

The Astral Dynamics Workbook

The idea behind The Astral Dynamics Workbook was to take all the wonderful suggestions offered in Robert Bruce's *Astral Dynamics* and put them into a comprehensive, progressive, implementable program. By doing this I hoped to get a bird's eye view of the entire New Energy Ways program, examining all the elements and determining how they related to one another. I also wanted to make it progressive, taking some of the more intricate, multi-stepped exercises and breaking them down over a series of days. So, rather than memorizing all fourteen steps of a given visualization exercise, The Astral Dynamics Workbook might call for working on the first four steps, then adding a few steps each day, progressively mastering the whole by focusing on its parts.

There are several worksheets in this file: **Elements** looks at the various exercises and suggestions given in *Astral Dynamics* (the bird's eye view). **Schedule** is a printable calendar, a summary of the daily tasks suggested in The Astral Dynamics Workbook. **Day 1, Day 2, Day 3...** offer a more detailed description of the day's tasks along with references to the *Astral Dynamics* exercises, sample affirmations, and a place for notes. You will find instructions on how to print the entire workbook in the "Comments" section of **Day 1**.

The Astral Dynamics Workbook is a work-in-progress. It began as an effort to create a way for me to learn the New Energy Ways program and Mr. Bruce has kindly offered to include it on his web site in the hopes that it might be helpful. Please personalize it for your needs. As with anything, use what works and discard the rest. If you have any constructive suggestions on how it might be improved, please feel free to email me with your comments.

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Elements

Daily Activities

Write Keywords in Dream Notebook
Morning Affirmations
Log Significant Dreams in Dream/Vision Journal
Make NEW Program Notes, Observations, etc.
Mind Taming Exercises
Energy Work
Trance Practice
Nightly Lucid Dream Affirmations

Energy Body Stimulation

Mobile Body Awareness (MBA)
Tactile Imaging: Exercise A - Brief Stimulation
Tactile Imaging: Exercise B - Full Body Stimulation
Tactile Imaging: Exercise C - Bouncing Energy

Raising Energy

Raising Energy Session

Stimulating the Primary Energy Centers

Stimulate Primary Centers

Exit Practice

Physical Relaxation
Mind Taming Exercises
The Trance State
The First Mission Walk-thru
Outline for Astral Body
Outline for Real-time Body

Lucid Dreaming

Dream Memory
Enter Key Words in Notebook
Keep Dream/Vision Journal
Test Reality
Nightly Affirmations
Lucid Dream Objectives

Astral Dynamics Reference

Recording Keywords, page 304

Journal Layout, page 441

Ch. 16, Taming the Mind, page 208
(see below)
Ch. 17, The Trance State, page 220
Affirmations, page 327

Ch. 9, Mobile Body Awareness, page 114
Learning Tactile Imaging, page 120
Preliminary Stimulation Work, page 139
Energy Bouncing Techniques, page 149

Ch. 13, Raising Energy, page 153

Primary Center Stimulation Process, page 174

Ch. 15, Deep Physical Relaxation, page 201
Ch. 16, Taming the Mind, page 208
Ch. 17, The Trance State, page 220
Ch. 22, Overcoming the Mind Split, page 298

Recording Keywords, page 304
Journal Layout, page 441
Reality Checking, page 325
Affirmations, page 327
Lucid Dreaming, page 324

NEW Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations Develop Lucid Dream Objectives Practice Relaxation, Steps 1-4 MT Ex: Single-object Focus Energy Work: MBA	Day 2 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations Develop 1st OBE Plan (Astral) Practice Relaxation, Steps 1-6 MT Ex: Spot Focus Energy Work: MBA	Day 3 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations Develop 1st OBE Plan (Body) Practice Relaxation, Steps 1-8 MT Ex: After Image Retent. Energy Work: MBA	Day 4 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation, Steps 1-9 MT Ex: Breath Awareness Tactile Imaging (Brief Ex.)	Day 5 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation, Steps 1-11 MT Ex: Color Breathing Tactile Imaging (Brief Ex.)	Day 6 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation, All Steps Tactile Imaging (Brief Ex.) Make NEW Program Notes Nightly Affirmations	Day 7 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation, All Steps Tactile Imaging (Brief Ex.) Make NEW Program Notes Nightly Affirmations
Day 8 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Single-object Focus Tactile Imaging (Brief Ex.) Energy Bouncing (Legs)	Day 9 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Spot Focus Tactile Imaging (Brief Ex.) Energy Bouncing (Legs)	Day 10 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: After Image Retent. Tactile Imaging (Brief Ex.) Energy Bouncing (Legs)	Day 11 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Physical Per.) Practice Relaxation (All Steps) MT Ex: Breath Awareness Tactile Imaging (Brief Ex.) Energy Bouncing (Legs)	Day 12 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Color Breathing Tactile Imaging (Brief Ex.) Energy Bouncing (Legs)	Day 13 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Brief Ex.) Energy Bouncing (Legs) Make NEW Program Notes Nightly Affirmations	Day 14 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Brief Ex.) Energy Bouncing (Legs) Make NEW Program Notes Nightly Affirmations
Day 15 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Single-object Focus Tactile Imaging (Long Ex.) (Toe Step Only) Energy Bouncing (Legs, Arms)	Day 16 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Spot Focus Tactile Imaging (Long Ex.) (Toe Step + Sole Step) Energy Bouncing (Legs, Arms)	Day 17 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: After Image Retent. Tactile Imaging (Long Ex.) (Old Steps + Legs) Energy Bouncing (Legs, Arms)	Day 18 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Physical Per.) Practice Relaxation (All Steps) MT Ex: Breath Awareness Tactile Imaging (Long Ex.) (Old Steps + Fingers) Energy Bouncing (Legs, Arms)	Day 19 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Color Breathing Tactile Imaging (Long Ex.) (Old Steps + Palms) Energy Bouncing (Legs, Arms)	Day 20 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Long Ex.) (Old Steps + Arms) Energy Bouncing (Legs, Arms) Make NEW Program Notes Nightly Affirmations	Day 21 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Full Exercise) Energy Bouncing (Legs, Arms, Spine, Body) Make NEW Program Notes Nightly Affirmations
Day 22 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Single-object Focus Tactile Imaging (Full Long Ex.) Energy Bouncing	Day 23 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Spot Focus Tactile Imaging (Full Long Ex.) Energy Bouncing	Day 24 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: After Image Retent. Tactile Imaging (Full Long Ex.) Energy Bouncing	Day 25 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Physical Per.) Practice Relaxation (All Steps) MT Ex: Breath Awareness Tactile Imaging (Full Long Ex.) Energy Bouncing	Day 26 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) MT Ex: Color Breathing Tactile Imaging (Full Long Ex.) Energy Bouncing	Day 27 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Full Long Ex.) Energy Bouncing Make NEW Program Notes Nightly Affirmations	Day 28 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Practice Relaxation (All Steps) Tactile Imaging (Full Long Ex.) Energy Bouncing Make NEW Program Notes Nightly Affirmations

NEW Program Schedule

Day 85	Day 86	Day 87	Day 88	Day 89	Day 90	Day 91
Log Key Words in Dream Notebook	Log Key Words in Dream Notebook	Log Key Words in Dream Notebook	Log Key Words in Dream Notebook	Log Key Words in Dream Notebook	Log Key Words in Dream Notebook	Log Key Words in Dream Notebook
Log Significant Dreams (if any)	Log Significant Dreams (if any)	Log Significant Dreams (if any)	Log Significant Dreams (if any)	Log Significant Dreams (if any)	Log Significant Dreams (if any)	Log Significant Dreams (if any)
Recite Morning Affirmations	Recite Morning Affirmations	Recite Morning Affirmations	Recite Morning Affirmations	Recite Morning Affirmations	Recite Morning Affirmations	Recite Morning Affirmations
OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)
Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy
Stimulate Primary Centers	Stimulate Primary Centers	Stimulate Primary Centers	Stimulate Primary Centers	Stimulate Primary Centers	Stimulate Primary Centers	Stimulate Primary Centers
Induce Trance State	Induce Trance State	Induce Trance State	Induce Trance State	Induce Trance State	Induce Trance State	Induce Trance State
Make Exit Attempt	Make Exit Attempt	Make Exit Attempt	Make Exit Attempt	Make Exit Attempt	Make Exit Attempt	Make Exit Attempt
Make NEW Program Notes	Make NEW Program Notes	Make NEW Program Notes	Make NEW Program Notes	Make NEW Program Notes	Make NEW Program Notes	Make NEW Program Notes
Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations

And so on...

NEW Program Schedule

Day 1

Date: _____

Week 1

Tasks:	Est. Energy Work Time: 10 minutes	Affirmations:
Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations		Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Afternoon: Develop Lucid Dream Objectives (see notes below) Practice Relaxation, Steps 1-4 - 10 min. (Ref: page 204-205) Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213) Energy Work: Mobile Body Awareness - 10 min. (Ref: page 114) Make NEW Program Notes, Observations, etc.		Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.
Night: Nightly Affirmations		

Comments:

You can write your daily notes and observations here, directly into the spreadsheet, or print these pages and keep them in a binder where you do your energy work. To print all the pages at once, choose "Print" from the "File" menu and click on the "Entire Workbook" radio button. **Note:** At some monitor resolutions, text in the "Tasks" and "Affirmations" boxes will appear to overlap the border lines; it should print all right, however.

Develop Lucid Dream Objectives: For me it was helpful to have a dream scenario programmed ahead of time, eliminating the need to make things up on the fly once I recognized I was dreaming. On Day 1, create a scenario for what you will do once you realize you're in a dream. Reference **Chapter 23, Lucid Dream Backup, page 322** for suggestions.

Feel free to personalize the affirmations section. In general, I've tried to put affirmations associated with astral projection and overcoming fears in the mornings and affirmations associated with lucid dreaming in the evenings.

Your Notes/Observations:

Day 2

Date: _____

Week 1

Tasks: Est. Energy Work Time: 10 minutes

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Develop 1st OBE Objectives (see notes below) Practice Relaxation, Steps 1-6 - 10 min. (Ref: page 204-205) Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213) Energy Work: Mobile Body Awareness - 10 min. (Ref: page 114) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.

Comments:

Develop 1st OBE Objectives: So, you get out of your body. Now what?

One of the activities that I do to overcome the fear aspect of this process is to spend a few minutes before my energy work to walk through my first OBE. It is one thing to have in mind what you'll do when you get out of your body and another thing to do it once you actually get out. I will physically stand up and pretend I am out of my body and play act exactly what I'll do. I'll pretend to float away from my body, narrating the session as I go. I imagine how calm I will remain. I rehearse where I'll go, how long I'll stay out, the re-integration with my body, etc. It's amazing how this takes the edge off any anxiety I might otherwise feel.

Spend a few minutes today writing down what you will do on that first OBE. Keep it simple and short. Reference **Chapter 22, Overcoming the Mind Split, page 298**, for ideas.

Your Notes/Observations:

Day 3

Date: _____

Week 1

Tasks: Est. Energy Work Time: 10 minutes

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Develop Mind Split Objectives - (see notes below) Practice Relaxation, Steps 1-8 - 10 min. (Ref: page 204-205) Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214) Energy Work: Mobile Body Awareness - 10 min. (Ref: page 114) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.

Comments:

Develop Mind Split Objectives: What are the chances that you will feel the exit symptoms but remain in your body? Maybe your astral body is cruising around the room and you aren't aware of it. Spend a few minutes today writing down how you will react if this happens. There are some great suggestions in **Chapter 22, Overcoming the Mind Split, page 298.**

Your Notes/Observations:

Day 4

Date: _____

Week 1

Tasks: Est. Energy Work Time: 15 minutes

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes (see notes below) Practice Relaxation, Steps 1-9 - 10 min. (Ref: page 204-205) Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.

Comments:

Walk-thru (Astral Perspective): Spend a few minutes role-playing your first OBE. Don't just visualize it, actually stand up and play act what you'll do. You'll be surprised how ominous it can be to stand up and think, "Okay, I've made it. I'm out of my body."
Use the OBE plan you made on Day 2 as a guideline.

Your Notes/Observations:

Day 5

Date: _____

Week 1

Tasks: *Est. Energy Work Time: 15 minutes*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, Steps 1-11 - 10 min. (Ref. page 204-206) Mind Taming Exercise: Color Breathing - 5 min. (Ref. page 215) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref. page 120) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.

Comments:

I've highlighted the tasks that are likely to change from day to day in an effort to make them easier to see. If you miss a day or two, either review the entire week or, if you feel comfortable with the steps, make up the time when you get back into the routine. In fact, the **Schedule** tab is just an easy way to see the entire program. **Day 1** doesn't have to be on a Monday, **Day 5** on a Friday, etc. These are only meant as guidelines. Do what works for you.

Your Notes/Observations:

Day 7

Date: _____

Week 1

Tasks:

Est. Energy Work Time: 15 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I am a spirit inside a body, capable of perceiving dimensions beyond the physical existence. I have the ability to leave my body, return safely and remember it.
Evening: Throughout the day I conduct reality checks. Is this real? Am I dreaming? When I drink something, I check. When I start talking to someone, I check. Is this real? Am I dreaming? I recall my lucid dreams as readily as I would remember waking life. I am constantly checking reality.

Comments:

Technical point: There are quite a few tabs in this file. If you're using MS Excel, you might find it more convenient to use the [Ctrl] + [PageUp] and [Ctrl] + [PageDown] keys to navigate through the tabs instead of using the mouse.

Your Notes/Observations:

Day 8

Date: _____

Tasks:

Est. Energy Work Time: 20 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations	Morning: I seek to explore higher levels of consciousness. This desire is communicated to all levels of my body and mind. I attract the energies and influences that convert this desire into reality.
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150) Make NEW Program Notes, Observations, etc.	Evening: I recognize the inconsistencies in my dreams. I know when I am dreaming. I become aware and lucid in my dreams. I have the power to shape my dreams with my mind.
Night: Nightly Affirmations	

Week 2

Comments:

Basically, I've tried to put tasks and exercises in an order that makes sense, but generally you won't need to do them in any particular sequence or all at the same time. Like I said, I do my mind taming exercises just after I finish work. For a lot of the energy work at the beginning, you won't necessarily need to be physically relaxed, so you can practice the relaxation exercises at a separate time as well. The idea to practice relaxation now is so you'll have the steps well memorized; thus, you won't have to spend any mental energy remembering what to do when it comes time to do the trance work. The exception to doing the tasks out of sequence is the energy work, which I try to do all at the same time.

Your Notes/Observations:

Day 9

Date: _____

Tasks:

Est. Energy Work Time: 20 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I seek to explore higher levels of consciousness. This desire is communicated to all levels of my body and mind. I attract the energies and influences that convert this desire into reality.
Evening: I recognize the inconsistencies in my dreams. I know when I am dreaming. I become aware and lucid in my dreams. I have the power to shape my dreams with my mind.

Week 2

Comments:

You will notice I tried to estimate how long the energy work will take each day. This is so you can get an idea of what time comment you'll need to make at a glance. Don't let this constrain you, though. Take as much time as you need.

Your Notes/Observations:

Day 10

Date: _____

Tasks:

Est. Energy Work Time: 20 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I seek to explore higher levels of consciousness. This desire is communicated to all levels of my body and mind. I attract the energies and influences that convert this desire into reality.
Evening: I recognize the inconsistencies in my dreams. I know when I am dreaming. I become aware and lucid in my dreams. I have the power to shape my dreams with my mind.

Week 2

Comments:

One of the things I try to do is keep the time and place I do my energy work consistent. When I sit down in the recliner, my body seems to know what's coming and I can feel energy movement even before my mental prompts. You'll find this especially helpful when it comes time to do the trance work.

Your Notes/Observations:

Day 11

Date: _____

Tasks:

Est. Energy Work Time: 20 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Physical Perspective) - 3 minutes (See Notes Below) Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214) Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120) Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I seek to explore higher levels of consciousness. This desire is communicated to all levels of my body and mind. I attract the energies and influences that convert this desire into reality.
Evening: I recognize the inconsistencies in my dreams. I know when I am dreaming. I become aware and lucid in my dreams. I have the power to shape my dreams with my mind.

Week 2

Comments:

Walk-thru (Astral Perspective): You've spent time practicing your first OBE from the astral perspective, today try it from the physical perspective assuming a mind-split has occurred (Reference **Chapter 22, Overcoming the Mind Split, page 298**).

Use the plan you made on **Day 3** as a guide.

Your Notes/Observations:

Day 15

Date: _____

Tasks:

Est. Energy Work Time: 15 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)
Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)
Tactile Imaging (Long Exercise - Toes Only) - 5 min. (Ref: page 140)
Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My mind is like still water. I find understanding and healing in the silent space between thoughts. I have the ability to release random thoughts and completely focus my awareness within.
Evening: I faithfully write down the key words to my dreams in my dream notebook. I recognize each morning as an opportunity to hone my astral memory recall skills. I attract dreams that offer clues on how best to achieve my goal of exploring consciously while out of my body.

Week 3

Comments:

Mondays are the day I start new affirmations. Again, I developed these for my personal program, so if there's something you don't like about them, feel free to edit them or toss them out altogether and replace them with something you like better. I think it helps to state your intentions on a daily basis, keeping them consciously in your thoughts and communicating them to your higher-self. I've tried to keep them simple, short and sweet. Something you can remember even after only a few uses. I've been consistently amazed by what can manifest when using affirmations on a daily basis. It's my way of keeping my eye on the ball!

Your Notes/Observations:

Day 16

Date: _____

Tasks:

Est. Energy Work Time: 25 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213) Tactile Imag. (Long Exercise - Toes + Sole) - 15 min. (Ref: page 140-142) Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My mind is like still water. I find understanding and healing in the silent space between thoughts. I have the ability to release random thoughts and completely focus my awareness within.
Evening: I faithfully write down the key words to my dreams in my dream notebook. I recognize each morning as an opportunity to hone my astral memory recall skills. I attract dreams that offer clues on how best to achieve my goal of exploring consciously while out of my body.

Week 3

Comments:

By now you should have a pretty good idea which mind taming exercises work for you and which ones are more difficult. Practice a different one each day anyway. Eventually, these exercises will integrate with your trance work.

Your Notes/Observations:

Day 17

Date: _____

Tasks:

Est. Energy Work Time: 30 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214) Tactile Imag. (Long Ex. - Old Steps + Legs) - 20 min. (Ref: page 140-145) Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My mind is like still water. I find understanding and healing in the silent space between thoughts. I have the ability to release random thoughts and completely focus my awareness within.
Evening: I faithfully write down the key words to my dreams in my dream notebook. I recognize each morning as an opportunity to hone my astral memory recall skills. I attract dreams that offer clues on how best to achieve my goal of exploring consciously while out of my body.

Week 3

Comments:

I know when I was reading Astral Dynamics, I wanted to skip to the fun part right away, the part where I was learning to fly, exploring astral dimensions and maybe even surprising the cat. The exercises leading up to that can seem dull by comparison. I see it more like the act of tapping the lid of a stubborn jar before you try to open it or twisting and soaping up a ring on your finger that might be a few sizes too small. You're just loosening things up, moving things around. Blast off time will happen.

Your Notes/Observations:

Day 18

Date: _____

Tasks: *Est. Energy Work Time: 40 minutes*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Physical Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214) Tact. Imag. (Long Ex. Old Steps + Fingers) - 30 min. (Ref: page 140-147) Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My mind is like still water. I find understanding and healing in the silent space between thoughts. I have the ability to release random thoughts and completely focus my awareness within.
Evening: I faithfully write down the key words to my dreams in my dream notebook. I recognize each morning as an opportunity to hone my astral memory recall skills. I attract dreams that offer clues on how best to achieve my goal of exploring consciously while out of my body.

Week 3

Comments:

I should also say, if you find yourself feeling the exit symptoms during your energy work, by all means try one of Robert Bruce's exit techniques (pages 247-276) and go for it!

Your Notes/Observations:

Day 21

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Tact. Imag. (Long Ex. Full Exercise) - 45 min. (Ref: page 140-149) Bounce Energy (Legs, Arms, Spine, Body) - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My mind is like still water. I find understanding and healing in the silent space between thoughts. I have the ability to release random thoughts and completely focus my awareness within.
Evening: I faithfully write down the key words to my dreams in my dream notebook. I recognize each morning as an opportunity to hone my astral memory recall skills. I attract dreams that offer clues on how best to achieve my goal of exploring consciously while out of my body.

Comments:

Be sure to take your time, especially at the beginning, to master the spine-energy bounce and the body energy bounce. They seem to be a little hard to get the hang of when you first try them. You may find it helps to lay down the first few times you do them.

Your Notes/Observations:

Week 3

Day 22

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

You may find that the act of quieting your mind puts you in greater touch with your higher-self. I experienced this as a little voice in the back of my head, as if a part of me is sitting back there in an arm chair, watching what's happening and making the occasional comment or answering my rhetorical questions: "Hey, buddy, if you're looking for your keys, you might think about looking over there behind the sofa."

I think it's really important to follow your intuition as you go through the program. You may find it brings you in touch with resources that assist you in your efforts.

Your Notes/Observations:

Week 4

Day 23

Date: _____

Tasks: *Est. Energy Work Time: 65 minutes*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

The long tactile imaging exercise may be the most elaborate, but it can be a very powerful thing to feel your energy zipping up and down through your body; a good validation of your efforts and a preview of things to come.

Your Notes/Observations:

Week 4

Day 24

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

Try this when your doing your energy bouncing today: once you get into the flow of the bounce, stop your mental efforts but continue to center your awareness on the body part through which the energy movement is occurring. You will probably notice that the bounce possesses a momentum, continuing even after you stop mentally prompting it. It's amazing how it seems to assume a pace and rhythm of its own. When the bounce sensation beings to quiet, resume your conscious effort to intensify it again.

Your Notes/Observations:

Week 4

Day 25

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Physical Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

Had any flying dreams yet? Dreamed that you were out of your body? Many times it's difficult to know exactly what's going on here, but really it doesn't matter. Record these experiences in your dream log and transfer them to your OBE Journal or your Dream/Vision Journal. Take it as a good sign that you are transferring your desires to your higher states of awareness and that your shadow memory recall skills are beginning to improve.

Your Notes/Observations:

Week 4

Day 26

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

I know, I know--the energy work is taking a lot of time this week. Keep at it. Part of the road to experiencing astral projection is mastering the fundamentals. That's not to say you can't skip ahead and play with the exit techniques. The more you feel energy moving through your body, the more tempting this is. Just be sure to take time to really learn these exercises well.

Your Notes/Observations:

Week 4

Day 27

Date: _____

Tasks:

Est. Energy Work Time: 65 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149) Practice Bouncing Energy - 20 min. (Ref: Page 150-152) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

Encountering difficulties? Have questions? Why not post a message at www.astralresearch.com/posts/?

Your Notes/Observations:

Week 4

Day 28

Date: _____

Tasks: Est. Energy Work Time: 65 minutes

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)
Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)
Practice Bouncing Energy - 20 min. (Ref: Page 150-152)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I make opportunities each day to complete my energy work in a time and place free from distractions. I recognize opportunities to arrange time for my expanded states of awareness. Events in my life begin to fall into place, freeing obstacles that stand in the way of my quiet time.
Evening: I mentally rehearse my lucid dream plan at night before I go to sleep. I visualize the events as they'll unfold, how I come to understand that I'm dreaming, how I'll react, how I'll manipulate the environment around me. As I drift off to sleep, I hold their images in my head.

Comments:

Today is the last day of I've scheduled the long tactile imaging exercise, but feel free to come back to it occasionally, especially as you are mastering the energy raising techniques.

Your Notes/Observations:

Week 4

Day 29

Date: _____

Tasks:

Est. Energy Work Time: 10 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213) Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My consciousness possesses the ability to operate independently of my physical body. This is a perfectly natural state, something that happens every night even though I do not remember it. The thought of being out of my body is extremely calming and freeing.
Evening: I learn to become conscious and lucid when my astral body is out at night. I understand and take control, drawing energy to me to hold the astral state. I follow my first OBE plan to the best of my ability, immediately reintegrating with the body in an effort to remember.

Comments:

By this time in the program, I had grown very accustomed to doing the tactile imaging exercises and actually missed doing the energy bouncing technique. Feel free to play with them if you want. But when you begin to do the energy raising exercises, remember to only move the energy one direction, anchoring it at the subnavel storage center.

Your Notes/Observations:

Week 5

Day 31

Date: _____

Tasks:

Est. Energy Work Time: 10 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214) Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My consciousness possesses the ability to operate independently of my physical body. This is a perfectly natural state, something that happens every night even though I do not remember it. The thought of being out of my body is extremely calming and freeing.
Evening: I learn to become conscious and lucid when my astral body is out at night. I understand and take control, drawing energy to me to hold the astral state. I follow my first OBE plan to the best of my ability, immediately reintegrating with the body in an effort to remember.

Comments:

Technical Tip: If you're interested in customizing this program to fit your needs, you can edit multiple pages by clicking on the tabs you want to edit and holding down the Control [Ctrl] key. In this way the changes you make to one selected sheet will work on all of them. To unselect the sheets, click on a tab that isn't selected, making sure you're not still holding down the Control key. The only caution on using this method is remembering to unselect the tabs when you're done with the multiple-page edits.

Your Notes/Observations:

Week 5

Day 32

Date: _____

Tasks:

Est. Energy Work Time: 10 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Physical Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214) Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My consciousness possesses the ability to operate independently of my physical body. This is a perfectly natural state, something that happens every night even though I do not remember it. The thought of being out of my body is extremely calming and freeing.
Evening: I learn to become conscious and lucid when my astral body is out at night. I understand and take control, drawing energy to me to hold the astral state. I follow my first OBE plan to the best of my ability, immediately reintegrating with the body in an effort to remember.

Comments:

How's the dream log going? Getting any better at retrieving dream memories? I've found my own efforts go in cycles. Some nights I get a several memories, other nights only a few fragmented images. Don't be afraid to write more than just keywords in the log if something important comes through or you get a particular feeling about one dream or another. I'll occasionally even draw pictures in mine, especially if an obvious or interesting symbol comes through.

Your Notes/Observations:

Week 5

Day 33

Date: _____

Tasks:

Est. Energy Work Time: 10 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)
Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)
Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: My consciousness possesses the ability to operate independently of my physical body. This is a perfectly natural state, something that happens every night even though I do not remember it. The thought of being out of my body is extremely calming and freeing.
Evening: I learn to become conscious and lucid when my astral body is out at night. I understand and take control, drawing energy to me to hold the astral state. I follow my first OBE plan to the best of my ability, immediately reintegrating with the body in an effort to remember.

Comments:

One of the things that's helped me keep focused on this process is to always have a book going on the subject. It might be about OBEs or lucid dreams or something similar, anything to keep me focused on my objective. Reading about the subject just before going to bed is extremely helpful.

Your Notes/Observations:

Week 5

Day 35

Date: _____

Tasks: *Est. Energy Work Time: 10 minutes*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My consciousness possesses the ability to operate independently of my physical body. This is a perfectly natural state, something that happens every night even though I do not remember it. The thought of being out of my body is extremely calming and freeing.
Evening: I learn to become conscious and lucid when my astral body is out at night. I understand and take control, drawing energy to me to hold the astral state. I follow my first OBE plan to the best of my ability, immediately reintegrating with the body in an effort to remember.

Week 5

Comments:

By now, at the end of Week 5, you should be pretty proficient at the relaxation exercise. In the beginning of Week 7 we'll put this to good use by practicing the trance work. For now you might consider reviewing the relaxation exercise (Page 204-207) just to be sure you haven't been leaving anything out.

Your Notes/Observations:

Day 36

Date: _____

Tasks:

Est. Energy Work Time: 15 minutes

Affirmations:

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)
Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)
Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: 157-162)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Morning: I feel the energy growing within me. I sense new levels of strength and endurance. A draw my energy from wherever it is, whenever it is, back to me. I release others' energy that might be in my space, recognizing the healing in releasing and letting go.
Evening: My dream memory continues to develop. Scene after scene returns to me each morning as I awaken. The more I practice writing my key words, the more powerful and clear the memory of my dreams become.

Comments:

I found it quite difficult to go from raising energy through just the arms and the legs to doing the Full Body Circuit. I just didn't get a sense of the energy moving quite as easily or vividly. To help get over this, I started "warming up" with the energy bounce, first through the legs and arms and then the full body bounce.

Your Notes/Observations:

Week 6

Day 41

Date: _____

Tasks: <i>Est. Energy Work Time: 15 minutes</i>	Affirmations:
Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations	Morning: I feel the energy growing within me. I sense new levels of strength and endurance. A draw my energy from wherever it is, whenever it is, back to me. I release others' energy that might be in my space, recognizing the healing in releasing and letting go.
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Practice Relaxation, All Steps - 10 min. (Ref: page 204-207) Energy Work: Raise Energy (Full Body Circuit) - 15 min. (Ref: 157-162) Make NEW Program Notes, Observations, etc.	Evening: My dream memory continues to develop. Scene after scene returns to me each morning as I awaken. The more I practice writing my key words, the more powerful and clear the memory of my dreams become.
Night: Nightly Affirmations	

Comments:

If you have the luxury, one of the things that can be fun to try on a weekend morning is to wake up a little early, get up for a few minutes, maybe splash water on your face, then go back to bed. This is an excellent time to try for a lucid dream. Go back to bed and try to program a lucid dream scenario. If you have the opportunity to sleep-in undisturbed, you can keep doing this, waking yourself up, then slipping back into the sleep state while focusing on having a lucid dream. Some of my most successful results have come from using this method.

Your Notes/Observations:

Week 6

Day 45

Date: _____

Tasks: *Est. Energy Work Time: 15 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Steps Technique) (Ref: page 229) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My mind remains calm and quiet throughout the trance state. My consciousness successfully balances between sleeping and waking reality. I ignore astral noises and other tactile distractions. I recognize that these sensations are merely signs that I am closer to my goal of exploring the out-of-body state.
Evening: In the morning and throughout the day I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Comments:

Detecting when you've crossed the line into trance can be a tricky thing. I've heard people describe a heaviness that steals over their body at some point in time. Usually, for me, I get a sense that I'm drifting into an altered state when I feel the pressure of my mind wanting to wander onto nonsensical or unrelated topics. If you haven't already, review **Chapter 17, Page 220, The Trance State**, and familiarize yourself with the trance state symptoms.

Your Notes/Observations:

Week 7

Day 46

Date: _____

Tasks: *Est. Energy Work Time: 15 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Climbing Down Rope) (Ref: page 230) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My mind remains calm and quiet throughout the trance state. My consciousness successfully balances between sleeping and waking reality. I ignore astral noises and other tactile distractions. I recognize that these sensations are merely signs that I am closer to my goal of exploring the out-of-body state.
Evening: In the morning and throughout the day I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Comments:

Another thing I've noticed, for me, is that there will be times when I become suddenly alert during a trance session. This is often the period when I'll experience a hint of the exit symptoms. If this happens to you, be aware of spontaneous energy movements through your body and try to coax into something stronger.

Your Notes/Observations:

Week 7

Day 47

Date: _____

Tasks: *Est. Energy Work Time: 15 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Feather Technique) (Ref: page 230) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My mind remains calm and quiet throughout the trance state. My consciousness successfully balances between sleeping and waking reality. I ignore astral noises and other tactile distractions. I recognize that these sensations are merely signs that I am closer to my goal of exploring the out-of-body state.
Evening: In the morning and throughout the day I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Comments:

If you find yourself "blinking out" during the trance work, even if you're well rested, that's to be expected at first. The more you practice the trance state, the less this is likely to happen. Be aware, though, if this does happen, that you may have drifted out and just haven't downloaded memories of it. You might consider reviewing **Overcoming the Mind Split** on **page 298** for tips on how to get past this.

Your Notes/Observations:

Week 7

Day 49

Date: _____

Tasks: *Est. Energy Work Time: 15 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Personalized Technique) (Ref: page 231) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: My mind remains calm and quiet throughout the trance state. My consciousness successfully balances between sleeping and waking reality. I ignore astral noises and other tactile distractions. I recognize that these sensations are merely signs that I am closer to my goal of exploring the out-of-body state.
Evening: In the morning and throughout the day I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Comments:

One of the things I first noticed when I was working with the trance state is that I would often feel localized falling sensations in my legs or arms. This is a good sign that you are starting to master the state.

Your Notes/Observations:

Week 7

Day 51

Date: _____

Tasks: *Est. Energy Work Time: 25 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Stim. Prim. Centers (Base + Genital/Navel) - 10 min. (Ref: 174-175) Practice Trance State (Ref: page 220-231) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Everyday the passages and conduits through which my energy flows grow clearer, cleaner and brighter.
Evening: I recognize the exit symptoms from my nightly astral projections. The feelings of leaving my body provoke my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Comments:

Take your time with the Primary Center Stimulation exercise. I expect that everyone's ability to feel energy movement will vary. I felt stimulation in each primary center when I was just casually reading through the exercise the first time, but when I actually went through the exercise I wasn't as happy with the results. Don't be discouraged if it takes several minutes to get a sense of what's happening.

Your Notes/Observations:

Week 8

Day 52

Date: _____

Tasks: *Est. Energy Work Time: 30 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Stim. Prim. Centers (Old Steps + Solar Plexus) - 15 min. (Ref: 174-176) Practice Trance State (Ref: page 220-231) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Everyday the passages and conduits through which my energy flows grow clearer, cleaner and brighter.
Evening: I recognize the exit symptoms from my nightly astral projections. The feelings of leaving my body provoke my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Comments:

There was a suggestion earlier in this program (Day 40) to spend time in trance meditation in a hardback chair without armrests. I should probably mention that this was meant to be in addition to practicing the trance state in a recliner or reclined position. Basically, the hardback chair trance practice is for conditioning your mind to stay focused on the mediation sessions, so when you do the trance work in the recliner your brain is more likely to keep alert.

Your Notes/Observations:

Week 8

Day 53

Date: _____

Tasks: *Est. Energy Work Time: 35 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)
Stim. Primary Centers (Old Steps + Heart) - 20 min. (Ref: page 174-176)
Practice Trance State (Ref: page 220-231)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Everyday the passages and conduits through which my energy flows grow clearer, cleaner and brighter.
Evening: I recognize the exit symptoms from my nightly astral projections. The feelings of leaving my body provoke my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Comments:

I found it easy to get so distracted with stimulating the primary centers that I forget to move energy from one center to the next; a crucial step. Remember to sweep an sponge energy up through the legs and between the primary centers.

Your Notes/Observations:

Week 8

Day 55

Date: _____

Tasks: *Est. Energy Work Time: 45 minutes + Trance Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Stim. Prim. Centers (Old Steps + Brow) - 30 min. (Ref: page 174-176) Practice Trance State (Ref: page 220-231) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I am sensitive to the energies that move through my body. I remain tuned to the subtle shifts in awareness and the feeling and effects on my body. Everyday the passages and conduits through which my energy flows grow clearer, cleaner and brighter.
Evening: I recognize the exit symptoms from my nightly astral projections. The feelings of leaving my body provoke my conscious mind to become clear and alert. I awaken and relax to the experience of release.

Comments:

Remember not to over-do brown center stimulation. Once you feel the brow center energy sensations, move on. This goes the same with crown center stimulation. Since brow center sensations can take many forms, review the section about it on pages 184-185.

Your Notes/Observations:

Week 8

Day 57

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Energy Work: Raise Energy - 15 min. (Ref. page 157-162)
Stimulate Primary Centers - 35 min. (Ref. page 174-180)
Induce Trance State (Ref. page 220-231)
Make Exit Attempt (Rope Technique) (Ref. page 254-257) (See Notes)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the
astral exit sensations caress my body.
I recognize that this is merely a more
intense form of the energy movement
I have been practicing for weeks now.
This is merely a transitional thunder-
cloud through which I must pass. On
the other side is freedom.
Evening: Tonight I will awaken when I return from
the astral state. When I stir out of
sleep, I perceive the remnants
of the re-integration process and use
key questions to recover memories of
my astral experiences.

Comments:

Reminders: It's just like swimming: wait about an hour after you eat before making the attempt. If practical, make the first exit attempts in the day when you can expect the world around you to look bright and friendly. If this is difficult, consider having a brightly lit room nearby, a place you can go once you've made the exit. For example, when I first started the exit attempts, I used a spare bedroom next to my home office. While the bedroom was dark, I'd leave the lights on in the office so I'd have a place to go where I'd feel very comfortable in case I made it out. Review **Chapter 19, Projection Technique, page 247.**

Your Notes/Observations:

Week 9

Day 58

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Rope Technique) (Ref. page 254-257) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now. This is merely a transitional thunder-cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

It can be difficult to concentrate on one exit technique for a long period of time. Later on you can try switching off between techniques to keep your mind sharp. For now, if you feel yourself begin to lose concentration, pause for a little while, clear your mind and start again.

Your Notes/Observations:

Week 9

Day 59

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook
Log Significant Dreams (If Any) in Vision/Dream Journal
Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes
Energy Work: Raise Energy - 15 min. (Ref. page 157-162)
Stimulate Primary Centers - 35 min. (Ref. page 174-180)
Induce Trance State (Ref. page 220-231)
Make Exit Attempt (Bounce Loosening) (Ref. page 248-250)
Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body.
I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now.
This is merely a transitional thunder-cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

Relax and do some energy raising before you start, but keep your primary center exercise separate for this particular exit technique. It is VERY helpful to get up and walk around the room before the exercise to get a good idea of what things look like from the various perspectives you will be visualizing.

Your Notes/Observations:

Week 9

Day 60

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Breath Loosening) (Ref: page 251) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now. This is merely a transitional thunder- cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

The exit symptoms can be a little bit startling when they happen for the first time, especially if you've been happily doing your energy work up until now without any serious attempt at the exit. Suddenly, the notion that you truly are a spirit in a body takes on an entirely new meaning. This is when it all becomes very real!

First and most importantly, remember to remain calm and not to get over excited. You might even consider adding the exit symptoms portion of the projection to your nightly OBE walk-thru. Instead of starting from the standing, out-of-body position, lie down and imagine what the exit symptoms feel like (page 487-502), anticipating how cool and collected you'll be, how nonchalantly you'll slip out and execute your first astral projection.

Your Notes/Observations:

Week 9

Day 61

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Spin Loosening) (Ref: page 251-252) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now. This is merely a transitional thunder-cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

The Spin Loosening technique is another exercise in which you'll want to walk around the room beforehand to get an idea of what this looks like when you're actually trying to visualize it. The challenge here is to really feel that you're moving around the room, sensing how the perspective changes in relationship to where your awareness is moving. It helps to start slow with this one until you're accustomed to the visualization and then speed it up.

Your Notes/Observations:

Week 9

Day 62

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Imagination Loosening) (Ref. page 252-254) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now. This is merely a transitional thunder-cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

This is one of the exit techniques where is pays off if you've been following through on the nightly walk-throughs. You should have no problem imaging what it will be like to project away from your body. If you haven't, gone through the walk-through in a while, do it tonight before your exit attempt.

Your Notes/Observations:

Week 9

Day 63

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (One-handed Rope) (Ref: page 266) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain collected and calm as the astral exit sensations caress my body. I recognize that this is merely a more intense form of the energy movement I have been practicing for weeks now. This is merely a transitional thunder- cloud through which I must pass. On the other side is freedom.
Evening: Tonight I will awaken when I return from the astral state. When I stir out of sleep, I perceive the remnants of the re-integration process and use key questions to recover memories of my astral experiences.

Comments:

Play around with the One-handed Rope technique, alternating hands and even using both hands before going back to the one-hand visualization. Be sure to re-read the instructions on (page 266).

Your Notes/Observations:

Week 9

Day 64

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Chasm Crossing Rope) (Ref. page 266) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

I found that the Rope technique worked very well at first but that I quickly grew accustomed to it and it rapidly became less effective. The Chasm-crossing Rope method is a nice one to get a slightly different flavor to the Rope technique, plus I found it easier to visualize advancing horizontally than rising vertically.

Your Notes/Observations:

Week 10

Day 65

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Hanging Rope) (Ref. page 266-267) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

The Hanging Rope technique is a nice, passive one. I like to imagine myself being winched up to a helicopter, feeling what it's like to move up and out of my house. When I get to the helicopter, I'll start from the beginning and repeat it.

Your Notes/Observations:

Week 10

Day 66

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Water Ski) (Ref. page 267) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

I've never water-skied before, but it doesn't take much imagination to visualize this one. The point here is to try to give yourself a sense of motion, feeling the spay in your face and hearing the sound of the boat. Seems I'm not a very good water-skier, though, even in my imagination...

Your Notes/Observations:

Week 10

Day 67

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Rope Cargo Net) (Ref: page 267) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

The Rope Cargo Net technique is a lot like the Hanging Rope method, but even more passive. I usually imagine the net is swaying slightly to add to the effect.

Your Notes/Observations:

Week 10

Day 68

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Washing Hands) (Ref. page 267-268) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

The Washing Hands Exercise is a good one, especially if you need practice visualizing and getting the feel of your awareness hands. The idea here seems to be focusing all your attention on your awareness hands. I like to imagine the feel the soap, alternating between imaginary hot water and cold water to keep up the imagery. This one is surprisingly effective getting the exit symptoms started.

Your Notes/Observations:

Week 10

Day 69

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Steam Engine) (Ref. page 268) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

Take your time with the Steam Engine exercise. It takes a while to get used to. I actually spent a few minutes visualizing this one before the trance section to get the hang of it. It can really get a sense of movement going if you do it long enough.

Your Notes/Observations:

Week 10

Day 70

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Big Wheel) (Ref: page 268) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remain in control and at peace when I find myself free of the physical. I move at least twenty feet from the physical body, drawing energy into me, allowing the environment around me to form with perfect, three-dimensional clarity. I quickly glance at my astral hands, stabilizing. I am in control.
Evening: Tonight I will awaken while my body remains asleep. I stay very calm, as I would during my trance work. I use the projection methods I've been practicing to successfully raise the exit symptoms. I slip out cleanly, easily and uneventfully.

Comments:

I found the Big Wheel Method slightly easier to visualize than the Steam Engine technique. I've discovered, though, that my mind tends to drift off during this one more easily than the others. See how long you can do it without losing concentration. It helped me to take it slow at first.

Your Notes/Observations:

Day 71

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Ladder) (Ref. page 269) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

The Ladder Method is one I use the most. For me it's as powerful as the Rope technique and easier to visualize. (I've never been good with ropes.) At the very least, if I do this exercise long enough I will feel a distinct swaying motion.

Your Notes/Observations:

Week 11

Day 72

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Point Shift) (Ref. page 269-270) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

With the Point-Shift Method, it really helps to choose a location with which you are very familiar. I've even chosen places that I knew very well when I was younger, for example, the bedroom I had when I was a kid (even though it doesn't still look like that in real life). Not limiting yourself to places in present time really opens up possibilities. Maybe you want to visualize an event that had a very special meaning for you. I find the emotional attachment helped. The more I wanted to be there, the stronger the visualization effort and the more powerful the result.

Your Notes/Observations:

Week 11

Day 73

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Steam) (Ref: page 271-272) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

The Steam Method is a fun one but it can take some time to master. Like so many of these, the key is to really feel what it would be like if your body was drifting steam. Take your time with it.

Your Notes/Observations:

Day 74

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Rolling Out) (Ref: page 272) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

It helped me to go slow with the Roll-out Method, imagining I was a log slowly spinning in water until I got the feel of it. As Robert Bruce suggests, this is a better exercise for finishing off a projection. The purpose of this practice session is to learn it well and have it in your inventory when you need it.

Your Notes/Observations:

Week 11

Day 75

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Rocket) (Ref. page 272-273) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

I listened to the sound track from Apollo XIII before trying this Rocket Method. Thinking about music alone is enough to get some sort of energy sensations going, but adding the rocket imagery and feelings and it's a very powerful technique.

Your Notes/Observations:

Week 11

Day 76

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Boomerang) (Ref. page 273) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

The Boomerang Method is one of my favorites because it's easy to visualize and very effective. The first sensation I get when I use this one is a pronounced swaying effect. Keep at it until you feel the vibrations and then mentally coax them to fill your body. If you can't quite make it at the end, switch techniques for the final push.

Your Notes/Observations:

Week 11

Day 77

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Driving) (Ref. page 274-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I follow my first out-of-body plan with focused, concerted effort. I keep my first astral experience brief and simple, narrating it as I go. I yell out excitedly as I reintegrate with my body. "I remember this!"
Evening: I have the power to successfully convert a lucid dream into an astral projection. I am able to return to my body, conscious even though my body sleeps. I remain calm and use the exit techniques that I have learned to provoke the release.

Comments:

The first time I tried the Driving Method I went for a short drive to get a feel what it was like just before the session. This one's a good one because it's a very familiar visualization. Remember to really feel as if you were moving.

Your Notes/Observations:

Day 78

Date: _____

Tasks: Est. Energy Work Time: 50 minutes + Trance & Projection Work

Morning:	Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night:	Nightly Affirmations

Affirmations:

Morning:	I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening:	Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

Now that you've had a chance to master all the techniques Robert Bruce suggested in *Astral Dynamics*, try switching between two or three of the visualization techniques. You can try two very similar techniques, like the rope and the ladder technique, or switch between two or three very different ones. Look at your notes over the past several weeks and see which ones worked the best for you.

Your Notes/Observations:

Day 79

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

No one said that you can't make up your own exit techniques. You might even consider meditating about it, asking, "What would be the most effective technique for me to learn astral projection?" You might be surprised by the answer.

Your Notes/Observations:

Day 80

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

Be aware of the subtlest energy movement or vibrations going through your body today. Even before you begin the exit technique, shift your awareness around your body and see if you can't detect the "vibrations" you've been hearing so much about. If something manifests, try to coax it into spreading throughout your body and should the intense exit symptoms begin, will yourself away from your body.

Your Notes/Observations:

Day 81

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

I noticed that just when I seemed on the edge of success with one exit technique or another, I'd start to tense up with the effort. Remember to stay as relaxed as possible. Be aware of the muscles in your face, your hands and your feet especially. If you find yourself tensing up, pause, relax and try again. If you notice that some techniques make you tense up more than others, consider temporarily switching techniques.

Your Notes/Observations:

Day 82

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

Have you been on the edge of projection only to grow frightened and pull back at the last second? Consider spending some time meditating on your fears. It's one thing to say "I'm not afraid of this" when your reading about astral projection in a brightly lit room on a cozy armchair, it's another thing to say that when the vibrations are coursing through your body and an astral noise band is playing a samba all around you. Fear is just a form of energy that you have the power to release and let go. Be sure to replace it with another pattern, something positive.

Your Notes/Observations:

Day 83

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

Try something today. Before you begin your OBE session, postulate to yourself that going out of your body is a part of your destiny. Feel as if this is meant to happen, as if every experience you've ever had has led to this moment. That today is the day you're going out. Really FEEL this and as you go through your session, expect something to happen. Mentally ask for help. Assure yourself that you are ready and make it happen.

Your Notes/Observations:

Day 84

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Favorite Technique) (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I remember my astral experiences. I recognize how shadowy their memories can be. I immediately write down the keywords to my astral travels, expanding on them with as much detail as I can recall.
Evening: Tonight I will have a lucid dream. I will realize I am dreaming and take control of my environment. I will manifest the exit symptoms and successfully project. I draw energy to my astral body until the dimension around me is clear and my mind is wholly alert.

Comments:

If you find yourself getting to the vibrational stage by one of the rope or bouncing methods but find yourself unable to separate, try something new the next time you experience the exit symptoms. Instead of willing yourself to separate, try visualizing some place with which you're very familiar and comfortable. Don't just see it, feel it. Be there. Get oriented to what it's like, feel the ground beneath your feet, what it smells like. Imagine it so vividly that you'll be surprised if you open your eyes and you aren't there. If you don't actually go there, it might be enough to provoke the separation.

Your Notes/Observations:

Day 85

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

Hear a ghostly noise in the room as exit symptoms start to come on? That's very likely your astral body coasting around the room. Don't be afraid if this happens. Go through the steps that you would to overcome the mind split and prepare for re-integration. Keep as calm as possible and your mind very clear.

Your Notes/Observations:

Day 86

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

This week before you go to bed, try falling asleep to an affirmation: "I now astrally project, I now astrally project, I now astrally project, etc." Be aware of any exit symptoms that manifest and make extra efforts to remember your dreams!

Your Notes/Observations:

Day 87

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

Troubleshooting: This might be a good day to sit down quietly and review your progress. This is something you'll want to do periodically. The idea is simply to step back and examine what you're doing. Maybe you feel like you should be spending more time on the energy raising exercises, or you feel like you should be doing the trance exercises earlier. Sometimes it's easy to get so wrapped up in the process that you forget your goal of getting out. Yeah, yeah, "It's not the destination, it's the journey," but, hey, it wouldn't hurt to step back and reevaluate how you're going about your efforts. Remember, if you have any questions, you can always go to www.astralresearch.com/posts/ and ask it.

Your Notes/Observations:

Day 88

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref. page 157-162) Stimulate Primary Centers - 35 min. (Ref. page 174-180) Induce Trance State (Ref. page 220-231) Make Exit Attempt (Ref. page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

If you can, plan on devoting an good portion of **Day 90** to the Astral Dynamics program. Try to set enough time for three or four sessions. The first one you might just try raising energy and stimulating the primary centers. In others you can make exit attempts. Calmly and confidently determine that your going to go out of your body.

Your Notes/Observations:

Day 89

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

One of the first exit symptoms I was able to manage didn't have anything to do with the famous "vibrations". Instead, I felt as if my body had transformed into an elongated giant water balloon. I felt a big wave of energy flowing up and down from my head to my feet (I was using the Rope technique at the time). If you feel sensations that aren't one of the classic symptoms you've read about, do your best to encourage them and see if you can't bring on the vibrational state.

Your Notes/Observations:

Day 90

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

Today is the day to devote yourself to three or four trance sessions, if you can. I've done this before and if nothing else it can be very relaxing. It can also be an excellent day for reflection and insights.

Your Notes/Observations:

Day 91

Date: _____

Tasks: *Est. Energy Work Time: 50 minutes + Trance & Projection Work*

Morning: Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations
Afternoon: Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162) Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231) Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.
Night: Nightly Affirmations

Affirmations:

Morning: I continually seek to explore higher levels of consciousness. I recognize the divine in myself and others. I understand that beneath our fleshy shells we are all the same ethereal light.
Evening: I attract dreams that expand my state of awareness. I realize the importance of my dreams and understand their value. I know that what is looked for is often found; if answers are sought, I need only look, listen and remember.

Comments:

It can be frustrating if you haven't been able to get out of your body yet, especially when you read about blokes who get out the first time they try. (Hey, that's just not fair!) Stay committed; stay enthusiastic. If you've stepped methodically through every day of this program, you clearly want it badly enough. The important thing is not to give up, to continue trying. Think of any skill that you do well now that was difficult to master when you began. Like any skill, if you do it long enough and consistently enough, you will most certainly one day meet with that success.

Your Notes/Observations: