

# Ultimate Astral Experience

## Book I - The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

### Part IV - What Astral Experience Can Do For You, Today

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### Part IV

### What Astral Experience Can Do For You, Today!

In this section I'd like to provide some simple, practical techniques so that you can get a sense of the amazing benefits available through Astral Experience. The title of this eBook is not hyped-up sales copy (surprise-shock!) - I really am going to show you 'what it can do for you today' (or tonight if you *really* want to be literal.) Instead of going into Astral Projection or Lucid Dreaming techniques here, we are going to use the inherent power of Dreaming to improve your life.

But you dream every night, right? Yes, but we are going to do it differently, using a little 'secret'. Well, perhaps it's not *that* secret. You may even have heard about it before. Maybe the really 'secret' part about it is *actually using it* because it works! But I'll let you in on what I'm talking about in a minute. Here, for your own benefit, I'd like to encourage you to actually do one of these exercises tonight! The results will speak for themselves.

### The 'Dream Solution' Technique

This is perhaps the easiest technique for solving any problem in your life that you have or ever will have. It could be anything! You may have heard of this technique and perhaps given it a thought or two before dismissing it. Or you may even have tried it. But generally I think most people fail to see the power in its simplicity...

"Using proper suggestion, the personality will work out specific problems in the dream state... The suggestions will be followed by the sleeping self in its own fashion."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

All you need to do is write down whatever problem you have. By defining the problem you are opening space for the solution. Then, as you are falling asleep tonight, ask that your dreaming self find the solution, and that you will remember it when you wake up. Repeat the request up to three times and then let it go in the trust that you will act upon it while dreaming. That's it!

Consider for a moment why this works so well. Your dreaming self has access to a vastly larger reality and consciousness. It can use internal resources very effectively to work out a solution and even 'externalize' the problem in a dream and act out a solution. Time in dreams is much more flexible also, so there is more than enough opportunity for trial and error if it is needed.

When you wake up, it is highly likely you will remember the solution you were seeking, though it may not be in a complete form or one you recognize initially. Sometimes your memory will be triggered upon completion of small steps. And sometimes you won't consciously remember anything, but find out later you had the solution.

"If the solution is not clear to the [conscious] ego, this does not necessarily mean the solution was not found. There will be cases where it is not only unnecessary but undesirable that the ego be familiar with the solution... [which] may not appear in the way it expects. The conscious self may not even recognize it has been given a solution, and yet may act upon it."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

There are many possibilities, but rest assured, progress will have been made. Your dreaming self will gladly assist itself as it *is* you! If you are really stuck working it out, you can always request a clearer dream explanation the next night. Even if you don't remember a thing, it doesn't mean nothing happened. It will have. You will most likely be telling me next week that the problem went away, or as good as 'solved itself'!

### The 'Dream Therapy' Technique

"Both psychological and physical illnesses could largely be avoided through dream therapy..."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

Again, few people realize the healing power available through dreams, and it can come in a number of ways. Many such issues are dealt with in the dream state naturally, whether we become conscious of such processes or not, and yet there are others that require a greater degree of our conscious focus and which, having been ignored, manifest as health problems.

What is less often realized is that there are innumerable healers available on the Astral via the dream state, both general and specialized. If so, why aren't we healed automatically? Well, in many cases we are and just don't remember it. Other illnesses

may remain because the issues behind them remain unresolved. Only our conscious desire to recognize and resolve these will get us healed and keep us healed.

That is why the secret I hinted at earlier is so important. What is it? It is asking! By asking for assistance you are consciously acknowledging the need to resolve an issue, and this is the primary opening needed for healing to take place. However, it would not be wise to expect continual repeat healings without changing the root causes of imbalance in your life.

You may be wondering how astral healing can fix your physical body or what your life issues have to do with it. Basically, the health of your physical body is the result of the energetic condition of your subtler bodies. By resolving the life issue on a causal level, it no longer affects your mental body and astral body, and thus no longer manifests on a physical level. Any healing that takes place on the astral body will manifest on a physical level too, as it flows on from its energy configuration.

This is also why illness can return after any form of healing. The causal issue needs to be dealt with or it can simply re-manifest after a while. This may seem scary if you don't know or can't work out what the issue is yet. But relax! You are momentarily forgetting our secret... Ask! Of course your dreaming self will tell you, or else find someone to tell you.

"Ask and it shall be given you."

- Jesus, *Mathew 7:7*

So again, all you need to do for this technique is write down something to the effect of 'I am having problems with my ..... and would like to see the Spirit Healers tonight about its healing and its cause, and remember it when I wake up.' Use whatever words you like, repeat it three times mentally before sleep, and let it go in the faith you will be seen to. Depending on your dream recall, you may or may not remember the resulting session. Either is okay. As with before, things have a way of working themselves out.

You can always repeat the process if you have an urgent problem, and you can always clarify the resolution by request too. In fact, if you are willing, there are very few things that you would not give yourself if you ask your dreaming self! By these two practices you may better learn to remember to ask when you need assistance - a truly valuable skill for anyone anywhere!

To finish this section, here is some general health advice for the spiritually inclined:

"You must structure your working time so that physical and mental stress is kept at bay ... life must flow naturally, and you must flow accordingly. If you push life, or if life pushes you, disharmony will follow. Live each day in a calm, easy, relaxed manner. Let whatever happens happen. If you wish to remain well, avoid stress at all costs."

- Guide, *Spiritual Journeys*

## Conclusion

"You may say I'm a dreamer,  
But I'm not the only one...  
I hope someday you'll join us:  
And the world will live as one."

- John Lennon, *Imagine*

This eBook has provided a thorough and in-depth look at some of the more interesting and technical questions relating to Astral Experience. We have also touched upon the many benefits and amazing possibilities that are available through Lucid Dreaming and Astral Projection. But this book is just the tip of the iceberg...

The practical aspects and techniques for inducing these experiences are comprehensively explored in the full Ultimate Astral Experience course. As a writer, I am proud to say the information provided is of the highest standard, including a plethora of new insights. I guarantee no other book or manual or course even comes close to covering these subjects so thoroughly, concisely and innovatively. What more can I say? I highly recommend it:

[Get the Ultimate Astral Experience today.](#)

**It will change your life!**

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