

# The Techniques of Astral Projection

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# APPENDIX I

## SUMMARIZING RESULTS OF THIS STUDY

*Details given by "Communicators", 1909-15, published in 1916 (J.A.S.P.R.) as to how Astral Projections may be Produced.*

1. Mortals possess a *vehicle of vitality* and an *Astral or Soul Body*, in addition to the dense physical body, and certain techniques favour their release to form a duplicate ("double") of the physical body.
2. Some "doubles" are simple (consisting of *either* vehicle of vitality or Astral Body only); others are composite (Astral Body *plus* part or all of the vehicle of vitality).\*
3. "Doubles" released in a *natural* manner show differences from those where release is *enforced*.\*
4. "Doubles" tend to be partly released in severe illness.
5. "Doubles" tend to be released in proportion as one is morally and spiritually developed.\*
6. Crossed hands and feet may hinder releases of "doubles".\*
7. The separation of the "double" from the body causes a "*blackout*" (or feeling of passing through a *tunnel*), a sensation of *rising* (or one of *falling*), often followed by a "*click*" in the *head*.\*
8. "Doubles" leave chiefly via the *head*.
9. "*Dual consciousness*" (awareness of two bodies, the "double" and the physical body) and two environments that correspond to them. (If the "double" contains much of the vehicle of vitality, the "world" contacted will be either earth or "Hades"; if it is Astral Body only, the "world" will be "Paradise"). Discarnate souls seen in the former case may be "hinderers", in the latter "helpers".

*Corroborative Details given in Testimonies of Astral Projectors (unaware of the "Communications")*

1. Muldoon (1929), pp. 27, 167, 212; Yram, p. 137; Cornillier, pp. 3, 5, 45, 48, 88; Garrett (1941), pp. 40, 51, 59-60, 103, 104, 128-9, 193, (1943) pp. 17, 45, 90, 92, 116, 135, 138, (1949) pp. 7, 143, 164, 165; Crookall (1916) p. 187.
2. (a) Simple (vehicle of vitality only), Crookall (1961) pp. 31, 104; (b) simple (Astral Body only), Crookall (1961), pp. 37, 40, 88, etc.; (c) composite, *ibid.* pp. 3, 41, etc.
3. Crookall, (1961) pp. 1411-43.
4. Muldoon (1929), pp. 14-15; Crookall (1961), pp. 3-20.
5. Muldoon (1929), pp. 72, 76, 92; Yram, p. 26; Cornillier (1921), p. 387; Whiteman (1961), pp. 20, 55, 58, 59.
6. Cornillier (1921), pp. 122, 179, 288, 387; Crookall (1961), p. 162.
7. Crookall (1961); (a) "*blackout*", pp. 3, 13, 55, 57, 83, 92, 96, 117, 123, 126, 167; (b) "*tunnel*", *ibid.*, pp. 8, 11, 13, 68, 82, 89, 114, 119; (c) *rising*, *ibid.*, pp. 48, 54, 57, 58, 59, 61, 68, 69, 71, 104; (d) *falling*, *ibid.*, pp. 61, 68; (e) "*click*", Fox, p. 56; Muldoon (1937), pp. 70, 158, 161, 162.
8. Crookall (1961), pp. 16, 25, 36, 42, 58, 62, 67, 83, etc.
9. Crookall (1961), pp. 16, 25, 36, 42, 58, 62, 83, 107, 128, 161.

Details given by "Communicators", 1909-15, published in 1916 (J.A.S.P.R.) as to how Astral Projections may be Produced	Corroborative Details given in Testi- monies of Astral Projectors (unaware of the "Communications")
<p>10. <i>A rapid ejection (or re-entry) tends to forgetfulness of the out-of-the-body experience of the "double" (e.g. in accidents or with drugs).</i></p> <p>11. <i>The early course of the "double" is often spiral.*</i></p> <p>12. <i>"Double" and physical body are united, so long as life lasts, by a luminous extension, "the silver cord" of Ecclesiastes (xii, 6).*</i></p> <p>13. <i>At death "the silver cord" is composite (consisting of material from (a) the vehicle of vitality and (b) the Astral Body).*</i></p> <p>14. <i>The "cord" is essentially an extension of the physical and Astral Bodies.*</i></p> <p>15. <i>The "cord" must be elastic if the released Astral Body is to travel great distances.*</i></p> <p>16. <i>The newly-released "double" often lies horizontal, just above the body.*</i></p> <p>17. <i>The independent descriptions of how astral projectors see discarnate souls ("spirits") are identical.</i></p> <p>18. <i>Forward-moving "doubles" leave "a trail of light" behind them.*</i></p> <p>19. <i>Cosmic vitality is absorbed and condensed by released "doubles".</i></p> <p>20. <i>Just as the release of a "double" causes a "blackout", etc. (No. 7 above), so its re-entry into the body causes a "blackout", etc.*</i></p>	<p>10. Crookall (1961), pp. 41, 77, 83, 98.</p> <p>11. Crookall (1961), pp. 21, 62, 66, 128, 139.</p> <p>12. Crookall (1961), pp. 5, 6, 8, 11, 15, 18, 20, 25, 27, 29, 30, 31, 33, 36, 43, 44, 47, 50, 56, 57, 61, 62, 66, 71, 73, etc.</p> <p>13. Observations made at deathbeds by A. J. Davis in U.S.A. and Stainton Moses in Britain.</p> <p>14. Crookall (1961), pp. 47, 86, 134.</p> <p>15. Crookall (1961), pp. 20, 43.</p> <p>16. Crookall (1961), pp. 18, 26, 27, 28, 35, 44, 46, 48, 51, 60, 71, 75, 76, 82, 89, 92, 98, 102, 103, 104, 182.</p> <p>17. Crookall (1961), p. 162.</p> <p>18. Muldoon (1929), pp. 13, 93; Yram, p. 62.</p> <p>19. Muldoon (1929), pp. 23, 30, 31, 35, 68, 84, 82, 90-2; Crookall (1961), pp. 28, 45, 67.</p> <p>20. Crookall (1961): (a) "blackout", pp. 4, 5, 22, 39, 41, 54, 98, 115, 120, 131; (b) "tunnel", pp. 53, 122.</p>

TABLE I—Comparison of "Communications" as to how Astral Projections may be produced (published 1916) with the testimonies of *Astral Projectors* (given in Analyses published in the writer's *The Study and Practice of Astral Projection*, Aquarian Press, 1961).

\* As regards these thirteen details (Nos. 2, 3, 5-8, 11, 13-16, 18, 20), the "communicators" exhibited greater knowledge of astral projection than any of the scientific experts or any of the esoteric writers on the subject.

Items No. 12, 15, 17, 18 and 20 particularly are inexplicable on the hypothesis that these "doubles" were mental images: they are readily understood on the hypothesis that they were objective.

# APPENDIX II

## THE CONTRAST BETWEEN NATURAL AND ENFORCED RELEASES OF "DOUBLES"

		(A) <i>Natural Releases of "Doubles"</i>	(B) <i>Enforced Releases of "Doubles"</i>
PERMANENT RELEASES OF "DOUBLES"	BODY	Soul Body (a) is complete (since none of its substance forms part of "the silver cord"-extension) and (b) is unenshrouded by any of the substance of the vehicle of vitality (since it was all shed at "the second death" about three days after physical death). It can operate fully in its own environment.	As below. <sup>1</sup>
	WORLD	"Highest"—"a glorified earth", i.e., the Soul World or "Paradise"—part of the total earth.	As below. <sup>2</sup>
	CONSCIOUSNESS	"Highest" — "super-normal" (with telepathy, clairvoyance, etc.) after a "sleep" that averages three days.	As below; <sup>3</sup> no definite "sleep".
TEMPORARY RELEASES OF "DOUBLES"	BODY	Soul Body (a) is incomplete (since part of its material is included in the "silver cord"-extension) and (b) is usually slightly enshrouded by a tincture of the substance of the vehicle of vitality. Glimpses of, but not full entry into, "Paradise" conditions are possible. Release is retarded by crossing hands and feet.	Soul Body (a) is incomplete (since part of its material is included in the "silver cord"-extension) and (b) is more or less definitely enshrouded by a definite amount of the substance of the vehicle of vitality which was forced out of the physical body. Release unaffected by crossing hands and feet.
	WORLD	Either earth or "Paradise" (glimpses only), or both.	<sup>2</sup> Relatively "low" environment is contacted: earth and/or a semi-dream world (= "Hades").
	CONSCIOUSNESS	(b) Many see discarnate helpers and their own "silver cord"-extensions. (a) "Highest" consciousness ("super-normal" — with telepathy, clairvoyance, foreknowledge).	(b) Very few see discarnate helpers or their own "silver cord"-extensions. (a) Relatively "low" level of consciousness ("sub-normal"—often with dreams and fantasies).



TABLE II. Differences observed when "Doubles" are formed under *Different Circumstances*, i.e., when their release was (a) *Natural* or (b) *Enforced*. These differences are readily explicable on the hypothesis that the "Doubles" were *Objective, Non-physical Bodies* but difficult to explain on the hypothesis that they were merely Mental Images (of Physical bodies). Read upwards.

For details, see R. Crookall, *The Study and Practice of Astral Projection*, Aquarian Press, 1961.

N.B. A "double" (replica) of the physical body may consist of <sup>1</sup> substance from the vehicle of vitality only (in which case it is *simple* in nature), or <sup>2</sup> the Soul Body only (ditto), or <sup>3</sup> the Soul Body plus the vehicle of vitality (part, if the person is incarnate, all, if discarnate), in which case it is *composite* in nature.