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**Our Ultimate Reality, Life, the Universe and the  
Destiny of Mankind**

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**Our Ultimate Reality, Life, the Universe and the  
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## Chapter 28: What Happens after “Death”?

I would like to commence this section by emphatically stating an extremely important truth which everyone should know and understand beyond any possible doubt: **There really is no such state as “death”**. What many people believe to be the finality of “death” is in fact no more and no less than the transition from one state of life and reality, that of the physical matter, to a state of life of a vastly finer density of the Universe, often known as the “Astral planes”, sometimes referred to as “the beyond”, the “fourth dimension” or the “afterlife”. What they are called is of no consequence however, the fact is they do exist and for a time becomes the new home for people departing physical life, before either returning for another life on earth or progressing to the inner spheres of reality, the Mental planes, the Spirit worlds.

We will discuss the nature of the Astral planes later in this book, but first we will look at the process erroneously known as “death”. We are all multi-dimensional beings, each of us having numerous “bodies” corresponding to our many states of “being” within the multi-dimensional Universe. These very broadly consist of the physical body, the Etheric or Energy Body, the Astral Body and the Mental bodies. We have numerous Mental or Spirit bodies, all relating to the infinite degrees and states of vibration, density and being, ranging from the very lowest to the very highest. The Astral Body is often referred to as the “Soul” and the Mental Body the immortal “Spirit”. It is the Mental Body, the immortal Spirit that is “made in the true image of God”, not the physical body as many suppose.

God is pure Spirit, and ultimately every single person exists as pure Spirit beyond all concept of form. The seat of our very “being” or Consciousness is within the Mental Body, the immortal Spirit. The Astral Body, the Soul, actually consists of both the conjoined Astral and Mental bodies, and is therefore can be more accurately referred to as the Astra-Mental Body. These subtle bodies are composed of Energy, vibrations, the nature of which is completely

unique for everyone, each individual possessing a unique Energy signature by means of which they can be uniquely identified. Within the inner spheres of reality, the Astral and Mental planes, people exist at the level of vibration of the Ether that is exactly equivalent to the level of vibration of their Astral and Mental bodies respectively. The level of vibration of the Astral and Mental Body depends in turn upon many factors, including but not limited to individual degree of ennoblement or perfection, degree to which the ego has been transcended, realisation of Spirit or “God” within, degree of unresolved karma, and most importantly the realisation of the most powerful force in the Universe; Unconditional Love.

So what actually happens when people experience physical “death”? The circumstances upon which people arrive at the end of their current physical existence obviously varies very widely, and can range from very sudden death, for example resulting from an accident or sudden illness, through death as a result of a long illness, to natural death as a result of old age; and of course there are numerous possibilities in between.

Regardless of the precise circumstances prevailing at the end of physical life, what follows is substantially the same in all cases. At the instant where the physical body ceases to function, a large amount of Vital Energy is transferred to the Etheric Body, also known as the Energy Body. The Etheric, or Energy Body also includes the Astral and Mental bodies. The Etheric Body will then, in many cases become the new “temporary” body of the recently “deceased” person. Sometimes however the recently deceased person will transition directly to the Astral worlds.

What happens next again varies from person to person and circumstance to circumstance, but is usually in the range of the following possibilities. Those who do not transition directly to the Astral worlds will, immediately after physical death, find themselves very much “alive” in their Etheric Body. A person after “death” can often fully observe everything happening around them, including all people present. In fact what the person is “seeing” is not their

actual physical surroundings, no longer having any physical senses and existing at a much higher rate of vibration and lower density as compared to the actual physical world, but is rather a very close Etheric “reflection” of those surroundings; but to all intents and purposes they seem identical.

If other people are present, for example doctors, the person might well see and hear himself or herself being pronounced “dead”. The “deceased” person can then, if desired, stay and watch what happens to their “old body”, observe the actions of the people present for example doctors, nurses and relatives, or may decide to immediately go elsewhere. It should be noted that in this much finer state of existence as pure Energy, it is quite possible to travel anywhere in the world or indeed the entire Universe in an instant, literally at the speed of thought. The Etheric plane is a Mind world, an extension of the Astral planes and the Universe as a whole, and therefore existing beyond the boundaries and restrictions of physical space and time.

The “deceased” person often remains very close to the physical world while the level of Etheric Energy in their Etheric Body remains sufficiently high. They will very often make the most of this opportunity to visit and say goodbye to family and friends, and perhaps to visit their old home and favourite places they particularly enjoyed in physical life. Of course, living people cannot, with the exception of psychics and clairvoyants, usually “see” the “deceased” person, and usually any attempt by the deceased person to communicate with living people will fail. Very often the “deceased” person will also attend their own funeral, not only to see all family, friends and other people they knew in physical life gathered to pay their respects, but also to realise the finality of the end of that particular physical life on Earth.

The deceased person can make the decision to transition to the Astral worlds at any time simply by desiring and willing it to happen, and by thinking of being there, but only if they realise the possibility exists. Otherwise the transition will usually take place naturally

once the supply of Etheric Energy is depleted, and the dense Etheric Body will dissipate, giving way to the finer vibrations of the Astral Body, naturally enabling a transition to the appropriate level of the Astral planes in accordance with the level of perfection of the Soul, and the level of vibrations of the person generally. This will determine which part of the Astral planes they will naturally migrate to, most decent people transitioning to the mid-Astral worlds which, as well will see later in this book, are remarkably similar to the physical world that has been left behind.

The other extreme occurs when a newly deceased person transitions directly to the Astral world almost immediately after physical “death”. Sometimes they will be aware of their physical death, but very often the first thing a deceased person will be aware of is a “tunnel of light” into which they are pulled at great speed. In other cases the scenery will simply fade away from the physical world and “melt” into the Astral world almost seamlessly.

Irrespective of how the deceased person arrives in the Astral world, they will never be alone. Other Astral residents, frequently previously deceased relatives and friends, will often be there to greet them and to help them to settle into their new home. Very often the newly deceased person will arrive at, or be taken to a place in the Astral world which is effectively a “reception area” for newly arrived Souls. There they will be met by a host of helpers with the task of assisting new arrivals to settle in to their new Astral home. Such helpers specialise in all manner of cases, and are able to assist with the transition process regardless of the circumstances surrounding physical death. There are billions of people living within the Astral world, having previously experienced life from the past, present and future of Earth.

Every eventuality is fully accounted for, and no person is ever left alone in the Astral worlds after physical death. For most decent people arriving at the mid-levels of the Astral worlds, those who have led a “normal” life and had no strongly held beliefs, in particular religious beliefs, the environment is always extremely

peaceful and harmonious but otherwise quite similar in many respects to the Earth environment from whence they just arrived. If the physical death was sudden, violent or due to some self-inflicted disorder such as alcoholism, or the person was ill for some time before physical death occurred, there will be the Astral equivalent of hospitals with doctors and nurses, people who might well have been doctors and nurses in a previous life on hand to assist.

Very often, because the Astral worlds can appear to be almost identical to the physical world in appearance, some people simply do not believe they have actually “died”, and therefore cannot understand what has happened. Such people can become most bewildered and confused and might require attention by specialist helpers until they can come to terms with their new state of existence in the “afterlife” of the Astral worlds.

Another situation requiring a great deal of care from Astral specialists are the cases of children, infants and babies who leave the physical world before their time. In these situations there are the equivalent of specialist nurses and carers on hand who will look after the child until he or she is old enough to join a family in the Astral worlds. There are many such families who will gladly take on the responsibility of looking after children who arrived before their own parents. Older children will usually join a family as soon as they have come to terms with their new reality and home in the Astral worlds.

Children can usually adapt to their new life in the Astral worlds much more quickly than adults, largely because they had not yet been fully indoctrinated into the ways of the physical world. Younger children might well feel at home in the Astral worlds almost immediately as it has not been very long since they originally left the Astral or Spirit worlds to be born into the physical life which they have recently departed. Such children will therefore still be of an age where they can still vividly remember their previous life in the Astral or Spirit worlds. To such infants their stay on Earth was nothing more than a very short adventure, often with

a specific purpose in their own individual evolution and progress on the path.

Upon arriving in the Astral worlds most people settle in to their new home very quickly indeed, and soon create a new “life” for themselves. They will, sooner or later, completely lose interest in the physical world and their previous life associated with it. However, people living in the Astral worlds can, and very often do “visit” the physical world whenever they feel the need to, often to visit loved ones left behind. There are numerous cases of bereaved family and friends suddenly feeling the “presence” of their loved one, and in these cases it very often really is their loved one visiting for a time from the Astral worlds.

It should be mentioned that “deceased” people living in the Astral worlds will often watch over their loved ones still living in the physical world, guiding them by means of inspiration, and protecting them from inner dangers whenever possible. Because the Universe is infinite living Mind, thought is a very powerful primary Energy, and it is therefore relatively easy for people in the Astral worlds to influence the Minds of people still living in the physical world. Such influence can suddenly arrive in the Minds of people on Earth as intuition, inspiration or ideas, the recipient of such thoughts believing them to be their own thoughts and ideas. Pets, such as cats and dogs, can very often sense the presence of their deceased owners in a very powerful way.

It is also possible for people living in the Astral worlds to visit family and others in their dreams. This happens much more often than most people realise. Dreams of meeting deceased people are often very real indeed, and such contacts should always be noted, taken very seriously and any messages remembered. Everyone in the physical world leaves their body at night while in deep sleep, and Astral residents sometimes take this opportunity to meet with their loved ones “face to face” in the Astral worlds, such meetings often being remembered in the morning as a vivid lifelike dream. Again, these meetings are often very real indeed and should always be

remembered and all messages received well and truly noted. Sometimes important information is passed on this way, as well as reassurances that the “deceased” person is very well, happy and content in their new Astral home.

Although it is perfectly natural, and to a reasonable extent healthy to grieve for a deceased loved one, it is most important to realise these people are not really “dead”, and have not therefore in any way ceased to exist. The loved one is now living in what is actually a truer reality than the physical world. Assuming they are living in the mid to high Astral worlds, or within the Spirit worlds, they will be experiencing an existence of pure love, light, bliss, peace and happiness on a level beyond the comprehension of most people still living on Earth.

One of the benefits of Astral Projection, which will be discussed in detail later in this book, is the ability to visit and explore the Astral worlds and to meet deceased loved ones and friends. To Astral projectors death holds no absolutely fears whatsoever, with the absolute knowing, beyond any doubts whatsoever the glorious life waiting after the final release from the confines of physical life on the physical plane in the restrictions of a physical body.

As we will also see later in this book, everyone in the Astral worlds lives at the same level, the same realm, sphere or plane as people who were of a similar nature in the physical world; similar characters, beliefs and in particular level of Spiritual development. In the mid-Astral worlds where most decent people, probably around fifty percent or more transition after physical death, there is no work, no money, no unhappiness, but rather complete peace and happiness, everyone living together in perfect harmony. People, who in the physical world were disruptive in any way, will be living in the lower Astral worlds with like Minded, similarly disruptive people, thus always preserving the complete peace and harmony of the inner Astral worlds. Of course everyone always has the opportunity to evolve from the lower Astral worlds to the inner Astral worlds once they have learned their lessons, and have

attained a vibration that will enable them to co-exist with others at the same higher level of vibration.

People who have left the physical world of matter have been liberated once again, and will live and rest for a time in the Astral and Mental worlds before returning to Earth once again if necessary to begin a new physical life. Friends, relatives and loved ones should celebrate this joyfully! Death, however sad, tragic or unexpected means the liberation of a Soul from their physical body to the inner worlds of existence where they will be with like-Minded people.

Although people still living in the physical world regard those living in the Astral and Spirit worlds as “dead”, to those people who passed on to and our now living in the Astral and Spirit worlds it is the people still living in the density of the physical world, with all of the trials it brings who actually appear to be “dead” by comparison, dead to the splendours, glories, peace, harmony and liberation of the inner worlds, to which every single person will transition sooner or later.

“Death” should never be feared. It is something to anticipate when the time comes as a completely natural aspect of individual evolution, and a transition to glorious worlds of pure harmony, bliss and beauty, inhabited by like-Minded people, where none of the hardships, trials and misery that is so prevalent on Earth exists. The transition of passing to the inner, Astral worlds is a joyous time, a time for celebration.

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## Chapter 40: The Astral Worlds

Having previously discussed the various Universal planes of life from a general perspective, and also the processes occurring upon the “death” of the physical body, we can now take a much more detailed look at the Astral worlds, also known as the Astral planes, Astral realms or Astral spheres, sometimes also known as “the beyond”, “the afterlife” or the “fourth dimension”, to which people will transition soon after leaving the physical world.

Before discussing the more detailed characteristics of the Astral worlds as relates to human beings, we should first consider the more general aspects of these planes of life and reality. It should be noted that the Astral worlds are in effect the “fifth dimension”, with the length, width and height of the physical world being the first three dimensions and time being the fourth dimension.

As with all planes in the multi-dimensional continuum of the Universe, the Astral planes are density degrees of the Universe, The Source, God. The Astral planes are therefore fundamental to the creation of everything that exists, has ever existed and ever will exist in the physical world of matter in accordance with the principle of correspondence, “as above so below”. Everything existing in the material world must therefore first exist in the Astral world. As we will see later, this is the basis for all manifestation, and therefore of all creation in the material world.

The Astral planes are therefore also a reflection of everything that has ever occurred in the material world, is occurring now and ever will occur in the future, again in accordance with the Universal Law of Correspondence, “as above, so below, as below, so above”; the “future” being relative to the temporal concepts of the measurement of time as perceived within the three dimensions of the physical world.

The Astral worlds are also the sphere of vibrations in which light, sound, colour and rhythm, and thus all life and everything ever

created, and ever will ever be created has its origin. As mentioned previously, nothing can exist on Earth without first originating in the Astral worlds. The Astral worlds are therefore an emanation of the Eternal without beginning or end, and are therefore timeless, spaceless and infinite.

Most esoteric and occult traditions as well as organisations involved with the practice of “Spiritualism” usually consider the Astral worlds to be the “the fourth dimension”, “the beyond” or sometimes the “afterlife”. As discussed previously however there really is no such concept as “this life” and the “next life”, or “this world” and the “next world”, which is why “death” as people generally understand it quite simply does not exist, except as a fear in the Consciousness Mind of most humans.

As we will discuss later, learning the ability of Astral Projection will remove the fear of death completely, providing first-hand evidence of the reality of the Astral worlds and the continuity of life beyond the confines of the temporal physical shell of body. It should be noted once again however that it is this very lack of understanding of the illusion of “death” that has contributed in no small part to the state of the world as we witness it today.

Most people, being completely unaware of their own immortal, Divine nature, live each life as if it was the only chance they will ever get to “exist”, and therefore as a direct result become steeped in the material illusion of the world of the five physical senses. When mankind finally re-discovers these realities, people will waste no opportunity to do everything they need to do of their own freewill in order to progress to the glories of the “heavenly” spheres of life, glories that are far and way beyond the comprehension of most people still living on Earth, worlds which are indeed true reality, our true home as Spiritual beings as opposed to the physical illusion of Earth and indeed the entire physical Universe.

The Astral worlds are home to a very wide variety of inhabitants in addition to humans. There are many beings and intelligences that have never incarnated on Earth, and who’s task it is to assist in the

evolution of mankind on Earth. There are also the beings of the single elements, many of which form the basis of earthly “fairy stories”. There are also the more simple beings of the elements known as “elementaries” which are much less advanced, but nevertheless do exhibit a degree of intelligence and have their role to play in the grand Universal scheme.

Also living within, or visiting the Astral worlds are a very wide variety of beings of all levels and intelligences, most of which are beyond the comprehension of earthly man, including beings originating from other planets in the Universe. We will discuss some of these beings in more detail later in this section, but suffice it to say for now that in the Astral worlds there are many degrees of Energy, of vibration at which life exists, everyone and everything existing at a particular degree of vibration exhibiting similar characteristics.

In the mid-Astral worlds, at the level of vibration where most decent people currently find themselves after physical death, existence is one of peace, harmony and tranquillity, often in very stark contrast to the previous existence within the physical world of the Earth life system. These Astral worlds also seem much lighter, solid and “real” than the physical world, which by comparison seems to be a very dull, murky, oppressive place indeed.

As previously mentioned, there are many levels of vibration and comparative density of the Astral worlds, all of which exhibit their own unique Energy. A human being, indeed any being will after physical death automatically transition to the most appropriate Astral world, most closely matching his or her own particular vibration, ego, temperament, character, and most importantly the beliefs and attitudes of the person at the time of physical “death”. If a person is open-Minded and fully understands the process erroneously known as “death”, and assuming their previous life has been a normal and decent one, they will effortlessly transition to the light, peace and harmony of the mid-Astral worlds. More Spiritually advanced people will transition to the inner Astral worlds where

conditions are even more blissful and beyond the comprehension of most people still living in the physical world of matter.

Let us now take a closer look at the various levels of the Astral worlds, the Astral planes in more detail. Before doing so however it is important to once again stress there are no actual definitive borders or boundaries between the various Astral planes. The entire Universe from the The Prime Creator, The First Cause, God is a continuum, consisting of vibration, Energy, from the very highest level of The Source down to the very lowest of the physical world of matter. All Astral planes form an integral, lower aspect of this vast and infinite Energy continuum.

It should also once again be noted when we talk about the “inner worlds” of the Astral and Mental planes, the Spirit worlds, these really are *inner* worlds or planes relative to the physical Universe. The multi-dimensional Universe can be likened to a sphere with the physical Universe being the outermost and thinnest layer and which can be likened to a “skin”, and epidermis, an outer “shell”, within which sphere everything else in creation exists with The Source, The First Cause, God at the very centre of creation. Indeed, quantum physicists David Bohm most appropriately referred to the physical Universe of matter, the outermost aspect of the multidimensional Universe, as “frozen light”. The physical Universe is indeed “frozen light”, the very lowest vibration and highest density manifestation of Energy of the primordial Light of God from Whom everything was created in the beginning.

As human beings are Spiritually made in the “true image of God”, and therefore of the Universe, each finer, subtle body of a human being, the microcosm, are also “inner bodies”. The physical human body, as with the Universe as a whole, the Macrocosm, is the outer shell, and each successive body, the Etheric, Astral, and Mental bodies are all progressively finer, more subtle inner bodies, existing at progressively inner levels of vibration and lower density, being equivalent to the level of the Universal continuum, in other words the sphere, world, plane, dimension at which they exist. This is why

meditation and similar disciplines are considered to be forms of “inner exploration”.

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## Chapter 66: Astral Projection

No longer is it adequate, necessary or indeed desirable to rely solely on psychics or channeled information for evidence of Spiritual realities. Over the last few decades in particular Astral Projection and “Out of Body Experiences”, often known simply as “OBE”, have become increasingly more important at all levels in pointing the way forward and thereby reconnecting mankind with inner realities and destiny and purpose in life. Astral Projection is also the best possible preparation for the next physical death, which of course everyone will experience sooner or later. “Death” is an event in the personal evolution of every person, and event experienced a multitude of time, that should never be feared, being the next stage of a joyous Spiritual journey on the return to Our Creator, The Source, to God.

Those who can Astral project from their physical body in order to explore the inner realms of reality, their next home, never fear “death”, knowing beyond any doubts whatsoever from first hand experience that in reality the finality of so called “death” really does not exist, and is in fact no more than a completely natural transition from the dense, low vibration of Energy of the dense physical world of matter, to a much higher Energy vibration and correspondingly finer density of existence in the inner worlds, the Astral and Spirit worlds. Again it should be mentioned at this stage that the Astral and Spiritual worlds are not actually “higher” relative to the physical world, but are in fact “inner” dimensions with The Source, Our Creator, God at the very centre of all creation at the very highest vibration of Energy.

“Death” not only no longer holds any sort of fear for people who learn and engage in Astral Projection but indeed the situation known as death usually becomes something to be embraced with excitement and anticipation when the time arrives, and with it a knowing beyond all doubt the true reality of the life of peace, tranquillity and harmony awaiting beyond the confines of the physical world.

In addition to Spiritual exploration, meetings with deceased relatives and friends and for general information gathering, Astral Projection is also extremely useful for many other valuable purposes including for example healing and manifestation. Indeed an entire book could be written on the profound benefits of Astral Projection but by far the best way of discovering these profound realities is by direct experience. Those who experience Astral Projection and out of body experiences see and know the physical world for what it really is, a temporal experience, and have a much more profound understanding of the true meaning of life, usually resulting in a complete re-evaluation and appraisal of individual priorities and direction.

There is actually nothing at all new about Astral Projection, even the most ancient cultures for example the ancient Egyptians and many others were totally familiar with, and made maximum use of these completely natural abilities. Many cultures, for example the native American Shaman, still use Astral Projection extensively today for many purposes benefiting their people.

There are many references, albeit in symbolic form to Astral Projection in the books and bibles of the popular world religions. Highly advanced, no longer visible ancient civilisations of thousands of years ago used Astral Projection extensively to manifest things required on Earth. Even very earliest humans of hundreds of thousands of years ago at the very dawn of civilisation were capable of Astral Projection, very often practiced by the tribe shaman or “medicine man”. Indeed, the entire tribe would often participate in the Astral Projection process by drumming and other methods and rituals designed to invoke the required altered state for Astral Projection. It is now thought the paintings found on the walls of caves around the world, many of which are very similar indeed despite the vast distances separating them across entire continents, are actually pictures depicting experiences of Astral travel, and more importantly such depictions relate important information brought back from the Astral worlds by the shaman for

the benefit of the tribe. However, as with so many inner abilities such as clairvoyance, mankind has largely lost the instinctive ability to Astral project due largely to the millennia of ongoing creed, dogma and materialism.

So what exactly is Astral Projection? First of all it is most important to keep in Mind that Astral Projection is an extremely normal and natural ability of all human beings. Every time we achieve a certain stage of sleep the Energy and Astral bodies are automatically projected out of phase with the physical body, often associated with rapid eye movement, abbreviated to “REM”, signifying the onset of a type of low level Astral Projection. Most people who are untrained in remembering dreams and sleep activities will have no recollection of this process.

The projection of the Astral Body during sleep and the various modes of dreaming and of their implications will be discussed in detail later in this book, but for now however suffice it to say that Astral Projection is a completely natural human process, as natural in fact as sleep itself. The main difference between Astral Projection during sleep and Astral Projection in the usual meaning of the term is in the latter case the process is carried out with full conscious awareness and control. Rather than both Mind and body being in the sleep state, with Astral Projection the body is in the sleep state but the Mind is fully awake, aware and in conscious control over the entire process; this then is the fundamental basis of all Astral Projection and Out of Body experiences.

As discussed earlier, humans fundamentally comprise three distinct bodies; the physical body, the Astral Body and the Mental or Spirit body. There is also an intermediate body effectively acting as an “interface” or “transformer” between the physical and Astral bodies, usually known as the Etheric or Energy Body. Under normal circumstances most people are only aware of the existence of their physical body, being entirely focussed on the five physical senses of sight, smell, taste, hearing and touch, through which the three dimensional world of matter is experienced. The inner much more

subtle bodies are always very much present however, albeit existing beyond the range of the perception of the five physical senses.

We are all multi-dimensional beings, concurrently occupying physical, Astral and Mental bodies, even though most people are only aware of the physical body. Astral Projection is the projection of Consciousness beyond the limitations of the five physical senses in order to assume awareness and control of the Astral Body with its own Astral senses, within the Astral planes. Astral Projection is not actually projecting to the Astral plane as such, because as humans we are already multi-dimensional beings, continually and concurrently existing in the Astral and Spiritual worlds at an infinite number of levels of Energy. Where we perceive ourselves to “be” at any time is determined by at what level of vibration of Energy our conscious awareness is focussed. Astral Projection is therefore a projection of Consciousness beyond the confines of the physical body, thus becoming consciously aware of the Astral worlds thereby assuming control over the Astral Body already residing there.

The Astral worlds are very real indeed, seeming much more solid and real than the physical world, the physical world merely being a very pale projection of these inner or more specifically inner realities; an illusion that might seem very real, but is really only “real” in accordance with and as perpetuated by the restricted perception of the five mundane physical senses existing exclusively to enable interaction with the physical world of matter. As previously noted, Eastern traditions often refer to the physical world of matter as “maya”, illusion. It should also be noted that although the Astral worlds appear to be much more solid, “real” and vibrant than the physical world, the Astral worlds have been and are still being created by the Minds of human beings in accordance with recent experiences within the physical world, and the Astral worlds are therefore in and of themselves not true reality, true reality being our true home as immortal Spiritual beings in the inner, inner world of Spirit. By comparison with the physical world, the Astral worlds

are, at the mid to inner levels a much more pleasant place to be, with anything desired being instantly created by the Mind without the need for money, work or any of the other trappings of a physical existence.

Astral projectors, like those who have passed on after the experience known as “death” do not find themselves in some sort intangible “dream world” but rather experience a very solid, vibrant, intense environment where all senses seem greatly magnified. The senses involved of course are the inner Astral senses and not the five mundane physical senses so much taken for granted in the physical world of matter. Thoughts can actually be seen to take shape instantly and anything desired can be instantly manifested by means of the powers of the imagination in the very process of creation. This is also why the Astral worlds are known as the “desire worlds” and the Astral Body known as the “desire body”.

Everyone dwelling at any particular level of the Astral planes exists at exactly the same level of Spiritual evolution, vibration and density, and accordingly absolute peace and harmony prevails at the mid-Astral worlds and inner. Of course in the lower Astral worlds although everyone is also on the same level and of a like Mind, character and personality, those worlds reflecting the people living there can be anything but peaceful and harmonious, being a direct reflection of the dark lives of those people while living on Earth.

In the peace and harmony of the mid to inner Astral worlds there is no money, no factories or offices, no formal work, no bosses and no formal leaders, everyone of their own freewill working together harmoniously as Spirit for common causes. People living within the Astral worlds still nevertheless retain their materialistic perspective and earthly desires, the main reason they are still living there, and it is not until these desires have been completely recognised, satiated and purged, with material things seen for the illusions and barriers to progress they really are, can further progress be made to the

inner vibrations and ever more blissful conditions of the upper Astral and Mental worlds.

It is these human characteristics of the mid-Astral residents that causes the mid-Astral worlds where many Astral projectors find themselves to be very similar indeed in appearance to Earth, so similar in fact that after the transition known as “death” many people do not immediately become aware of the fact they have “passed on”. Similar houses, cars, trains, gardens, leisure, entertainment and many other typical Earthly characteristics all created by the desires human Mind over aeons of time, often as an extension of their previous material lives on Earth, all being represented within the Astral worlds. The Astral worlds were not therefore created for humans, but rather by humans as a reflection of what they believe life at that level should represent. This applies to all levels and realms of the Astral worlds, and indeed the Astral worlds of the beings of other planets are similarly created according to their own particular worlds, environments and perceptions.

Everyone upon passing over to the Astral worlds after physical death will be attracted to the precise degree of vibration and density of their own Astral body, character, beliefs, perceptions and level of Spiritual development. It is very important to remember however that all of these worlds, past, present and future, still exist concurrently within the Universal continuum of the Ether, The All, God. Unlike Earth however the Astral worlds contain everything from the past, present or even the future as relates to Earth time. This is one reason why the Astral worlds often seem so much like the physical world that some people who have passed on from Earth and why they often do not realise they have actually “died”, often taking quite some time before they can accept it. In addition to a familiar Earth-like environment and people, the Astral worlds are inhabited by numerous entities and beings who have never physically existed on Earth, including from the past and future of Earth, and some who will even originate from other planets in the physical Universe.

Within the Astral worlds a cause in the form of a thought will immediately result in a corresponding effect whether it is positive, neutral or negative. New residents and visitors very quickly learn this important principle. The Astral projector should always know and understand these laws before projecting otherwise it is very easy indeed to become caught up in undesirable situations that are in reality no more than the manifestation of his or her own Mind. For example if the Astral projector is afraid of meeting an “evil being” then he or she will upon projecting probably come into contact with that very same evil being. The evil being will however be merely a projection of the imagination and accordingly not at all real but nevertheless seeming very real and terrifying for those unprepared for such situations.

It is most important therefore within the Astral worlds for the projector to maintain a passive state of Mind at all times but with an air of mild curiosity. In this way everything will seem normal, and opportunities to explore and learn will rapidly present themselves quite naturally, very often by meeting other Astral residents or quite likely a guide. The guide might be a personal “Spirit guide” or one of numerous willing Astral guides who are only too willing and able to help all Astral projectors. At the final analysis however the best way to learn about the Astral planes and the Universal laws prevailing there is to actually go and gain experience at first hand; this is exactly what the advanced intelligences of the inner realms are endeavouring to bring about in this new era for mankind.

There are many aspects of Astral Projection and the Astral worlds in general the projector will need to get used to very quickly indeed. Travel is instantaneous; it is simply a matter of thinking where you wish to go or who you wish to be with, and you will instantly find yourself there simply by focussing on the destination. Of course a projector needs to know where they wish to go in the first place and this is where an Astral guide can be most useful. Meeting deceased relatives, friends and others is very straightforward assuming they are still dwelling at the same or lower level of the Astral worlds. A person in a lower Astral world cannot however project to a person

in a inner Astral world due to the higher vibrations existing there, vibrations that cannot be tolerated by an Astral body of lower vibrations. By simply thinking about the person, by visualising them and by desiring and creating the intent to be with them as if you are already there, you will instantly find yourself in the presence of that person.

All communication in the Astral worlds takes place by thought transfer, and is therefore instantaneous. Such thought transfer can be basic telepathic communication to the exchange of entire packages of information in symbolic form including imagery. There is no problem talking as on Earth with the “mouth” of your Astral Body if that is what you wish to do, and indeed new arrivals within the Astral might instinctively do, but nevertheless actual communication is still carried out telepathically by words, images or symbols over any distance, and therefore speaking as with a physical mouth is superfluous.

Many people newly arriving in the Astral worlds will quite understandably speak their mouth as a matter of habit, but this still results in telepathic communication nevertheless, and they quite soon realise that communication is by pure thought transference and will learn to use that mode of communication. Although telepathic communication can be performed a word or symbol at a time, it is much more efficient, as the people of the Astral worlds soon discover, to send entire “packages” of thoughts which the recipient can absorb at will.

Is Astral Projection safe? Yes, absolutely. No actual harm can come to an Astral projector. A question often asked is whether another being can enter and take over the physical body of a projector while the projector is still away from the physical body in the Astral worlds. The answer to this is quite simply this situation cannot occur any more than it can happen while experiencing normal nightly sleep projections.

Another question often asked is whether it is possible to get “stuck” in the Astral planes and not be able to return to the physical body. Again there is no danger of this situation occurring whatsoever. While still possessing a physical body a fine silver cord, the Astral matrix, maintains a permanent connection between the physical and Astral bodies, and this connection is only finally severed at the point of physical death. In order to return to the physical body it is only necessary to think about being actually there at that moment and it will happen instantly regardless of your Astral situation at the time.

There have been numerous methods for achieving Astral Projection used over the course of many thousands of years. Many methods taught in modern books and elsewhere require very considerable practice, discipline, willpower, patience, concentration, and very often even a high degree of natural ability; many of these methods are often for all practical purposes beyond the scope of most people as many have already discovered.

Many if not most of the methods often described today are designed to initially result in what is commonly known as an “Out of Body Experience” or “OBE”. The terms Astral Projection and Out of Body Experiences, often abbreviated to “OBE”, are often confused or used interchangeably. In fact Astral Projection and OBE properly describe distinctly different situations. Astral Projection can be defined as a projection of Consciousness beyond the confines of the five physical senses to assume control of the Astral Body, the Soul, which then becomes the principle centre of conscious awareness and the vehicle of travel while interacting with the Astral worlds. OBE can be best be defined as an “Ethereic projection”, where the centre of Consciousness is projected away from the physical body to the Etheric Body, also known as the Energy Body. The Etheric or Energy Body is denser than the Astral Body with correspondingly lower vibrations. An OBE therefore takes place closer to the physical world. The Etheric plane is often referred to as the “real-time zone”, taking place close to the physical world of space and time rather than within the Astral realms beyond space

and time. Although an OBE, an Etheric projection appears to be taking place in the physical world itself, the environment experienced during an OBE is actually a dense reflection of the physical world within the Etheric plane, and accordingly has many characteristics of the Astral plane of which it is a lower vibration, higher density aspect, including, as most people quickly realise, sensitivity to thoughts.

Thoughts can quickly cause what are often known as “reality fluctuations” where familiar surroundings and objects can suddenly appear, alter in appearance or even disappear completely. It is quite possible and indeed common to convert an initial OBE to a full Astral Projection simply by consciously raising the vibrations of the Etheric Body. This can be accomplished by using the power of the Mind to form the definite intent to transition to the Astral, achieved for example by focussing on a particular Astral locale or a particular person residing within the Astral worlds. An intent is then formed to be at that locale or with the person, or by issuing a definite statement in the form of a command in the present tense, for example; “ I am now in the presence of my grandfather”, or, assuming you have an Astral locale you are already familiar with; “I am now at...and then the name of the locale”.

Astral Projection and OBE methods like all inner abilities require long-term commitment and practice. It is no good approaching these things in a less than committed way or as some sort of novelty. Everyone can succeed with Astral Projection or OBE, but the Mindset for success must be absolute, regardless of how long it takes. Likewise, the desire for Spiritual exploration must be absolute and most importantly for all the right reasons, reasons you will for example find in this book. Your Mind, and in particular subconscious Mind should be so programmed to succeed with Astral Projection and OBE that it becomes an integral part of your psyche. The more you desire to experience these abilities the more likely you are to succeed, and the sooner you are likely to succeed.

As with most abilities, regular and dedicated practice makes perfect; it is not good enough to simply practice for just a few minutes for a few nights and give up if there is no success; like most things, success will come to those who persevere. Therefore before embarking on these important objectives, take time to make a full intellectual and emotional commitment, together with the resolve to succeed. The profound benefits for those who do so will more than justify such commitment and resolve, and the experiences will become increasingly more frequent and profound as time progresses.

**Note:**

**Our Ultimate Reality includes chapters on the best three methods to achieve Astral Projection and best three methods to achieve Out of Body Experiences, known as “OBE”.**

This book contains excerpts from:

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## Chapter 84: Powers of the Imagination

Imagination is one of the most powerful of all vibrations of Energy in the Universe. When considering imagination it must never be confused with mere fantasy, unreal thoughts or simply as a “figment of the imagination”, but rather as an extremely powerful, natural, God given ability that every single human being without any exception possesses.

Within the inner spheres of reality, as everyone will discover very soon after passing on from the physical world, everything desired is brought into instant manifestation by the use of will, intent and the power of imagination. Thoughts take shape instantly and the more power and emotion projected into thoughts, the more real they become and the longer they will remain.

Thoughts are vibration, manifestations of Energy, and most thoughts are transient, that is to say they appear, linger for a time depending on the Energy involved and then fade away again. To create something more permanent in the Astral worlds requires use of the imagination with as much will, intent and focus as possible. This however is often an entirely natural process requiring no particular effort; it is quite literally as natural as thinking.

By constantly making use of and thinking about a particular desire, for example a home, the more solid and real it will become and the longer it will persist. Creations of the type utilised by many people within the Astral worlds, consensus creations of perhaps thousands or even millions of people, can potentially last for infinity, such creations being the products of collective thoughts and beliefs projected in the same direction and focus by many people.

Within the Astral worlds, often known as “the beyond” or “the afterlife” where people transition after the process erroneously known as “death”, there are vast areas of Energy comprising just about every type of environment; all consensus creations of numerous people from the past, present and future relative to

temporal concept of Earth “time”. These creations are the result of vast collective, consensual Energy configurations that are continually being influenced by Mind, and which Energy therefore endures under that consensual Mind influence almost ad-infinity.

Many Astral locales including entire cities are inhabited by very large numbers of Astral residents, all continuously influencing the same creative Energy, and thus giving these Astral locales their permanency. As mentioned previously, the mid-Astral worlds to which people are attracted after the transition from the physical world in accordance with the Energy characteristic of the individual Astral and Mental body, the Soul and Spirit, are almost identical to the physical world, so much so that many people do not immediately know they have actually passed on. This is because the people of the Astral worlds model the Astral worlds based upon their own specific experiences and perception of the physical world they have just left, and how they “imagine” it should be. People at that level of evolution on the path often believe that “reality” is represented by material things just as they did on Earth, and accordingly use their powers of the imagination to reproduce that same habitat and perception within the Astral worlds, thereby creating that reality for themselves with which they feel the most comfortable.

On an individual level therefore a person might create his ideal home, whereas large numbers of people within the Astral at a consensual level will imagine larger scale constructions such as villages, towns and cities, just as they were used to in physical life. This applies to all Energy levels of the Astral planes, each level, from the darkest, “hell” like levels to the highest most blissful levels all being a perfect reflection of the vibration of the Soul and Spirit of the people living there, and also their own perception of what “life” should be like in their own reality. This is why, like the physical worlds, the Astral worlds are ephemeral, transient projections created by the Mind of humans, all of which are destined to progress and transcend that illusion on the path to the glories, splendours and bliss of the Spirit worlds, pure Mind worlds where

the perception of form simply does not exist and does not need to exist. The reality and glories of the Spirit worlds are far greater than the temporal physical world or the ephemeral Astral worlds, as everyone will discover as they progress and evolve along the sacred path of perfection back to The Source, The First Cause, God.

The Astral worlds are vast, varied and complex, consisting of an infinite number of realms from the earthly equivalent of past present and future, many of which have been created by beings not of the Earth, but all of which have been created by the very same vibrations, creative Energy of the power of thought, the creative power of the imagination.

As we already know, the entire Ether of Universe consists of vibration, which is Energy. Thoughts, emotions and powers of the imagination are therefore also degrees of vibration of the same Energy. Keep in Mind that Energy cannot be created or destroyed it can only be influenced. It is the interaction and influence of Energy by Mind that results in the manifestation of the objects that are the focus of and are therefore influenced by the imagination in accordance with Universal laws, and in particular The Law of Attraction. Exactly the same laws also apply to manifestation into the physical world. Before anything at all can manifest as a reality into the physical world it must first be preceded by thought, a very powerful characteristic of which is imagination.

This is very often a subconscious process whereby for example the preparation of a meal is preceded by first imagining what the meal will include, how it should taste, how the meal will be prepared, where the ingredients will be obtained from and finally how it will be presented on the table. This is simply a very basic example whereby an act of creation commenced with the process of imagination is subsequently followed up with direct physical actions in the same direction in order to manifest the original object of the imagination into observable physical reality.

Manifestation can however equally be brought about without the need for any associated direct physical actions at all, exactly the same laws of creation applying to the inner spheres of the Universe also equally applying to the physical world, again in accordance with The Laws of Attraction and Correspondence in particular; “as above, so below”. Just as anything can be created within the inner spheres entirely by means of the powers of imagination, so too can manifestation take place into the physical world by virtue of the same Universal laws, without even the need for any preceding direct physical action.

The physical world however is very dense and of a much lower vibration than the inner Mind worlds of the Astral and Mental spheres, and therefore more Energy, concentration and focus is required in order to bring about a manifestation observable in the physical world. Many people will have heard of “Magic”. We should note straightaway however that by true Magic as practiced from time immemorial we do not mean the stage illusionists, prestidigitators, conjurors and other such people from the areas of stage entertainment, but rather Magic in its very truest, very highest and most sacred form. Magic is in reality a sacred science, the word “Magic” originating from the “Magi” who fully understood and applied natural Universal laws in order to bring about effect that many might consider to be miraculous.

The practitioner of true Magic understands, aligns him or herself with, and makes full and proper use of Universal laws in order to manifest the desired results in whichever plane of existence the desired result is to be experienced. People often erroneously associate Magic with occult practices, sorcery and witchcraft for example, but even this is not Magic in its truest and highest form. This is not to say of course that sorcery, witchcraft and similar types of “magic” are not effective, because they most certainly can be and often are, depending on the powers of the practitioner. The Universe does not recognise human labels, but only Cause and Effect by virtue of Universal laws and the influence of the Energy from which everything has been created and has its being.

Sorcery and witchcraft are often performed by utilising some Universal laws that result in the influence of Energy in the desired direction, by means for example of spells, rituals and other series of actions, but often without the practitioner ever being fully aware of what Universal forces are involved or how they are being applied. The most powerful true Magic is when the practitioner fully and consciously aligns him or herself with, and makes the fullest possible use of Universal laws, powers of the Magi.

What most people consider to be “Magic”, and again we are not referring to stage Magic, could more properly be referred to as “manifestation”. Manifestation is in the broadest terms the use of the imagination in order to manifest the object of the imagination into physical reality in accordance with Universal Laws and is the fundamental basis for all creation.

In the case of witchcraft, sorcery and similar practices practitioners often make use of spells, rituals and other regalia such as candles, swords, athame’s and much more, in order to provide the focus, intent and Energy required for the object of the imagination, usually by creative visualisation, to manifest into the material world. As we will see later, it is most certainly not at all necessary to practice witchcraft or sorcery in order to manifest into the physical world, these are quite simply age-old traditions that are still carried on today.

One of the most important aspects of successful manifestation is highly focussed and concentrated Energy in the form of thought or imagination. Indeed, the more Energy behind a manifestation the sooner it can materialise into the physical world as an observable reality. Very often, spells and rituals are only carried out once, meaning the chances of success are more variable and in accordance with the expertise of the focus, concentration and expertise of the practitioner. Magic, or more specifically manifestation can therefore be accomplished by anyone without requiring any form of occult, esoteric or mystical practices to be performed in order to be successful. Indeed, such practices can

sometimes lead to frustration with the accompanying lack of observable results. Anyone at all can manifest and create any reality for themselves by fully understanding and applying natural Universal Laws utilising the simple, enjoyable and effective exercises that will be detailed later in this book.

Finally a word of caution; all your thoughts, imaginations and creative visualisations must only be for the purposes of good, either for yourself or for other people. Never, ever be tempted to use these powers to harm another person. If you do, the Universal law of Cause and Effect, of which karma is an integral aspect will most surely operate against you, and either in this or a future life you will have to pay the price. This is not intended to be a system of punishment as such as with a court of law. The simple fact of the matter is that every cause has its corresponding effect, positive, negative or neutral, and karma is no more than the causation of the Law of Attraction that ensure that no being can be the cause of anything negative without experiencing the corresponding effect. Note that we use the word “experiencing” rather than “suffering”. Everyone is here to experience and to evolve and not to suffer which is a human construct based on a perception relative to self and the ego. The Universe operates under the influence of the most powerful force in the Universe, Unconditional Love, and that applies to every aspect of human evolution, and indeed the evolution of the entire Universe and all Beings, all expressions of God.

Providing always that your thoughts, intentions, Energy, imaginations and creative visualisations are always only for the purposes of good and for genuine needs, and not based in greed, in other words will not bring harm to others in the process, only good will surely result, and your needs and desires will be fulfilled without karmic consequences.

**Our Ultimate Reality includes extensive and highly practical information and exercises on how to create your own reality, and for attracting anything you desire into your life.**

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