guide to the Golden Dawn system of magic The Golden Dawn system of magic is known throughout the world as one of the most effective and comprehensive approaches to working with occult powers But for beginners or intermediate practitioners it can be difficult to know where to start and where to go for expert guidance Golden Dawn Magic shares bite sized exercises and meditations to help you build the skills that are needed for the more advanced rituals guiding beginner and intermediate practitioners on a powerful journey of magical work Chic and Sandra Tabatha Cicero senior adepts of the Golden Dawn provide a firm foundation in practical Golden Dawn theory and methods without the complex lessons and grades of more traditional approaches This collection of accessible step by step instructions for visualization meditation energy projection and working with willpower opens the doorways of magic You will also discover hands on exercises for learning the Golden Dawn s approach to esoteric arts like tarot and the Qabalah Once you ve mastered the fundamental skills this book guides you through dozens of more advanced rites rituals and techniques including Greater and Lesser Banishing Rituals Expanded Visualizations Opening by Watchtower Ritual of the Rose Cross Prayer of Osiris Exordiums of Thoth Godform Assumption Achieving Invisibility Creating Your Own Talisman Telesmatic Images And Many More Whether you are just becoming interested in the Golden Dawn or you have already gained some experience in these methods Golden Dawn Magic will be an extraordinary aid to you as you move forward on your journey in this powerful system of magic      [A Garden of Pomegranates](#) Israel Regardie, 1999 Learn the ancient wisdom of the Qabalah from one of the most influential magical teachers of modern times and two of his personal students Illustrations

**Hands-On Chaos Magic** Andrieh Vitimus, 2009 This irreverent guide to chaos magic emphasizes experimentation and finding out what works best for you Andrieh Vitimus presents a revolutionary hands on course of study for the average Jane or Joe Vitimus banishes the severe tone of other esoteric orders offering an accessible and practical approach that makes it easier to perform successful chaos magic that is uniquely your own Praise Andrieh Vitimus is the real deal honest to gods in your face magic Hands On Chaos Magic is just what it says and the next best thing to working with the master himself Lon Milo DuQuette author of *The Magick of Aleister Crowley* *Homemade Magick* and *Low Magick* A must have for any magician Taylor Ellwood author of *Multi Media Magic* Written with intelligence experience and a genuine desire to empower readers Raven Digitalis author of *Shadow Magick Compendium* A usable introduction to the concepts and practical techniques of chaos magic Donald Michael Kraig author of *Modern Magick* A well considered and thorough contribution to the chaos magic current Dave Lee author of *Chaotopia*      **Maat Magick** Nema, 1995-01-15 Progressing from Thelemic Magick Maat Magick transforms the ashes and rubble of the destruction caused by the old formula of the Dying God into a new world society These rituals are designed for the individual but can be adapted for group work Introduction by Kenneth Grant foreword by

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