

Note: If you have any tips not included, post in the thread and they will be added.

Tinyurl link to this page: <http://tinyurl.com/ceeawlk>

IRC: irc.rizon.net #astralponies

Astral projection - A type of OBE in which you temporarily leave your body via specialized meditation techniques and go elsewhere, generally other “planes of existence”.

OBE - Out of Body Experience (self explanatory). Astral projection and OBE are very similar, and really differ only in where you go, as astral projection is technically a form of OBE, though traditionally “OBE” refers to going to a nearby physical location.

Lucid dreaming - Dreaming while you’re conscious of it. Many metaphysicians hold that lucid dreaming is a form of astral projection held in a subreality created by your mind. If you want to say that what we’re doing is a form of LD, you’re still “going” to the reality you want, albeit fundamentally limited by time. The “going to other realities” aspect doesn’t have to be interpreted metaphysically to experience it.

Astral plane - The purported collection of the realms of existence beyond the physical.

Astral body - Your body while astral projecting.

The learning curve of astral projection depends entirely on the individual. Some people are able to do it within their first few tries, while others will have more difficulty and may take months or even years to accomplish it. If you have ADD/ADHD, expect to have some difficulty as this requires long periods of physical and mental stillness.

The basic steps are as follows:

1. Lie down in a comfortable position with loose (or no) clothing.
2. Relax physically and mentally as much as possible.
3. Relax further, entering a hypnotic state where you’re just at the edge of sleep.
4. Relax even deeper, focusing on the blackness behind your eyes. You might see random flashes of color. When these go away, you’re in the hypnagogic state.
5. When you feel like you’re ready, use a separation technique. If you do nothing and you’ve already passed sleep paralysis, you’ll do it automatically anyway.
6. Separation is characterized by buzzing sounds and a feeling that your entire body is vibrating.

Separation/exit techniques are a set of visualization exercises that get you closer to the stage separation from your body. There is no “best” technique - it’s all up to the individual to find what works best for them.

They include (but are not limited to):

- The rope method
 - Imagine a rope dangling above you. Imagine your arms reaching up and grasping the rope, pulling you upwards one arm length at a time. Try to avoid visualizing

the actual rope and focus on the tactile sensation of the rope in your hands.

- The rocking/roll-out method
 - Imagine your body rocking back and forth, gradually increasing the amplitude of the “wave” until you feel ready, and use the force of the rocking to roll out of your body to the side.
- The lift method
 - Generally imagine you’re floating up and out of your body. This can be facilitated by imagining balloons, birds, etc are lifting you, or you can simply imagine the idea of floating up and out.
- The mirror method (generally better for women)
 - Get into a comfortable position looking at a large mirror. Stare deeply into your reflection’s eyes and slowly increase your peripheral vision, then focus on your eyes again. Try now to imagine yourself from the perspective of your reflection, taking care to emphasize in your mind the distance between your actual body and your point of awareness. Make the image as deep and clear as possible. After a while, this may lead to spontaneous projection.
- The anchor method
 - Fixed anchor
 - Focus on an arbitrary point in space in front of you. Imagine it’s fixed, immovable, and mentally prod and try to move it to show how solid it is. Now imagine your arms reaching up and grabbing the anchor, and pulling you towards it. You should feel yourself gradually moving.
 - Moving anchor
 - Focus on an arbitrary point in space in front of you. Mentally familiarize yourself with it, then imagine it’s magnetically pulling you towards it. Imagine it slowly moving towards you by a little bit, the pull getting stronger the closer it gets, and away, the pull getting weaker. Repeat getting closer and faster until it feels like a wave.

Some things to help:

- ***Meditation*** - Meditating on a daily basis can help projecting, especially when it’s done close to projection. Not only this, but practiced meditation provides the clarity of mind required to stay focused enough to AP. Simply put, if you can’t meditate, you can’t do it.
 - I’ve been told by an experienced astral projector that random “micromeditation” throughout the day during any free time can help a lot, as it breaks routine and makes switching mindsets at the blink of an eye easier.
 - Very deep meditation can sometimes lead to astral projection.
- **Binaural beats** - Playing two slightly off frequency tones in each ear to produce a third tone (the difference between the frequencies) in your brain. Note that this requires headphones.
 - Hemi Sync is a well-reputed system of professional binaural beats by Robert Monroe. [Magnet Link](#)

- Guided Hemi Sync [Magnet Link](#)
- **Isochronic tones** - Playing a tone with the volume pulsed at the desired frequency. Generally this is regarded as being more effective than binaural beats. It doesn't necessarily need headphones, but you're going to get better results with them.
 - [Iso-Tones](#) seems to have a nice (free) selection.
- **Early wake up** - Astral projection is said to be easier around 3-5 in the morning after a decent amount of sleep, because you've already slept some and your brain chemistry is starting to get rid of some of the melatonin, but some still remains, making it easier to fall asleep while mentally awake.
- **Hypnosis** - Studies have been done on OBE induction via various hypnosis techniques, and have found very positive results.
 - http://www.youtube.com/watch?v=KKtdvPwIL_Y
 - [Converted to MP3](#)
 - Note: This is what the user Whoovsies AP'd first AP'd to.
- **Diet** - Avoid meats and dairy for a few hours before you project, and anything else within an hour - they take a lot of energy to process in the stomach. Generally you should also try to eat healthier, which may increase chances.
- **Staying still** - If you move around, you're going to break any progress towards quasi-sleep states. Relax your body as much as you can and resist any urges to move (some urges are known to be the brain's way of making sure you're actually asleep, and satisfying them tells it that you're not and you have to start all over again)
- **Positive thinking** - As retarded as this sounds, thinking positive and imagining yourself APing throughout the day can actually make it easier. When doing this, remember to make the distinction between "I can't wait to AP" and "I feel like I'm APing right now," because they each give a different message to the subconscious. "I can't wait" says you're waiting to do it, so you'll always be waiting.
- **Affirmation** - Repeating and affirming to yourself that you will project plants the idea in your subconscious, possibly increasing chances. Saying long, memorized expressions about how you're now projecting, more than your body, etc. can also help.
- **Lucid projection** - If you are able to lucid dream, you can escape the dream into the astral plane by gaining clarity of thought in some way. Even something as simple as demanding "Clarity NOW!" can be enough.
- **Mental projection** - Essentially, you use a mindscape/wonderland idea in order to enter your astral body. Get relaxed, meditate, and calmly visualize yourself as you want to look in a place that embodies yourself. Explore a bit if you want, then find your mindscape's AP backdoor - a symbolic doorway/portal/cave/etc that upon entering will let you leave your body.
 - (See [relevant links](#) for Forge/Karma's metatheory and Pleeb's treatise)

Metaphysical things to help (ignore if you want):

- **Pull out** - There have been reports of friends projecting and helping their friends project. There is some speculation that harm may be caused if the person isn't ready, but whether or not that's true has yet to be seen. As an extension to this, tulpa should be

able to serve as the friend, as well as any guide or higher self you may have contacted.

- **Law of Attraction** - An extension of positive thinking. The Law of Attraction is an idea within metaphysical circles that literally every event in your life is caused by some thought or emotion you had in the past. A common example is stubbing your toe in the morning, and going through the day with progressively more shit thrown your way as you get more and more upset. Supposedly this works without any real boundaries. For more information, see [The Secret](#).
 - For the particular application of going to Equestria, I'd suggest you periodically imagine yourself there, talking to best pone, and possibly being your OC (if that's what you want). If you're a drawfag, drawing yourself in the situation you want can help as well. Remember that while doing any of this, you should give yourself an intense feeling of joy and elation and imagine it in the moment. Thinking about it as being something you experience later makes it so you experience it later, which means an indefinite waiting time that extends further as you continue to think that it's going to happen later.
- **Crystals** - If you want to try a bit of new age crystal magic, certain crystals are purported to aid in astral projection. If you doubt it, they can at the very least serve as a placebo. Usually you have them with you as you attempt to project, or you meditate on projecting with them beforehand. Some common suggestions:
 - Quartz
 - Amethyst (deeper purples are considered better)
 - Sodalite
 - Lapis lazuli
- **Orgonite** - [Orgonite](#) is a new age-ified fringe science application of some sort with roots in research done by Wilhelm Reich purported to increase psychic ability, healing rates, and general health and mood in a lot of cases. It's essentially metal particles and wires suspended in an organic resin along with quartz and other minerals. It can be made fairly cheaply in your home if the things online are too pricey.
 - Fun ways to test it:
 - Kirlian photography
 - Increasing plant yields in the vicinity of orgonite
 - With more concentrated batches, uplifted moods of unknowing people
 - Swirling patterns within ice frozen on top of orgonite (controls should be done before any tests as "orgone" is supposed to stick around)
- **Ormus** - A purported alternate state of matter that can increase psychic ability and astral projection yields. It's reported to be heavily affected by intent (written down goals, programmed crystals, drawings, etc), and it can be made in your kitchen with cheap store-bought products. It has theoretical ties with the energy source of orgonite and the HDR. [Recipe](#). Note: It's supposed to be ingested in small amounts. If you want to test to make sure it isn't poisonous, try using on plants and monitor growth rates. They should grow faster than controls.
 - Note: This should be stored in a dark place away from magnets, aluminum, and probably orgonite. Any of those can ruin a batch.

- **HDR** - The [Hyper Dimensional Resonator](#) is a fringe science device that has been reported to induce astral projection. Whether or not it actually works is debatable, and it costs around \$300, so choose this option wisely. I've been told by an owner that it can be used remotely, so if you know someone online who has one, you can ask that they turn it on for you for an hour or so.

Import Notes:

- Separation techniques aren't forcing your body out, they're putting you in the right state of mind for your astral body to naturally separate. As a natural process, it is either very difficult or impossible to force.
- "Lust for results" should be avoided as much as possible. The very idea of wanting it really badly sets you back because it implies you can't do it, so you can't.
- I see this in almost every guide out there, so I'll put it here too. You should not be afraid of astral projection. You can't be hurt, you can't die while gone (unless a knife-happy murderer shanks you in your sleep), and the only bad things you can see are things you yourself create.

Troubleshooting:

- *I projected, but I can't see!* - This is a common problem with beginners. Generally people suggest moving away from your body.
- *I can't remember any of my trips.* - Fixes for this are about the same for lucid dreaming - make two journals, one for dreams and another for astral projection, and record anything you can remember about whichever you did. After a while, memory should improve.
- *I got excited/scared and woke up.* - Too much excitement can cause you to wake up. Just remember that nothing can really hurt you in the astral plane, and any negative entities you see are only there because you're letting them there (there are banishment techniques you can find if you want them)
- *Am I in sleep paralysis yet?* If you can move, even with difficulty, no.
- *It's been an hour and a half and I still haven't gone into sleep paralysis.* - I read somewhere this issue can be caused by something called "micromovements," which are tiny impulses your brain sends to your muscles to keep your body from falling asleep while you haven't. The fix I read was to essentially imagine your body slowly turning to stone, which I guess gives your subconscious the impression it can't move your muscles.
 - Note: I tried this and found it more difficult to relax, possibly because it introduced rigidity. It might work for others, though.

Got AP down? Try out [going to other realities](#).

Significant Trips:

- Codifier !QO8/o5wYTt - The original idea guy, and the owner of this guide and the one above. I won't be posting with this unless I feel it's necessary.
- Floyd !XVKjwR2qpo - Someone who's gone to Equestria temporarily many times before.

Go to him for AP help and stories about his Equestria.

- Van !NhK6Tiv.0. - Another person with purported experience, as well as tulpa experience.

Relevant Links:

- [Karma/Forge's Guides to Metaphysical theory](#)
- [Pleeb's Treatise on the Nature of Reality](#)
 - [Government experimentation on tulpoids and the theory that QM and other theories suggest an infinitely nested reality structure](#)
 - [Backup](#)
- [Unbiased astral projection psychology summary](#)
- [Wikipedia](#)
- [Metaphysics of astral travel](#)
- [Monroe Techniques](#)

Thread Archives:

- (Threads can be added on request - those here were randomly picked up from a Google query)
- [Original Thread](#) 2/13/13
- [Floyd Ask Me Anything](#) 2/16/13
- [Attempt at a General](#) 2/16/13
- [Anon Revival](#) 2/21/13
- [AiE AP](#) 2/24/13
- [Octavarius Revival](#) 2/28/13
- [Anon Revival](#) 3/16/13
- ["General" #2](#) 3/18/13
- [Welcome to IRC Edition](#) 3/20/13
- [MLPChan Thread](#) 3/24/13
- [LunaChan Thread](#) 3/24/13
- [Generic Thread](#) 4/4/13