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 201Ch. 16, Taming the Mind, page 208Ch. 17, The Trance State, page 220Ch. 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

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

la	la	laa	la	In	D	Day of
Day 29	Day 30			Day 33	Day 34	Day 35
			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 (Physical Per.)	OBE Walk-thru (Astral Perspective		OBE Walk-thru (Astral Perspective)
Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)
MT Ex: Single-object Focus	MT Ex: Spot Focus	MT Ex: After Image Retent.	MT Ex: Breath Awareness	MT Ex: Color Breathing	Raise Energy (Arms, Legs)	Raise Energy (Arms, Legs)
Raise Energy (Arms, Legs)	Raise Energy (Arms, Legs)	Raise Energy (Arms, Legs)	Raise Energy (Arms, Legs)	Raise Energy (Arms, Legs)	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		
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Day 36 Log Key Words in Dream Notebook	<u>Day 37</u> Log Key Words in Dream Notebook	<u>Day 38</u> Log Key Words in Dream Notebook	<u>Day 39</u> Log Key Words in Dream Notebook	Day 40	Log Key Words in Dream Notebook	Day 42 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 (Physical Per.)	OBE Walk-thru (Astral Perspective		OBE Walk-thru (Astral Perspective)
Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)	Practice Relaxation (All Steps)
MT Ex: Single-object Focus	MT Ex: Spot Focus	MT Ex: After Image Retent.	MT Ex: Breath Awareness	MT Ex: Color Breathing	Raise Energy (Full Body)	Raise Energy (Full Body)
Raise Energy (Full Body)	Raise Energy (Full Body)	Raise Energy (Full Body)	Raise Energy (Full Body)	Raise Energy (Full Body)	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		
Day 43	Day 44	<u>Day 45</u>	<u>Day 46</u>	Day 47	<u>Day 48</u>	Day 49
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 (Physical Per.)	OBE Walk-thru (Astral Perspective	OBE Walk-thru (Astral Perspective)	OBE Walk-thru (Astral Perspective)
Raise Energy (Full Body)	OBE Walk-thru (Astral Perspective) Raise Energy (Full Body)	OBE Walk-thru (Astral Perspective) Raise Energy (Full Body)		OBE Walk-thru (Astral Perspective Raise Energy (Full Body)	OBE Walk-thru (Astral Perspective) Raise Energy (Full Body)	Raise Energy (Full Body)
1 1			Raise Energy (Full Body)	Raise Energy (Full Body)		
Practice Trance State	Raise Energy (Full Body) Practice T<mark>rance State</mark>	Raise Energy (Full Body) Practice T^rance State	Raise Energy (Full Body) Practice T<mark>rance State</mark>	Raise Energy (Full Body) Practice Trance State	Raise Energy (Full Body) Practice T<mark>rance State</mark>	Raise Energy (Full Body) Practice T<mark>rance State</mark>
Practice Trance State (Elevator Technique)	Raise Energy (Full Body) Practice Trance State (Elevator Ladder)	Raise Energy (Full Body) Practice Trance State (Steps Technique)	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope)	Raise Energy (Full Body)	Raise Energy (Full Body) Practice Trance State (Smoke Rings Technique)	Raise Energy (Full Body) Practice Trance State (Persona ized Technique)
Practice T ance State (Elevator Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Elevator Ladder) Make NEW Program Notes	Raise Energy (Full Body) Practice Tance State (Steps Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Feather Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Smoke Rings Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Personalized Technique) Make NEW Program Notes
Practice Trance State (Elevator Technique)	Raise Energy (Full Body) Practice Trance State (Elevator Ladder)	Raise Energy (Full Body) Practice Trance State (Steps Technique)	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope)	Raise Energy (Full Body) Practice Trance State (Feather Technique)	Raise Energy (Full Body) Practice Trance State (Smoke Rings Technique)	Raise Energy (Full Body) Practice Trance State (Persona ized Technique)
Practice T ance State (Elevator Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Elevator Ladder) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Steps Technique) Make NEW Program Notes Nightly Affirmations	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Feather Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Smoke Rings Technique) Make NEW Program Notes	Raise Energy (Full Body) Practice Trance State (Personalized Technique) Make NEW Program Notes
Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50	Raise Energy (Full Body) Practice T ance State (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51	Raise Energy (Full Body) Practice Trance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations	Raise Energy (Full Body) Practice Trance State (Feather Technique) Make NEW Program Notes Nightly Affirmations	Raise Energy (Full Body) Practice Tance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55	Raise Energy (Full Body) Practice Trance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations
Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50	Raise Energy (Full Body) Practice T ance State (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51	Raise Energy (Full Body) Practice Trance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52	Raise Energy (Full Body) Practice Trance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations Day 53	Raise Energy (Full Body) Practice T ance State (Feather Technique) Make NEW Program Notes Nightly Affirmations Day 54	Raise Energy (Full Body) Practice Tance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55	Raise Energy (Full Body) Practice T ance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations Day 56
Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50 Log Key Words in Dream Notebook	Raise Energy (Full Body) Practice T ance State (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51 Log Key Words in Dream Notebook	Raise Energy (Full Body) Practice Tance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52 Log Key Words in Dream Notebook Log Significant Dreams (if any)	Raise Energy (Full Body) Practice Tance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations Day 53 Log Key Words in Dream Notebook	Raise Energy (Full Body) Practice T ance State (Feather Technique) Make NEW Program Notes Nightly Affirmations Day 54 Log Key Words in Dream Notebook	Raise Energy (Full Body) Practice Tance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55 Log Key Words in Dream Notebook	Raise Energy (Full Body) Practice T ance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations Day 56 Log Key Words in Dream Notebook
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Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice T (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice Tance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice T ance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations Day 53 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice T ance State (Feather Fechnique) Make NEW Program Notes Nightly Affirmations Day 54 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice Tance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)	Raise Energy (Full Body) Practice T ance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations Day 56 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective)
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Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Base or ly) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Base + Senital/Navel) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Solar Plexus) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations Day 53 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Heart) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Feather Fechnique) Make NEW Program Notes Nightly Affirmations Day 54 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Throat) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Brow) Practice Trance State	Raise Energy (Full Body) Practice T ance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations Day 56 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (All Centers) Practice Trance State
Practice T ance State (Elevator Technique) Make NEW Program Notes Nightly Affirmations Day 50 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Base on ly)	Raise Energy (Full Body) Practice T ance State (Elevator Ladder) Make NEW Program Notes Nightly Affirmations Day 51 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Base + Benital/Navel)	Raise Energy (Full Body) Practice T ance State (Steps Technique) Make NEW Program Notes Nightly Affirmations Day 52 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Solar Plexus) Practice Trance State Make NEW Program Notes	Raise Energy (Full Body) Practice T ance State (Climbing Down Rope) Make NEW Program Notes Nightly Affirmations Day 53 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Heart)	Raise Energy (Full Body) Practice T ance State (Feather Fechnique) Make NEW Program Notes Nightly Affirmations Day 54 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Throat)	Raise Energy (Full Body) Practice T ance State (Smoke Rings Technique) Make NEW Program Notes Nightly Affirmations Day 55 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (Old Steps + Brow)	Raise Energy (Full Body) Practice T ance State (Personalized Technique) Make NEW Program Notes Nightly Affirmations Day 56 Log Key Words in Dream Notebook Log Significant Dreams (if any) Recite Morning Affirmations OBE Walk-thru (Astral Perspective) Raise Energy Stimulate Primary Centers (All Centers)

Day 57	<u>Day 58</u>	<u>Day 59</u>	<u>Day 60</u>	<u>Day 61</u>	Day 62	<u>Day 63</u>
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				
OBE Walk-thru (Astral Perspective)		OBE Walk-thru (Astral Perspective)				
Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy	Raise Energy
Stim. Primary Centers (All Centers)		Stim. Primary Centers (All 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
(Rope Tech.)	(Rope Technique)	(Bounce Loosening)	(Breath Loosening)	(Spin Loosening)	(Imagination Loosening)	(One-handed Rope)
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
Day 64	Day 65	Day 66	Day 67	Day 68	Day 69	Day 70
		-		-		
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
(Chasm Crossing Rope)	(Hanging Rope)	(Water Ski)	(Rope Cargo Net)	(Washing Hands)	(Steam Engine)	(Big Wheel)
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
Day 71		Day 73	<u>Day 74</u>	Day 75	<u>Day 76</u>	<u>Day 77</u>
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				
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 Frimary Centers	Stimulate Frimary Centers	Stimulate Frimary Centers	Stimulate Frimary Centers	Stimulate Frimary Centers	Stimulate Frimary 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
(Ladder)	(Point Shift)	(Steam)	(Rolling Out)	(Rocket)	(Boomerang)	(Roll-out)
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
<u>Day 78</u>	Day 79	Day 80	<u>Day 81</u>	Day 82	Day 83	<u>Day 84</u>
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				
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
(Favorite Techniques)	(Favorite Techniques)	(Favorite Techniques)	(Favorite Techniques)	(Favorite Techniques)	(Favorite Techniques)	(Favorite Techniques)
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
indice it E it i regian iteles	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations	Nightly Affirmations

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

And so on...

Week 1

Da	at	e	:	
				٠

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

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.

Week 1

Date:	
	1

Tasks:	Est. Energy Work Time: 10 minutes	A	Affirmatio	ons:
		IF		
Morning:	Log Key Words in Dream Notebook			I am a spirit inside a body, capable of
	Log Significant Dreams (If Any) in Vision/Dream Journal			perceiving dimensions beyond the
	Recite Morning Affirmations			physical existence. I have the ability
				to leave my body, return safely and
Afternoon:	Develop 1st OBE Objectives (see notes below)			remember it.
	Practice Relaxation, Steps 1-6 - 10 min. (Ref: page 204-205)			
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)		Evening:	Throughout the day I conduct reality
	Energy Work: Mobile Body Awareness - 10 min. (Ref: page 114)			checks. Is this real? Am I dreaming?
	Make NEW Program Notes, Observations, etc.			When I drink something, I check.
				When I start talking to someone,
Night:	Nightly Affirmations			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 reintegration 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.

Week 1

Date:

Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am a spirit inside a body, capable of
	Log Significant Dreams (If Any) in Vision/Dream Journal		perceiving dimensions beyond the
	Recite Morning Affirmations		physical existence. I have the ability
			to leave my body, return safely and
Afternoon:	Develop Mind Split Objectives - (see notes below)		remember it.
	Practice Relaxation, Steps 1-8 - 10 min. (Ref: page 204-205)		
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)	Evening:	Throughout the day I conduct reality
	Energy Work: Mobile Body Awareness - 10 min. (Ref: page 114)		checks. Is this real? Am I dreaming?
	Make NEW Program Notes, Observations, etc.		When I drink something, I check.
			When I start talking to someone,
Night:	Nightly Affirmations		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.

Week 1

Date:

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am a spirit inside a body, capable of
	Log Significant Dreams (If Any) in Vision/Dream Journal		perceiving dimensions beyond the
	Recite Morning Affirmations		physical existence. I have the ability
			to leave my body, return safely and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes (see notes below)		remember it.
	Practice Relaxation, Steps 1-9 - 10 min. (Ref: page 204-205)		
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)	Evening:	Throughout the day I conduct reality
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)		checks. Is this real? Am I dreaming?
	Make NEW Program Notes, Observations, etc.		When I drink something, I check.
			When I start talking to someone,
Night:	Nightly Affirmations		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.

Week 1

Date:	Date:
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Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am a spirit inside a body, capable of
	Log Significant Dreams (If Any) in Vision/Dream Journal		perceiving dimensions beyond the
	Recite Morning Affirmations		physical existence. I have the ability
			to leave my body, return safely and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		remember it.
	Practice Relaxation, Steps 1-11 - 10 min. (Ref: page 204-206)		
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)	Evening:	Throughout the day I conduct reality
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)		checks. Is this real? Am I dreaming?
	Make NEW Program Notes, Observations, etc.		When I drink something, I check.
			When I start talking to someone,
Night:	Nightly Affirmations		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.

Week 1

Date:

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am a spirit inside a body, capable of
	Log Significant Dreams (If Any) in Vision/Dream Journal		perceiving dimensions beyond the
	Recite Morning Affirmations		physical existence. I have the ability
			to leave my body, return safely and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		remember it.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening:	Throughout the day I conduct reality
	Make NEW Program Notes, Observations, etc.		checks. Is this real? Am I dreaming?
			When I drink something, I check.
Night:	Nightly Affirmations		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:

You might notice that I didn't schedule any "mind taming" exercises for today. Here's a perfect example of how my original intentdeveloping a program that I could implement for myself-might not fit for everyone else. I arranged things this way because I found it convenient to do a mind taming exercise while waiting for my wife to pick me up from work. This seemed to work well since there are five mind taming exercises in the book and five weekdays. But again, do what works for you. If you want (or need) extra practice, by all means go for it!

Week 1

Date:	
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Tasks:	Est. Energy Work Time: 15 minutes Affirmations:				
Morning:	Log Key Words in Dream Notebook	Morning:	I am a spirit inside a body, capable of		
	Log Significant Dreams (If Any) in Vision/Dream Journal		perceiving dimensions beyond the		
	Recite Morning Affirmations		physical existence. I have the ability		
			to leave my body, return safely and		
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		remember it.		
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)				
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening:	Throughout the day I conduct reality		
	Make NEW Program Notes, Observations, etc.		checks. Is this real? Am I dreaming?		
			When I drink something, I check.		
Night:	Nightly Affirmations		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.

D	a	t	e

-----Mork Ti 20 min Affirmations

asks:	Est. Energy Work Time: 20 mir	utes A	ffirmatio	ons:	1
Morning:	Log Key Words in Dream Notebook		Morning:	I seek to explore higher levels of	1'
	Log Significant Dreams (If Any) in Vision/Dream Journal			consciousness. This desire is	
	Recite Morning Affirmations			communicated to all levels of my body	
				and mind. I attract the energies and	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes			influences that convert this desire into	1
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			reality.	
	Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)				
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)		Evening:	I recognize the inconsistencies in my	
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)			dreams. I know when I am dreaming.	
	Make NEW Program Notes, Observations, etc.			I become aware and lucid in my	
				dreams. I have the power to shape my	
Night:	Nightly Affirmations			dreams with my mind.	1
					1
					1

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.

Est Energy Work Time: 20 minutes Affirmations:

Tasks:	Est. Energy Work Time: 20 mi	inutes Affirmations:	
Morning:	Log Key Words in Dream Notebook	Morning: I seek to explore higher levels of	<
	Log Significant Dreams (If Any) in Vision/Dream Journal	consciousness. This desire is	Week
	Recite Morning Affirmations	communicated to all levels of my body	
		and mind. I attract the energies and	N
Afternoon	Walk-thru (Astral Perspective) - 3 minutes	influences that convert this desire into	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)	reality.	
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)		
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening: I recognize the inconsistencies in my	
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)	dreams. I know when I am dreaming.	
	Make NEW Program Notes, Observations, etc.	I become aware and lucid in my	
		dreams. I have the power to shape my	
Night:	Nightly Affirmations	dreams with my mind.	

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.

Date	:	

asks:	Est. Energy Work Time: 20 minu	Affirmatio	ons:	.
Morning:	Log Key Words in Dream Notebook	Morning:	I seek to explore higher levels of	
	Log Significant Dreams (If Any) in Vision/Dream Journal		consciousness. This desire is	
	Recite Morning Affirmations		communicated to all levels of my body	
			and mind. I attract the energies and	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		influences that convert this desire into	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		reality.	
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)			
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening:	I recognize the inconsistencies in my	
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)		dreams. I know when I am dreaming.	
	Make NEW Program Notes, Observations, etc.		I become aware and lucid in my	
			dreams. I have the power to shape my	
Night:	Nightly Affirmations		dreams with my mind.	

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.

Tasks:	Est. Energy Work Time: 20 mi	inutes Affirmations:	
Morning:	Log Key Words in Dream Notebook	Morning: I seek to explore higher levels of	
	Log Significant Dreams (If Any) in Vision/Dream Journal	consciousness. This desire is	
	Recite Morning Affirmations	communicated to all levels of my body	
		and mind. I attract the energies and	
Afternoon:	Walk-thru (Physical Perspective) - 3 minutes (See Notes Below)	influences that convert this desire into	Γ
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)	reality.	
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)		
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening: I recognize the inconsistencies in my	
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)	dreams. I know when I am dreaming.	
	Make NEW Program Notes, Observations, etc.	I become aware and lucid in my	
		dreams. I have the power to shape my	
Night:	Nightly Affirmations	dreams with my mind.	

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.

Date:				
Tasks:	Est. Energy Work Time: 20 minu	utes Affirmati	ons:	1
Morning:	Log Key Words in Dream Notebook	Morning	I seek to explore higher levels of	<
	Log Significant Dreams (If Any) in Vision/Dream Journal		consciousness. This desire is	Week
	Recite Morning Affirmations		communicated to all levels of my body	ě
			and mind. I attract the energies and	N
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		influences that convert this desire into	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		reality.	
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)			
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)	Evening	I recognize the inconsistencies in my	
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)		dreams. I know when I am dreaming.	
	Make NEW Program Notes, Observations, etc.		I become aware and lucid in my	
			dreams. I have the power to shape my	
Night:	Nightly Affirmations		dreams with my mind.	
				-

Comments:

One of the things Robert Bruce highly recommends—and I concur—is that you do your trance work when you are well rested. I think this holds true for the energy work as well. Yet there are times when your only quiet time is at night, when you might not be at your sharpest. While I wouldn't recommend this for your trance work, if you're tired but don't want to miss a day of your energy work, there are a few tricks that can get you through the exercises without your mind wandering. I wouldn't make these a habit, though.

Sitting in a recliner instead of lying down is a start, or even a hardback chair. If you find your mind begins to wander, try opening your eyes (without looking at the body part you're targeting) and continuing on with the exercise. If your mind still wanders, shift your gaze around or try narrating what you're doing. "I'm using a brush stroke on my big toe. Brush, brush, brush..." If even this doesn't work, you can try holding your forearms vertically at the elbows, as Robert Bruce describes, but, hey, maybe it's just time to go to bed...

Date:	
	,

Est. Energy Work Time: 20 minutes	Affirmatio

Tasks:	Est. Energy Work Time: 20 minutes Affirmations:				
Morning:	Log Key Words in Dream Notebook	Morning	I seek to explore higher levels of		<
	Log Significant Dreams (If Any) in Vision/Dream Journal		consciousness. This desire is	ş	Wee
	Recite Morning Affirmations		communicated to all levels of my body	;	~
			and mind. I attract the energies and		2
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		influences that convert this desire into		
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		reality.		
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)				
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)	Evening	I recognize the inconsistencies in my		
	Make NEW Program Notes, Observations, etc.		dreams. I know when I am dreaming.		
			I become aware and lucid in my		
Night:	Nightly Affirmations		dreams. I have the power to shape my		
			dreams with my mind.		

Comments:

One thing to consider when you're making your daily (or nightly) program notes/observations, is to jot down things that happen during the day that are particularly unusual. By this time in the program I noticed that I started having more *déjà vu*-type experiences, but it doesn't have to be anything mystical like that. Perhaps you find you have more energy or you sleep better or you notice that your growing more sensitive to energy movement in and around your body. Anything that might be of significance later.

Tasks:	Est. Energy Work Time: 20 minutes	Affirmati	ons:	.	
Morning:	Log Key Words in Dream Notebook	Morning	: I seek to explore higher levels of		<
	Log Significant Dreams (If Any) in Vision/Dream Journal		consciousness. This desire is		Week
	Recite Morning Affirmations		communicated to all levels of my body		
			and mind. I attract the energies and		N
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		influences that convert this desire into		_
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		reality.		
	Energy Work: Tactile Imaging (Brief Exercise) - 15 min. (Ref: page 120)				
	Practice Bouncing Energy (Legs Only) - 5 min. (Ref: Page 150)	Evening	I recognize the inconsistencies in my		
	Make NEW Program Notes, Observations, etc.		dreams. I know when I am dreaming.		
			I become aware and lucid in my		
Night:	Nightly Affirmations		dreams. I have the power to shape my		
			dreams with my mind.		

Comments:

I found that one of the results of the Astral Dynamics mind taming and relaxation exercises was an enhanced ability to fall asleep more quickly and easily than I normally do. I also found my sleep was much deeper and my dreams more vivid. Don't forget to write down keywords in your dream journal when you wake up in the morning. Even the act of remembering your most recent dream and piecing it together on paper can help hone your shadow memory recall.

Date	:	
		-

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)	Evening:	I faithfully write down the key words to
	Tactile Imaging (Long Exercise - Toes Only) - 5 min. (Ref: page 140)		my dreams in my dream notebook. I
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		recognize each morning as an
	Make NEW Program Notes, Observations, etc.		opportunity to hone my astral memory
			recall skills. I attract dreams that offer
Night:	Nightly Affirmations		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!

D	а	t	е	:	

Tasks:	Est. Energy Work Time: 25 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)	Evening:	I faithfully write down the key words to
	Tactile Imag. (Long Exercise - Toes + Sole) - 15 min. (Ref: page 140-142)		my dreams in my dream notebook. I
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		recognize each morning as an
	Make NEW Program Notes, Observations, etc.		opportunity to hone my astral memory
			recall skills. I attract dreams that offer
Night:	Nightly Affirmations		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.

D	а	te

Tasks:	Est. Energy Work Time: 30 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)	Evening:	I faithfully write down the key words to
	Tactile Imag. (Long Ex Old Steps + Legs) - 20 min. (Ref: page 140-145)		my dreams in my dream notebook. I
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		recognize each morning as an
	Make NEW Program Notes, Observations, etc.		opportunity to hone my astral memory
			recall skills. I attract dreams that offer
Night:	Nightly Affirmations		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.

Date	:	

Tasks:	Est. Energy Work Time: 40 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Physical Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)	Evening:	I faithfully write down the key words to
	Tact. Imag. (Long Ex. Old Steps + Fingers) - 30 min. (Ref: page 140-147)		my dreams in my dream notebook. I
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		recognize each morning as an
	Make NEW Program Notes, Observations, etc.		opportunity to hone my astral memory
			recall skills. I attract dreams that offer
Night:	Nightly Affirmations		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!

D	a	te

asks:	Est. Energy Work Time: 50 minutes	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)	Evening:	I faithfully write down the key words to
	Tact. Imag. (Long Ex. Old Steps + Palms) - 40 min. (Ref: page 140-147)		my dreams in my dream notebook. I
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		recognize each morning as an
	Make NEW Program Notes, Observations, etc.		opportunity to hone my astral memory
			recall skills. I attract dreams that offer
Night:	Nightly Affirmations		clues on how best to achieve my goal
			of exploring consciously while out of
			my body.

Week 3

Comments:

By this time you'll start recognizing that the energy work is taking more time. It will increase this week up to 65 minutes and continue at 65 minutes all through next week. Again, these are just rough estimates. You'll find the more you work with your energy, the more readily it responds to your commands. It probably won't take you the entire 65 minutes each time, especially the more proficient you get. Starting on the fifth week (**Day 29**) the tactile imaging exercise stop in favor of raising energy, a 10 to 15 minute pursuit, depending on the exercise.

Date:	
	-

Teeker

Est. Energy Work Time: 55 minutes Affirmations:

Fasks:	Est. Energy Work Time: 55 minutes Affirmations:			
Morning:	Log Key Words in Dream Notebook	Morning	: My mind is like still water. I find under-	
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent	
	Recite Morning Affirmations		space between thoughts. I have the	
			ability to release random thoughts and	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			
	Tact. Imag. (Long Ex. Old Steps + Arms) - 45 min. (Ref: page 140-149)	Evening	: I faithfully write down the key words to	
	Practice Bouncing Energy (Legs, Arms) - 10 min. (Ref: Page 150-151)		my dreams in my dream notebook. I	
	Make NEW Program Notes, Observations, etc.		recognize each morning as an	
			opportunity to hone my astral memory	
Night:	Nightly Affirmations		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 have a friend who used to call dreams "brain barf". I've never agreed with his assessment, and yet I find it hard to believe that every event that occurs in one's dreams is of cosmic significance. The trick is separating the minutiae from the truly profound.

If you've ever kept a dream journal, you know how difficult it can be. The thought of remembering all your dreams, then waking, writing them down and analyzing them is a tall order.

Robert Bruce, in my opinion, has come up with the perfect compromise. The act of writing dreams down may not be as important as the act of remembering them. The significant dreams, you can transfer those to your Dream/Vision Journal (page 441), the rest you can tuck away in your files for reference.

Even if I don't have any life changing dreams in a given week, I try to transfer at least one or two dreams into the journal to get practice. This also helps me build up an index of symbols, so when the big dreams come, I have a frame of reference for their meaning.

I also like to read my dream keywords at the end of the week and try to remember the images and atmosphere of the dream as I'm reading. This helps to hone my recall ability as well as cementing them into my long-term memory.

Date:

Tasks:	Est. Energy Work Time: 65 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind is like still water. I find under-
	Log Significant Dreams (If Any) in Vision/Dream Journal		standing and healing in the silent
	Recite Morning Affirmations		space between thoughts. I have the
			ability to release random thoughts and
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		completely focus my awareness within.
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		
	Tact. Imag. (Long Ex. Full Exercise) - 45 min. (Ref: page 140-149)	Evening:	I faithfully write down the key words to
	Bounce Energy (Legs, Arms, Spine, Body) - 20 min. (Ref: Page 150-152)		my dreams in my dream notebook. I
	Make NEW Program Notes, Observations, etc.		recognize each morning as an
			opportunity to hone my astral memory
Night:	Nightly Affirmations		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:

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.

Date:	
	-

Est Enormy Work Time: 65 minutes Affirmations:

asks:	Est. Energy Work Time: 65 m	nutes Aff	irmatio	ons:	-
Morning:	Log Key Words in Dream Notebook	м	orning:	I make opportunities each day to com-	
	Log Significant Dreams (If Any) in Vision/Dream Journal			plete my energy work in a time and	
	Recite Morning Affirmations			place free from distractions. I recognize	
				opportunities to arrange time for my	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes			expanded states of awareness. Events	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			in my life begin to fall into place,	
	Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)			freeing obstacles that stand in the way	
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)			of my quiet time.	
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)				
	Make NEW Program Notes, Observations, etc.	E	vening:	I mentally rehearse my lucid dream	
				plan at night before I go to sleep. I	
Night:	Nightly Affirmations			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.

D	а	t	e	
	a	t	e	

isks:	Est. Energy Work Time: 65	minutes Affirmatio	ons:	1
Morning:	Log Key Words in Dream Notebook	Morning:	I make opportunities each day to com-	
	Log Significant Dreams (If Any) in Vision/Dream Journal		plete my energy work in a time and	
	Recite Morning Affirmations		place free from distractions. I recognize	
			opportunities to arrange time for my	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		expanded states of awareness. Events	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		in my life begin to fall into place,	
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)		freeing obstacles that stand in the way	
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)		of my quiet time.	
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)			
	Make NEW Program Notes, Observations, etc.	Evening:	I mentally rehearse my lucid dream	
			plan at night before I go to sleep. I	
Night:	Nightly Affirmations		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.

Date:	
	-

Est. Energy Work Time: 65 minutes Affirmations:

asks:	Est. Energy Work Time: 65 min	utes Affirmat	ions:	.
Morning:	Log Key Words in Dream Notebook	Morning	: I make opportunities each day to com-	
	Log Significant Dreams (If Any) in Vision/Dream Journal		plete my energy work in a time and	
	Recite Morning Affirmations		place free from distractions. I recognize	
			opportunities to arrange time for my	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		expanded states of awareness. Events	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		in my life begin to fall into place,	
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)		freeing obstacles that stand in the way	
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)		of my quiet time.	
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)			
	Make NEW Program Notes, Observations, etc.	Evening	: I mentally rehearse my lucid dream	
			plan at night before I go to sleep. I	
Night:	Nightly Affirmations		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.

Date:	
	-

asks:	Est. Energy Work Time: 65 min	tes Affirm	ations:
Morning:	Log Key Words in Dream Notebook	Morn	ning: I make opportunities each day to com-
	Log Significant Dreams (If Any) in Vision/Dream Journal		plete my energy work in a time and
	Recite Morning Affirmations		place free from distractions. I recognize
			opportunities to arrange time for my
Afternoon:	Walk-thru (Physical Perspective) - 3 minutes		expanded states of awareness. Events
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		in my life begin to fall into place,
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)		freeing obstacles that stand in the way
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)		of my quiet time.
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)		
	Make NEW Program Notes, Observations, etc.	Even	ning: I mentally rehearse my lucid dream
			plan at night before I go to sleep. I
Night:	Nightly Affirmations		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.

Week 4

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.

asks:	Est. Energy Work Time: 65	minutes Affirmation	ons:	.
Morning:	Log Key Words in Dream Notebook	Morning	I make opportunities each day to com-	
	Log Significant Dreams (If Any) in Vision/Dream Journal		plete my energy work in a time and	
	Recite Morning Affirmations		place free from distractions. I recognize	
			opportunities to arrange time for my	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		expanded states of awareness. Events	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		in my life begin to fall into place,	
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)		freeing obstacles that stand in the way	
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)		of my quiet time.	
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)			
	Make NEW Program Notes, Observations, etc.	Evening	I mentally rehearse my lucid dream	
			plan at night before I go to sleep. I	
Night:	Nightly Affirmations		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.

Date:

isks:	Est. Energy Work Time: 65 n	ninutes A	firmatio	ons:	1	
Morning:	Log Key Words in Dream Notebook		Morning:	I make opportunities each day to com-		
	Log Significant Dreams (If Any) in Vision/Dream Journal			plete my energy work in a time and		
	Recite Morning Affirmations			place free from distractions. I recognize		
				opportunities to arrange time for my		
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes			expanded states of awareness. Events		
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			in my life begin to fall into place,		
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)			freeing obstacles that stand in the way		
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)			of my quiet time.		
	Make NEW Program Notes, Observations, etc.					
			Evening:	I mentally rehearse my lucid dream		
Night:	Nightly Affirmations			plan at night before I go to sleep. I		
				visualize the events as they'll unfold,		
				how I come to understand that I'm		Ĩ
				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/?

Date:

asks:	Est. Energy Work Time: 65 r	hinutes Affirmatio	ons:	- I
Morning:	Log Key Words in Dream Notebook	Morning:	I make opportunities each day to com-	
	Log Significant Dreams (If Any) in Vision/Dream Journal		plete my energy work in a time and	
	Recite Morning Affirmations		place free from distractions. I recognize	
			opportunities to arrange time for my	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		expanded states of awareness. Events	
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		in my life begin to fall into place,	
	Tactile Imaging (Full Long Exercise) - 45 min. (Ref: page 140-149)		freeing obstacles that stand in the way	
	Practice Bouncing Energy - 20 min. (Ref: Page 150-152)		of my quiet time.	
	Make NEW Program Notes, Observations, etc.			
		Evening	I mentally rehearse my lucid dream	
Night:	Nightly Affirmations		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.

Date:	
	-

Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)		of my body is extremely calming and
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		freeing.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I learn to become conscious and lucid
Night:	Nightly Affirmations		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 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.

Date	

Tasks:	Est. Energy Work Time: 10 minutes_	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)		of my body is extremely calming and
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		freeing.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I learn to become conscious and lucid
Night:	Nightly Affirmations		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:

How are the OBE walk-throughs going? If you're finding you get bored with them, try varying them a little. For example, suppose you project out-of-body and find yourself in a different area than you expected. Or a different room altogether. Maybe you don't recognize your environment at all. Play some games with it. Make it fun. Add some "unexpected" elements and practicing how you'll react.

Date:

Day 31

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Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)		of my body is extremely calming and
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		freeing.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I learn to become conscious and lucid
Night:	Nightly Affirmations		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

Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Physical Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)		of my body is extremely calming and
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		freeing.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I learn to become conscious and lucid
Night:	Nightly Affirmations		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:

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.

Date:	

Est. Energy Work Time: 10 minutes	Affirmations:

sks:	Est. Energy Work Time: 10 minu	utes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook		Morning	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal			ability to operate independently of my
	Recite Morning Affirmations			physical body. This is a perfectly
				natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes			every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			remember it. The thought of being out
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)			of my body is extremely calming and
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)			freeing.
	Make NEW Program Notes, Observations, etc.			
			Evening:	I learn to become conscious and lucid
Night:	Nightly Affirmations			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:

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.

Date:

Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		of my body is extremely calming and
	Make NEW Program Notes, Observations, etc.		freeing.
Night:	Nightly Affirmations	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:

I've had some success with programming my dreams by asking to have a particular dream as I go to sleep. I might start by repeating my nightly affirmations and then focusing on having a flying dream or asking for an answer to a specific question. Try playing around with this technique and seeing what happens. You might even consider doing this if you wake up briefly in the middle of the night.

Date:

Tasks:	Est. Energy Work Time: 10 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My consciousness possesses the
	Log Significant Dreams (If Any) in Vision/Dream Journal		ability to operate independently of my
	Recite Morning Affirmations		physical body. This is a perfectly
			natural state, something that happens
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		every night even though I do not
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		remember it. The thought of being out
	Energy Work: Raise Energy (Arms, Legs) - 10 min. (Ref: 154-156)		of my body is extremely calming and
	Make NEW Program Notes, Observations, etc.		freeing.
Night:	Nightly Affirmations	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.

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I feel the energy growing within me. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		sense new levels of strength and
	Recite Morning Affirmations		endurance. A draw my energy from
			wherever it is, whenever it is, back to
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		me. I release others' energy that might
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		be in my space, recognizing the
	Mind Taming Exercise: Single-object Focus - 5 min. (Ref: page 213)		healing in releasing and letting go.
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: 157-162)		
	Make NEW Program Notes, Observations, etc.	Evening:	My dream memory continues to
			develop. Scene after scene returns to
Night:	Nightly Affirmations		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.

Week 6

4086426 vie Day 37

Date:

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I feel the energy growing within me. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		sense new levels of strength and
	Recite Morning Affirmations		endurance. A draw my energy from
			wherever it is, whenever it is, back to
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		me. I release others' energy that might
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		be in my space, recognizing the
	Mind Taming Exercise: Spot Focus - 5 min. (Ref: page 213)		healing in releasing and letting go.
	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
Night:	Nightly Affirmations		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:

One thing you might consider is combining your energy raising work with your mind taming exercises. This works especially well with the Breath Awareness technique, since to a certain extent you're focusing on your breathing in both exercises, but I've also had some success with combining the Spot Focus and the Full Body Circuit. Of course, if you find this is too difficult, don't worry about it, but some may like a little extra challenge to the exercises. I personally found it easier to quiet my mind when I was focused on the energy movements.

Your Notes/Observations:

Week 6

Date	:_

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
	Les Kau Manda in Desers Natabach	Manualization	
	Log Key Words in Dream Notebook	Morning:	I feel the energy growing within me. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		sense new levels of strength and
	Recite Morning Affirmations		endurance. A draw my energy from
			wherever it is, whenever it is, back to
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		me. I release others' energy that might
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		be in my space, recognizing the
	Mind Taming Exercise: After-Image Retention - 5 min. (Ref: page 214)		healing in releasing and letting go.
	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
Night:	Nightly Affirmations		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:

The more proficient you are at raising energy, the less you may feel the energy movements. The is likely because you've removed a lot of the energy blockages that were present when you began the program. Review Energy Movement Sensations, Page 162, to obtain more information on the process.

Week 6

Tasks:	Est. Energy Work Time: 15 mi	utes A	ffirmatio	ons:
Morning:	Log Key Words in Dream Notebook		Morning:	I feel the energy growing within me. I
	Log Significant Dreams (If Any) in Vision/Dream Journal			sense new levels of strength and
	Recite Morning Affirmations			endurance. A draw my energy from
				wherever it is, whenever it is, back to
Afternoon:	Walk-thru (Physical Perspective) - 3 minutes			me. I release others' energy that might
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)			be in my space, recognizing the
	Mind Taming Exercise: Breath Awareness - 5 min. (Ref: page 214)			healing in releasing and letting go.
	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
Night:	Nightly Affirmations			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:

Keep in mind that energy raising work is not just something you can do during your formal meditation session. "In the astral state, energy is everything," Robert Bruce has said again and again, so consider raising energy even during breaks in the day. I find it an excellent way to unwind, center and focus when daily events threaten to be overwhelming.

Week 6

Tasks:	Est. Energy Work Time: 15 minutes	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I feel the energy growing within me. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		sense new levels of strength and
	Recite Morning Affirmations		endurance. A draw my energy from
			wherever it is, whenever it is, back to
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		me. I release others' energy that might
	Practice Relaxation, All Steps - 10 min. (Ref: page 204-207)		be in my space, recognizing the
	Mind Taming Exercise: Color Breathing - 5 min. (Ref: page 215)		healing in releasing and letting go.
	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
Night:	Nightly Affirmations		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:

Date:

This is the last day I've scheduled a mind taming exercise. My thought was that these exercises would now be integrated into the trance work, the first sessions of which start at the beginning of Week 7. But don't give up on the mind taming exercises altogether. Robert Bruce has suggested that trance meditation-essentially one of the mind taming exercises, like Breath Awareness----- a hard back chair with no arm rests might be one good way of overcoming the mind split. A little uncomfortableness can be a good thing, he suggests, for keeping the brain in touch with the physical body after the first internal mind split. The key here is to keep your mind focused and clear. The more you practice this, the better your chances of recovering shadow memories from your upcoming trance practice.

Week 6

Date:

Est. Energy Work Time: 15 n	ninutes Affirmations

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

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.

Week 6

Date:

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

When I was going through the program, it was around **Day 40** when I had a dream that I was wandering in the alley behind my house. It was nighttime and I remember that everything seemed as it might look in the dark. It only occurred to me several days later that I might have been out of my body. When you're examining your own dreams it can be very easy to overlook the obvious, so, as you're logging your dreams, be sure to look for the dreams which might be fragmented OBE memories, even if there aren't the obvious exit symptoms or flying components that you might expect.

Week 6

Date:	

Est. Energy Work Time: 15 minutes + Trance Work	Affirmati	ions:
Log Key Words in Dream Notebook	Morning	My mind remains calm and quiet
Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
Recite Morning Affirmations		consciousness successfully balances
		between sleeping and waking reality.
Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
Practice Trance State (Elevator Technique) (Ref: 227-228) (See Notes)		sensations are merely signs that
Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
		the out-of-body state.
Nightly Affirmations		
	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.
	Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Elevator Technique) (Ref: 227-228) (See Notes) Make NEW Program Notes, Observations, etc.	Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162) Practice Trance State (Elevator Technique) (Ref: 227-228) (See Notes) Make NEW Program Notes, Observations, etc. Nightly Affirmations

Comments:

Reminders: Make sure you're not tired when you practice the trance state. A chair slightly reclined is ideal. And it's important that you practice in a place and at a time when you won't be disturbed. Review Chapter 17, The Trance State, page 220 for full instructions.

Week 7

Tasks:	Est. Energy Work Time: 15 minutes + Trance Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind remains calm and guiet
morning.	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
	Recite Morning Affirmations		consciousness successfully balances
			between sleeping and waking reality.
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
	Practice Trance State (Ladder Technique) (Ref: page 229)		sensations are merely signs that
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
			the out-of-body state.
Night:	Nightly Affirmations		
		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:

Now that the trance work is beginning, this might be a good time to offer an "astral noise" reminder (page 510-515). I actually experienced forms of astral noise when I was just doing my energy work. They can be very real and very distracting. Tell yourself before you start your trance work that if you hear any astral noises, you are going to ignore them. The first challenge is realizing that the noises aren't coming from your physical environment. The second challenge is not paying attention to them when you understand what you're hearing. Here's a trick that worked for me. If you hear an astral noise, immediately come up with some rational explanation of what caused it. It can be any reason, no matter how ludicrous. In one instance, I heard the sound of footsteps on a hardwood floor in a part of the house that I was certain was empty. I told myself, "Oh, that must be the neighbor hammering." Even though I knew it was too late for my neighbor to be working on his house and that the sound I was hearing wasn't the sound of hammering. But it allowed me to continue my energy work and worry about the noise later.

Week 7

Date	
Date	

Tasks:	Est. Energy Work Time: 15 minutes + Trance Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind remains calm and quiet
	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
	Recite Morning Affirmations		consciousness successfully balances
			between sleeping and waking reality.
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
	Practice Trance State (Steps Technique) (Ref: page 229)		sensations are merely signs that
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
			the out-of-body state.
Night:	Nightly Affirmations		
		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.

Week 7

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Tasks:	Est. Energy Work Time: 15 minutes + Trance Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning	My mind remains calm and guiet
	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
	Recite Morning Affirmations		consciousness successfully balances
			between sleeping and waking reality.
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
	Practice Trance State (Climbing Down Rope) (Ref: page 230)		sensations are merely signs that
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
			the out-of-body state.
Night:	Nightly Affirmations		
		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.

Week 7

Tasks:	Est. Energy Work Time: 15 minutes + Trance Work		Affirmations:	
Morning:	Log Key Words in Dream Notebook	Morning:	My mind remains calm and quiet	
	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My	
	Recite Morning Affirmations		consciousness successfully balances	
			between sleeping and waking reality.	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile	
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these	
	Practice Trance State (Feather Technique) (Ref: page 230)		sensations are merely signs that	
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring	
			the out-of-body state.	
Night:	Nightly Affirmations			
		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.

Week 7

Tasks:	Est. Energy Work Time: 15 minutes + Trance Work_	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	My mind remains calm and quiet
	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
	Recite Morning Affirmations		consciousness successfully balances
			between sleeping and waking reality.
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
	Practice Trance State (Smoke Rings Technique) (Ref: page 230)		sensations are merely signs that
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
			the out-of-body state.
Night:	Nightly Affirmations		
		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 most difficult things to get around during he first trance state practices is keeping your mind free of random, distracting thoughts. By now you should have some proficiency at keeping you mind clear for short periods of time, but it's a lot more difficult in a long trance session. Yet I believe it is a crucial skill to mastering the ability to consciously induce astral projection. I've read of techniques where you mentally visualize putting all your distracting topics in a box and locking it up before going into the trance state. Personally, the act of thinking of things to put in the box usually revives more distracting thoughts than it releases. Experiment with different techniques and come up with something that works for you.

Week 7

Date:	

Date:		_	
asks:	Est. Energy Work Time: 15 minutes + Trance Wor	Affirmati	ions:
Morning:	Log Key Words in Dream Notebook	Morning	: My mind remains calm and quiet
	Log Significant Dreams (If Any) in Vision/Dream Journal		throughout the trance state. My
	Recite Morning Affirmations		consciousness successfully balances
			between sleeping and waking reality.
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I ignore astral noises and other tactile
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		distractions. I recognize that these
	Practice Trance State (Personalized Technique) (Ref: page 231)		sensations are merely signs that
	Make NEW Program Notes, Observations, etc.		I am closer to my goal of exploring
			the out-of-body state.
Night:	Nightly Affirmations		
		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.

Week 7

Date:

Tasks:	Est. Energy Work Time: 20 minutes + Trance Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Primary Centers (Base Center Only) - 5 min. (Ref: page 174-175)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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:

Be sure you review the entire section on stimulating the primary centers, which begins on **page 174**. This is when you want to start incorporating your relaxation and energy raising exercises into the main sessions. This is a big step in your energy body development and an important part of being able to astrally project.

Week 8

Date:	

Tasks:	Est. Energy Work Time: 25 minutes + Trance Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Prim. Centers (Base + Genital/Navel) - 10 min. (Ref: 174-175)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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.

Week 8

Date:

Tasks:	Est. Energy Work Time: 30 minutes + Trance Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Prim. Centers (Old Steps + Solar Plexus) - 15 min. (Ref: 174-176)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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.

Week 8

D	а	t	e	

Tasks:	Est. Energy Work Time: 35 minutes + Trance Work	Affirmation	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Primary Centers (Old Steps + Heart) - 20 min. (Ref: page 174-176)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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.

Week 8

|--|

Tasks:	Est. Energy Work Time: 40 minutes + Trance Work	Affirmatio	005.
lasks.	Est. Energy Work Time. 40 minutes + Trance Work	Annau	5113.
Morning:	Log Key Words in Dream Notebook	Morning:	I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Prim. Centers (Old Steps + Throat) - 25 min. (Ref: 174-176)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening:	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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:

Almost there. In a few day (**Day 54**) we'll be making the exit attempts a regular part of the daily sessions. Hopefully, by now you've grown quite used to energy movement though your body and recognize that this is just a natural process to which you've now become sensitive. Don't become too distracted with the actual exit attempt that you ignore the energy work, especially primary center development.

Week 8

Date:

Tasks:	Est. Energy Work Time: 45 minutes + Trance Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I am sensitive to the energies that
-	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Prim. Centers (Old Steps + Brow) - 30 min. (Ref: page 174-176)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evening	I recognize the exit symptoms from my
Night:	Nightly Affirmations		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.

Week 8

Date:	
Date.	

		A 651 mm a 4	Nama.
asks:	Est. Energy Work Time: 50 minutes + Trance Work	Amirma	lions:
Morning:	Log Key Words in Dream Notebook	Mornin	g: I am sensitive to the energies that
	Log Significant Dreams (If Any) in Vision/Dream Journal		move through my body. I remain
	Recite Morning Affirmations		tuned to the subtle shifts in awareness
			and the feeling and effects on my
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		body. Everyday the passages and
	Energy Work: Raise Energy (Full Body Circ.) - 15 min. (Ref: page 157-162)		conduits through which my energy
	Stim. Primary Centers (All Steps) - 35 min. (Ref: page 174-180)		flows grow clearer, cleaner and
	Practice Trance State (Ref: page 220-231)		brighter.
	Make NEW Program Notes, Observations, etc.		
		Evenin	g: I recognize the exit symptoms from my
Night:	Nightly Affirmations		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've scheduled thirty-five minutes for primary center stimulation, though it may take a little longer as you learn the exercise. Robert Bruce suggests thirty-minute sessions once you feel comfortable with it.

Week 8

Your Notes/Observations:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.
	Recite Morning Affirmations		I recognize that this is merely a more
			intense form of the energy movement
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)		the other side is freedom.
	Make Exit Attempt (Rope Technique) (Ref: page 254-257) (See Notes)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken when I return from
			the astral state. When I stir out of
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.
	Recite Morning Affirmations		I recognize that this is merely a more
			intense form of the energy movement
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)		the other side is freedom.
	Make Exit Attempt (Rope Technique) (Ref: page 254-257)		
	Make NEW Program Notes, Observations, etc.	Evening	Tonight I will awaken when I return from
			the astral state. When I stir out of
Night:	Nightly Affirmations		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:



Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning	Log Key Words in Dream Notebook	Morning	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.
	Recite Morning Affirmations		I recognize that this is merely a more
			intense form of the energy movement
Afternoon	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)		the other side is freedom.
	Make Exit Attempt (Bounce Loosening) (Ref: page 248-250)		
	Make NEW Program Notes, Observations, etc.	Evening	: Tonight I will awaken when I return from
			the astral state. When I stir out of
Night	Nightly Affirmations		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:



Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmations:		
Morning:	Log Key Words in Dream Notebook	Morning:	I remain collected and calm as the	
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.	
	Recite Morning Affirmations		I recognize that this is merely a more	
			intense form of the energy movement	
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.	
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-	
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On	
	Induce Trance State (Ref: page 220-231)		the other side is freedom.	
	Make Exit Attempt (Breath Loosening) (Ref: page 251)			
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken when I return from	
			the astral state. When I stir out of	
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.
	Recite Morning Affirmations		I recognize that this is merely a more
			intense form of the energy movement
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)		the other side is freedom.
	Make Exit Attempt (Spin Loosening) (Ref: page 251-252)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken when I return from
			the astral state. When I stir out of
Night:	Nightly Affirmations		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 your 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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal		astral exit sensations caress my body.
	Recite Morning Affirmations		I recognize that this is merely a more
			intense form of the energy movement
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)		the other side is freedom.
	Make Exit Attempt (Imagination Loosening) (Ref: page 252-254)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken when I return from
			the astral state. When I stir out of
Night:	Nightly Affirmations		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:



Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirn	natio	ons:
Morning:	Log Key Words in Dream Notebook	Mor	ning:	I remain collected and calm as the
	Log Significant Dreams (If Any) in Vision/Dream Journal			astral exit sensations caress my body.
	Recite Morning Affirmations			I recognize that this is merely a more
				intense form of the energy movement
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes			I have been practicing for weeks now.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)			This is merely a transitional thunder-
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)			cloud through which I must pass. On
	Induce Trance State (Ref: page 220-231)			the other side is freedom.
	Make Exit Attempt (One-handed Rope) (Ref: page 266)			
	Make NEW Program Notes, Observations, etc.	Eve	ning:	Tonight I will awaken when I return from
			-	the astral state. When I stir out of
Night:	Nightly Affirmations			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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Chasm Crossing Rope) (Ref: page 266)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Hanging Rope) (Ref: page 266-267)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Water Ski) (Ref: page 267)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Rope Cargo Net) (Ref: page 267)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Washing Hands) (Ref: page 267-268)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmation	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Steam Engine) (Ref: page 268)		
	Make NEW Program Notes, Observations, etc.	Evening:	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	005.
Tasks.	Est. Energy work time. So minutes + trance & Projection work		0113.
Morning:	Log Key Words in Dream Notebook	Morning	I remain in control and at peace when
	Log Significant Dreams (If Any) in Vision/Dream Journal		I find myself free of the physical. I
	Recite Morning Affirmations		move at least twenty feet from the
			physical body, drawing energy into me,
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		allowing the environment around me to
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		form with perfect, three-dimensional
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		clarity. I quickly glance at my astral
	Induce Trance State (Ref: page 220-231)		hands, stabilizing. I am in control.
	Make Exit Attempt (Big Wheel) (Ref: page 268)		
	Make NEW Program Notes, Observations, etc.	Evening	Tonight I will awaken while my body
			remains asleep. I stay very calm,
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	I have the power to successfully
	Make Exit Attempt (Ladder) (Ref: page 269)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
•	Log Key Words in Dream Notebook	Morning	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	I have the power to successfully
	Make Exit Attempt (Point Shift) (Ref: page 269-270)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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 you 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 <u>wanted</u> the be there, the stronger the visualization effort and the more powerful the result.

Your Notes/Observations:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	: I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	: I have the power to successfully
	Make Exit Attempt (Steam) (Ref: page 271-272)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
- denei	Ed. Energy work hind: of hinddo - Hando a Hojodion work		
Morning:	Log Key Words in Dream Notebook	Morning:	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening:	I have the power to successfully
	Make Exit Attempt (Rolling Out) (Ref: page 272)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	I have the power to successfully
	Make Exit Attempt (Rocket) (Ref: page 272-273)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening:	I have the power to successfully
	Make Exit Attempt (Boomerang) (Ref: page 273)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I follow my first out-of-body plan with
	Log Significant Dreams (If Any) in Vision/Dream Journal		focused, concerted effort. I keep my
	Recite Morning Affirmations		first astral experience brief and simple,
			narrating it as I go. I yell out excitedly
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		as I reintegrate with my body.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		"I remember this!"
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	I have the power to successfully
	Make Exit Attempt (Driving) (Ref: page 274-275)		convert a lucid dream into an astral
	Make NEW Program Notes, Observations, etc.		projection. I am able to return to my
			body, conscious even though my body
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
	Recite Morning Affirmations		memories can be. I immediately write
			down the keywords to my astral
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		travels, expanding on them with as
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		much detail as I can recall.
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening:	Tonight I will have a lucid dream. I will
	Make Exit Attempt (Favorite Technique) (Ref: page 247-275)		realize I am dreaming and take control
	Make NEW Program Notes, Observations, etc.		of my environment. I will manifest
			the exit symptoms and successfully
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmation	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
	Recite Morning Affirmations		memories can be. I immediately write
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Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		travels, expanding on them with as
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		much detail as I can recall.
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
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	Make Exit Attempt (Favorite Technique) (Ref: page 247-275)		realize I am dreaming and take control
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			the exit symptoms and successfully
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ions:
Morning:	Log Key Words in Dream Notebook	Morning	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
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			the exit symptoms and successfully
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
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			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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
Morning:	Log Key Words in Dream Notebook	Morning	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
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	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	Tonight I will have a lucid dream. I will
	Make Exit Attempt (Favorite Technique) (Ref: page 247-275)		realize I am dreaming and take control
	Make NEW Program Notes, Observations, etc.		of my environment. I will manifest
			the exit symptoms and successfully
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmat	ions:
	,		
Morning:	Log Key Words in Dream Notebook	Morning	: I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
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	Stimulate Primary Centers - 35 min. (Ref: page 174-180)		
	Induce Trance State (Ref: page 220-231)	Evening	g: Tonight I will have a lucid dream. I will
	Make Exit Attempt (Favorite Technique) (Ref: page 247-275)		realize I am dreaming and take control
	Make NEW Program Notes, Observations, etc.		of my environment. I will manifest
			the exit symptoms and successfully
Night:	Nightly Affirmations		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 <u>today</u> 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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I remember my astral experiences. I
	Log Significant Dreams (If Any) in Vision/Dream Journal		recognize how shadowy their
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			the exit symptoms and successfully
Night:	Nightly Affirmations		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'l 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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirma	tions:
Morning:	Log Key Words in Dream Notebook Log Significant Dreams (If Any) in Vision/Dream Journal	Mornin	g: I continually seek to explore higher levels of consciousness. I recognize
	Recite Morning Affirmations		the divine in myself and others. I under- stand that beneath our fleshy shells
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		we are all the same ethereal light.
	Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231)	Evenin	g: I attract dreams that expand my state of awareness. I realize the importance
	Make Exit Attempt (Ref: page 247-275) Make NEW Program Notes, Observations, etc.		of my dreams and understand their value. I know that what is looked for is
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmat	ions:
Morning:	Log Key Words in Dream Notebook	Morning	: I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal		levels of consciousness. I recognize
	Recite Morning Affirmations		the divine in myself and others. I under-
			stand that beneath our fleshy shells
Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		we are all the same ethereal light.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)	Evening	: I attract dreams that expand my state
	Induce Trance State (Ref: page 220-231)		of awareness. I realize the importance
	Make Exit Attempt (Ref: page 247-275)		of my dreams and understand their
	Make NEW Program Notes, Observations, etc.		value. I know that what is looked for is
			often found; if answers are sought, I
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal		levels of consciousness. I recognize
	Recite Morning Affirmations		the divine in myself and others. I under-
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Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		we are all the same ethereal light.
	Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		
	Stimulate Primary Centers - 35 min. (Ref: page 174-180)	Evening:	I attract dreams that expand my state
	Induce Trance State (Ref: page 220-231)		of awareness. I realize the importance
	Make Exit Attempt (Ref: page 247-275)		of my dreams and understand their
	Make NEW Program Notes, Observations, etc.		value. I know that what is looked for is
			often found; if answers are sought, I
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal		levels of consciousness. I recognize
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	Make Exit Attempt (Ref: page 247-275)		of my dreams and understand their
	Make NEW Program Notes, Observations, etc.		value. I know that what is looked for is
			often found; if answers are sought, I
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmatio	ons:
Morning:	Log Key Words in Dream Notebook	Morning:	I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal		levels of consciousness. I recognize
	Recite Morning Affirmations		the divine in myself and others. I under-
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Afternoon:	Walk-thru (Astral Perspective) - 3 minutes		we are all the same ethereal light.
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			often found; if answers are sought, I
Night:	Nightly Affirmations		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:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ions:
Morning:	Log Key Words in Dream Notebook	Morning	: I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal		levels of consciousness. I recognize
	Recite Morning Affirmations		the divine in myself and others. I under-
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	Make NEW Program Notes, Observations, etc.		value. I know that what is looked for is
			often found; if answers are sought, I
Night:	Nightly Affirmations		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 before very relaxing. It can also be an excellent day for reflection and insights.

Your Notes/Observations:

Date:

Tasks:	Est. Energy Work Time: 50 minutes + Trance & Projection Work	Affirmati	ons:
	Log Key Words in Dream Notebook	Morning:	I continually seek to explore higher
	Log Significant Dreams (If Any) in Vision/Dream Journal Recite Morning Affirmations		levels of consciousness. I recognize the divine in myself and others. I under- stand that beneath our fleshy shells
	Walk-thru (Astral Perspective) - 3 minutes Energy Work: Raise Energy - 15 min. (Ref: page 157-162)		we are all the same ethereal light.
	Stimulate Primary Centers - 35 min. (Ref: page 174-180) Induce Trance State (Ref: page 220-231)	Evening:	I attract dreams that expand my state of awareness. I realize the importance
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Night:	Nightly Affirmations		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: