

## Module 1: Astral Projection

Hi, I'm Steve G. Jones, Clinical Hypnotherapist. I want to tell you a little bit about myself before we get started. I have a bachelor's degree in psychology from the University of Florida, a master's degree in education from Armstrong Atlantic State University and a doctorate in education from Georgia Southern University.

I'm a certified clinical hypnotherapist, a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists and I am President of the American Alliance of Hypnotists. I'm the Director of the Steve G. Jones School of Clinical Hypnotherapy. I also serve on the Board of Directors of the American Lung Association in Los Angeles. I have over two decades of experience in hypnotherapy and I still maintain a busy practice and teaching schedule because I see clients and teach classes worldwide.

My client base consists mainly of people who want to lose weight, stop smoking or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income. Also, singles looking for love, insomniacs desiring proper sleep and actors desiring more confidence for their next audition.

When I travel to see clients and teach hypnotherapy certification classes around the world, I visit such places as Tokyo, Japan; Barcelona, Spain; Paris, France; London, England; Montreal, Canada; Las Angeles, California and New York just to name a few.

By the way, since you have an interest in hypnosis, perhaps you would be interested in becoming a certified clinical hypnotherapist. It is very easy to do. All you have to do is go to my website, [BetterLivingWithHyponosis.com](http://BetterLivingWithHyponosis.com) and click on hypnosis classes at the top. You can either train in person or online. After your training, you will be added to our worldwide directory of certified clinical hypnotherapists and you will receive a certificate.

I was fortunate for many years to have my office in Beverly Hills, California where I worked with such wonderful people as Tom Mankiewicz, the write of *Superman*; Jeraldine Saunders, the write of *The Love Boat*; and many other celebrities. I have been interviewed on CNN, Fox News and appeared on truTV in addition to having my own hypnosis TV show.

With my over 20 years of experience, I'm happy to share with you techniques that I've both developed and learned, which can help you improve your life. I encourage you to visit my website, [BetterLivingWithHynosis.com](http://BetterLivingWithHynosis.com). There you will find my life's work; 22 books on hypnotherapy, over three thousand hypnosis recordings available as downloadable MP3s or CDs.

These recordings will program your mind to achieve goals in such areas as weight loss, motivation and stopping smoking. I also have audio books, such as this one, where I am talking with you and sharing with you in a very dynamic way techniques that you can use to improve your life and the way you do things.

The reason I am telling you all this is not to impress you but to impress upon you that I, your teacher, am very capable and I know what I'm talking about. I am also very happy for the opportunity to share this information with you. So rest assured that you are in good hands and let's have some fun as we now expand your knowledge. I wish you well in all your endeavors and please be sure to visit my website, [BetterLivingWithHyponosis.com](http://BetterLivingWithHyponosis.com).

Welcome to the program that is going to take you through eight subconscious experiences that are designed to change your life. We're going to talk about such things as astral projection, hypnosis, opening your third eye, meditation, visiting the akashic records, harnessing the power of lucid dreaming, enjoying astral sex and reading auras. So get ready to learn, get ready to enjoy and get ready to find out more about yourself and the universe around you.

In this module, we're going to be talking about astral projection. Now astral projection is an out-of-body experience and during astral projection your astral body, or your soul, leaves your body. Your physical body is left behind as your soul travels in the astral plane.

Many people who are ill or near death have had an astral projection experience, a conscious one that is. Realize that you astral project every night when you sleep and usually you mistake it for a dream but people have had conscious astral experiences in many cases when they are ill or near death and they report leaving their body. But realize this is a natural phenomenon. You astral project, as I said, every night.

Now astral projection can be accomplished with a lot of practice and with patience. Realize that astral projection is a way to free yourself from physical limitations. Your astral body does not have to abide by the laws of the universe in the same way that your physical body does.

Your physical body is constrained by this three-dimensional universe, bound by such things as gravity, for example, while your astral body is not. Many astral projectors can fly, visit different realms, and even communicate with spirits.

Telepath and clairvoyant abilities have also been achieved while in the astral body. You have these abilities already so I'm not going to be talking about anything that you need to add to yourself, just something that you need to discover about yourself.

I have personally been using astral projection since about the age of 15 when I discovered it in high school and started astral projecting. Now, as I said, we unconsciously astral project every night and you often mistake it as a dream. You know those dreams of falling or flying.

Often times those are experiences in the astral realm but I wanted to experience it consciously so I started studying this technology back in the '80's when I was a teenager in a high school and I started learning how to do it. So, for me, astral projection means freedom, the freedom to travel around, the freedom for my soul to travel.

So, where does one go when they astral project you may wonder. Where do they go? Well, the astral plane has different realms once the spirit has left the physical world. You are not bound by your house or where you go to work or the road that you have to drive on with your physical body. Each realm is unique and serves a purpose for our solar spirit. Practiced astral projectors can learn to visit most of them over time.

Now the first realm, if you will, is sort of an in-between realm so we'll call the first, place. That is a place between the physical realm and the astral realm. It's where your spirit first will go when it passes through or into the astral realm. Some spirits have difficulty passing further. The first realm as you pass into it can be quite scary because let's face it, if you haven't done this consciously it's going to be new to you.

Just like anything that is new, it can have an element of the unknown and therefore it can be a little scary. But I want to tell you that this is completely natural. Even conscious astral projection is a natural process because your soul is naturally separate from your physical body. Sort of like the driver in the car versus the car. Well the driver in the car is you, your soul. The car is your physical body.

The next realm is where most astral projectors travel to. It's the realm that is often referred to as the astral plane. This realm is like the physical world but without the boundaries or rules. You can do practically anything you set your mind to without physical limitations. The higher realms are not always accessible to us. They require a higher vibratory rate in order to get to.

Now some say this because of a silver chord that tethers us to our body and I believe that there is a silver cord because I've seen it. The silver chord that goes from your umbilicus, in other words your belly button, of your physical body to the umbilicus of your astral body. This chord keeps us from travelling too deeply into other realms while we are alive in this physical world. It also guides a person's spirit back to their physical body. So, no matter how far you go you're going to come back.

Think of it as the old-time divers. Perhaps you have seen a movie of this or a documentary about this, about divers long ago who did not have scuba gear, a self-contained underwater breathing apparatus. They had to get their air from up above and it was pumped in through a hose into their suit so they could breathe the air. Well, they weren't able to go any further than the hose would allow them. It's similar to that with the silver chord.

The silver chord does not have necessarily a limit on how far it can go but it does serve the purpose of getting you back. Let's face it, if that diver got lost, all he would have to do is follow that chord all the way back to the boat in the same way your silver chord attaches you to your physical body and you naturally follow it back. It is not something that you have to consciously work at. You will naturally go back to your physical body after you are done astral projecting.

Now the stronger your energy is the higher in the realms you will be able to go. The higher realms are very different from our own world. What happens during the experience? The astral world has very few

limitations. A physical plane does but the astral world does not so you can do all sorts of things in the astral world just using your imagination.

You travel simply by thought. You think about going to a place and you go to that place. Popular destinations and things to do include visiting loved ones who have crossed over and also flying. Let's face it, without the limitations of gravity there is a lot that you can do.

Here are some things to watch out for. First of all, the astral world is not dangerous, but, as I mentioned, just like anything new and unknown it can be scary quite literally. The only thing to fear in the astral world is fear itself. So you can control what happens during your experience by controlling yourself and that happens with practice. Remember that you can remove yourself from any situation just by using your thoughts.

Always astral project when you are in a good state of mind. Your intentions, your thoughts, your emotions can manifest instantly. You may experience fearful things during your experience if that is what you are focusing on. If this happens, just calmly remind yourself that you are in complete control. Don't let this worry you as most experiences are actually beautiful and amazing. So focus on the good, let go of the bad. Focus on the positive and let go of the negative and you're going to have a fine experience.

Now, how can you achieve astral projection? Well you want to meditate to achieve a hypnotic state. You do this by lying down and relaxing your entire body, focusing on one part at a time. You know, relaxing yourself systematically; relaxing your legs, your arms, your torso, etc. Breathe steadily and imagine yourself completely relaxed. By doing that, you'll of course become more relaxed. And image your body glowing, glowing red, orange, yellow, green, indigo, purple, magenta, imagine your body glowing.

When you tap into the colors what you're tapping into are the vibrations of your body, the natural vibrations of your body. So imagine yourself glowing with different colors. You don't have to be those exact colors, just imagine yourself glowing with different colors.

Once you tune in to them, the colors will come to you. You will understand what the colors are without me even needing to tell you. These various colors are the colors of your energy so focus on them and magnify them and make the colors grow outside of your body as if the energy can no longer be held.

It's fascinating and powerful to work with energy. The energy that you are magnifying is actually your astral energy. You have to practice controlling it in order to bring your astral body out. When it begins to work, you'll feel sensations of electricity running through your body. It's really fun the first time and actually it never loses its fun if you think about it. It always becomes more interesting and more dynamic. So you're going to experience some strong vibrations sometimes or you may hear some strange sounds. You could experience one or all of these things.

These are signs that you are just about to become successful, so stay calm and relaxed as your astral body is moving out of your physical body. It can be a little interesting at first to say the least so just stay calm and you'll continue moving out of your body.

I want you to realize that you should observe without fear or concern until your astral body begins to emerge. So take on this idea of being an observer. You know when you're an observer your just watching something and you're more analytical about it, you're just seeing what happens.

If you take on this type of a concept, this type of a stance, this type of an attitude it helps you a lot because it takes the emotion out of it. I want you to stay calm during this. The best way to do is to take on that idea of being an observer. You are an active participant, yes, but if you take on the idea of being an observer, it will make things a lot easier for you.

One thing that can help is to image your astral body lifting and when you finally get your astral body free, practice going anywhere you want to go, maybe just around your bedroom at first. Then maybe you want to go out to the kitchen. Then maybe you want to go outside in your astral body.

Now remember you're not in your physical body. Your physical body is lying down comfortably in bed. You don't do this while you're driving or any other activity. Just do it preferably at nighttime when you are about to lie down to go to bed. Go ahead and lie down and then you work on this. That's the best time to do it. Over time, you'll be able to do this more and more easily.

Through astral projection, I've been able to accomplish a lot actually. It's been very interesting and fascinating. I've been able to experience many things and do many things. If you want to learn more about this, this program is not about astral projections entirely, the program that you're listening to right now.

But if you want to focus on that, if you want to learn just about astral projection then I invite you to visit the website that I designed for that specifically. It's called [TheArtOfAstralProjection.com](http://TheArtOfAstralProjection.com). Over at [TheArtOfAstralProjection.com](http://TheArtOfAstralProjection.com) you're going to find access to a lot more information about this. So, if this part of this program is fascinating to you, I invite you to learn more over at that website.

The rest of this program is going to go into other fascinating topics. For example, in the next module we're going to talk about hypnosis. Of course, I have been studying hypnosis for a long time. Around the time that I got interested in astral projections, I also got interested in hypnosis, luckily as a kid in high school I got interested in it. So now, all these years later, I've built a career around that, around how I can help people with that.

Then after our module on hypnosis, we're going to jump right back into metaphysical material where I'm going to share with you how to open your third eye. So you're in for a treat in this program. You're going to get a lot of information, a lot of well-rounded information.

But for now, I'd like you to put to practice what you've learned in this module. I'm a big believer in homework so how about tonight as you're drifting off to sleep lying in your bed, how about working on astral projection as I discussed it. Remember, you lie down and relax your entire body, focusing on one part at a time, breathe steadily and imagine yourself completely relaxed.

You remember what that does, it allows you to become relaxed and you image your body glowing in different colors. The colors will come to you. If you tune into your body, I won't have to tell you which colors. You will intuitively feel that these are the colors of your energy. So focus on them, magnify them, and make them grow outside of your body, as the energy can no longer be held by your body, and realize that the energy that you're magnifying is your astral body.

What I found when I first started studying astral projections, back in the 1980's is that I could focus on getting an arm out or a leg out or lifting my head out of my physical body. Now if you've never done this consciously that might seem odd to you that you would lift your head outside of your physical head or your astral arm outside of your physical arm but that's the way it works.

It's a fascinating experience and once you get your entire body out well then you have total freedom to wonder around and enjoy the astral realms. So I invite you to do that as homework and then join me in the next module as we talk about hypnosis.

## **Module 2: Hypnosis**

Welcome to the module that is going to teach you about hypnosis. Now what exactly happens during hypnosis? Well your mind enters a special state of heightened focus and concentration and this state gives you access to your subconscious mind. Under hypnosis you can empower yourself to do many things.

The techniques that I'm going to teach you in this program, in this module about hypnosis, I want to make sure you never use them while operating a motor vehicle. You only use hypnosis when you are safe and sound, lying down, and everything is taken care of. There is nothing that you have to do. There is nothing that you have to get up and handle. You are relaxed, calm, and just lying down with nothing to do.

There are so many myths surrounding hypnosis that are simply not true. First of all, you're not out of control. Also, no one can force you to do things that you don't want to do. Also, realize that you must want to make the changes otherwise hypnosis will not be as effective. So, if you want something, you're going to have a lot more success with hypnosis. It's not just a magic wand. You have to really be onboard. Also, hypnosis is not dangerous. Some people think it's dangerous but it's not. You're not going to go into a coma for example. A lot of people are afraid of that. It doesn't work that way. So, let's talk about ways that hypnosis can be used.

First of all, you can improve negative behavior. Things such as lying, cheating, or getting angry and acting out or being lazy. Those things can be fixed or improved upon with hypnosis. You can break addictions. For example, people can stop smoking even if it's been many years. I worked with Tom Mankiewicz, the writer of *Superman, The Movie*. He smoked for 45 years. Well after he came to see me, he never smoked a day in his life after that. He stopped smoking.

So, hypnosis is a powerful tool. Now that testimonial is not about me. That's about the power of hypnosis. I simply used hypnosis in the way that I was trained to use it and it worked because that's what hypnosis does. It helps people change habits that they want to change or eliminate habits that they want to remove from their lives. You can also eliminate drug cravings or alcohol cravings.

You can stop abusing things that actually could potentially ruin your life. You can also improve yourself in so many wonderful positive ways, for example, gaining motivation to accomplish your goals, improving your self-confidence. Let's face it, with confidence you can do pretty much anything. There are few things that I can think of that you couldn't do without confidence.

When you think about it, everything that you have ever accomplished in your life started with confidence. You had to have confidence that when you got out of bed that morning and put your feet on the ground the ground would be solid, you'd have something to stand on. Confidence helps through and through from the very beginning of your day all the way through the final goal accomplishment that you're working on.

You can also overcome anxiety, anxiety that tends to hold people back. This is an improvement that can be made with hypnosis. You can also reduce stress in all areas of your life and you can eliminate fears that keep you from your dreams. I deal with so many clients who have huge dreams. They want to accomplish things but have deep-seated fears about things. When they let go of those they are able to move forward toward accomplishing their dreams.

You can also relieve pain or discomfort, such as managing or even removing the most severe pain. I remember working in a place called Echo Malibu in Malibu. It's a place that celebrities went to, and people with a lot of money, because they charged about \$100,000 for a month there. During that month you would get access to all kinds of people, people like myself, hypnotherapist.

You have a medical doctor, even a chiropractor, a nutritionist and so forth. I remember working there with one particular person who was addicted to pain killers because he had some pain, I believe he had been in some sort of an accident and he had some pain and he had a pump that would pump the pain killer into his body. Well he didn't want to be on that anymore because he was becoming addicted to it.

He wanted to get free from that. I taught him how to use his mind and control the pain so he could ease himself slowly, and under doctor's care, he could ease himself off of the pump that was pumping chemicals into his body that he didn't want to have to depend on. So, you can use hypnosis to relieve pain or discomfort.

You can also reduce pain associated with childbirth. I remember about 10 years ago I went to Canada, Montreal, Canada, and I worked with a medical doctor and we developed a program to help mothers give birth to their children without any painkiller, without any drug numbing the pain. They just learned to use their minds to control the pain. So, something as powerful as childbirth and the pain associated with it can actually be controlled with the power of your subconscious mind.

You can also ease medical condition such as acid reflux. There is a lot of research going on about how to use your subconscious mind. As we look to the medical profession for answers, we find that they have sort of run out of answers in a few areas. Now some areas of medicine are cutting edge and their continuing to do fantastic research but other areas they've realized that they've come up against something and that is the human psyche.

At a certain point, the answer becomes working with your mind and training your mind to change your body because your mind is in charge of your body. Medicine is starting to realize the strong link between the mind and the body. You can create conditions in your body by just thinking about them. You can focus on negative things and manifest them in your body.

I was talking with a medical doctor at Cedar Sinai in Beverly Hills a while back and he was talking to me about patients that he has come in who have actually created illnesses because of their thoughts. When he was able to get them to change their thoughts the illnesses suddenly went away. I'm talking about things such as multiple sclerosis, for example, and the signs and symptoms related to that.

I'm talking about them completely going away just by changing thoughts. So, medical science is coming up against this hurdle, which is embracing the power of the human mind. We're seeing a lot of progress recently in the bringing together of the ideas of using medicine where it has its place and also using the subconscious mind where it has its place because we have the ability to help ourselves in many cases.

Also, we see symptoms such as those associated with allergies being cleared up just by people focusing on their subconscious mind and by changing the way they think. Now if you have any sort of medical condition whatsoever, I advise you first and foremost to seek the services of a medical doctor and talk to him or her about the possibility of using hypnosis. Your first approach to the situation should be seeking the services of a medical doctor.

I myself have used hypnosis for many years. I make recordings for myself. Being a hypnotherapist makes it quite easy actually, because I can just make a recording for myself, but you can do the same thing. You can make a recording for yourself, listen to it at night, and improve areas that you want to improve.

Now I want to talk to you about that, how to achieve a hypnotic state yourself. First of all, find a nice quiet place to relax. Select a time of day that during it you're not going to be too tired so that you don't fall asleep.

I don't want you to do this when you're exhausted at night and you're lying down and you know that when your head hits that pillow you're going to be asleep because when doing self-hypnosis you want to maintain a little bit of consciousness. You want to be aware enough so that you are actually able to participate in the hypnosis.

If you're listening to a recording, that's different. You can just listen to the recording and drift off to sleep and your subconscious mind still receives the messages through your hearing. But, if you're hypnotizing yourself, that's different, you need to stay awake.

So, ask everyone to give you some quiet time and allow you to concentrate if you've got people around you or roommates or a spouse, etc. Also, you want to wear loose-fitting clothing that allows you feel comfortable. There's nothing worse than attempting to relax and feeling uncomfortable at the same time. So get yourself as comfortable as possible. You can lie back in a recliner or on a couch or lie in your bed, whatever allows you to relax but still maintain consciousness.

Then I would like you to think about every part of your body and image all the tension leaving your muscles. It's helpful to work from top to bottom. Think about the top of your head all the way down to the tips of your toes and relaxing every part as you go.

As you do this just breathe in deeply and exhale slowly as you calm your mind and body and silently repeat to yourself something that makes you feel completely at peace, such as "I am at peace," "I am feeling relaxed and happy," and imagine yourself in a place that makes you most happy. Perhaps it's the beach, perhaps it's the woods. For some people it's a busy city street. You're just imagining yourself wherever it is that you feel happy and you feel relaxed.

So, it could be a tropical beach with a warm breeze and soft, silky sand. It could be your own private meadow full of the sounds of birds singing. Imagine it in great detail using sight, sound, smell, touch, every sense that makes sense in that scenario.

Next use an induction technique to fully place yourself into a hypnotic state. What I mean by that is tell yourself to just relax and to drift into a peaceful and relaxed state and think about how wonderful it feels to continue drifting into relaxation.

Do this for as long as it takes to feel completely relaxed. Remember, you want to maintain some consciousness here. So relaxed but not asleep. You're doing self-hypnosis. If you're using a recording, as I said, you can fall asleep. That's fine. But, if you're the hypnotist hypnotizing yourself you need to stay awake. You can be awake but still in a hypnotic state. We call that Alpha.

Now it's at this time that you're relaxed, you put yourself into that state of relaxation, it's at this time that you can use suggestions to target your subconscious mind so you can imagine yourself succeeding at whatever it is you want to do and believe that you can and will do it. It's helpful to picture yourself at a future time when you've already accomplished your goal.

Whatever it is that you're working on, see yourself in the future having achieved it. Now that's if you want to use hypnosis for goal achievement. Perhaps you just want to use it to be a calmer person. Well imagine yourself being in a situation that would ordinarily stress you out and image yourself being calm in that situation. Perhaps image yourself speaking in public. Maybe that's a fear you want to overcome.

Whatever it is you want to do or change about yourself, image yourself having made that change and living that new life in a new way with new abilities, the ability to relax and be calm and confident or the ability to be motivated.

Whatever it is that you want to work on, imagine yourself having already achieved that and make it specific in a specific situation that previously gave you a challenge. When you're finished then you can allow yourself to feel fully awake or refreshed or to just drift off to sleep. If you want to do this at nighttime, just drift off to sleep if you'd like. But you never do this while operating a motor vehicle. Make sure of that.

If you experience difficulty hypnotizing yourself, then I invite you to find the services of a hypnotist or use guided imagery recordings or hypnosis recordings. These can help you tremendously. I myself have been using hypnosis for a long time. I started out by using hypnosis on myself and my roommates. I was in military school and that's the same place that I learned astral projection.

I got a book on hypnosis. It was called *The Complete Guide to Hypnosis*. Fascinating book. It's just a little paperback book. I started reading it and I started learning how to hypnotize myself and others. I, of course, followed up that with academic study in college and training outside of academia in hypnosis specifically, but it all started with just an interest in hypnotizing myself and then I started hypnotizing my friends.

If you're interested in following up, I encourage you to do so and learn more about it. I want to give you a resource for this in case you're interested in following up and that would be [HypnosisCertified.com](http://HypnosisCertified.com). Now that's if you want to be combine a certified hypnotist.

If you just want to continue learning on your own, then I invite you to just take advantage of any number of sources that are available online or at a bookstore. But if you want to become a certified hypnotist, then be sure to check out [HypnosisCertified.com](http://HypnosisCertified.com).

I want you to get ready to join me in the next module as I talk about opening the third eye, a fascinating topic. As we get back into the metaphysics of the subconscious mind, we're going to talk about opening the third eye.

### **Module 3: Opening the Third Eye**

Welcome to the module that's going to share with you the technology that's going to help you open your third eye. Now let's talk about what the third eye really is. Well our third eye is located in the center of our brain.

It's called the pineal gland. Many believe it to be a gateway to a new level of awareness. It is also our sixth chakra. We have seven major chakras. It is our sixth. So, the third eye is where our intuition comes from. Also, our imagination, our wisdom and our decision-making originates there. Now as you can imagine, imagination, wisdom, and decision-making are very important. Expanding upon these is very powerful and very helpful. Those with special abilities learn to open the third eye.

The third eye lies dormant until it is awakened. Awakening your third eye is, of course, very enlightening. With the awakening of the third eye comes new ability. When I say new ability, I mean it's probably new to you because you haven't used it before but it's really something that's been lying dormant, something you've had all along. Remember in the song by the group America, "Oz never did give nothing to the Tin Man that he didn't already have."

A wonderful song and a reference to the Wizard of Oz who gave physical representations to everyone about their abilities they already had, things that they had but they weren't really tuned into them. The third eye is like that. It's an ability that you already have. No one needs to give it to you. You just need to be shown how to use it. So, that's what we're going to cover in this module.

Awakening your third eye can be very enlightening. You're going to gain access to new and endless information. I'm talking about things such as clairvoyance, visions, precognition, all of these are available to you and you can achieve higher realms of consciousness that go way beyond your five senses. The sixth sense comes from your third eye. So, let's take a look at the third eye throughout history.

Now in Kundalini yoga the third eye is a source of enlightenment and bliss. Free masons refer to it as the all seeing eye. The same eye is on the U.S. dollar by the way. The eye of clairvoyance in Hinduism, well that's a reference to the third eye. The middle eye of Shiva in Buddhism is another reference. The Bible refers to the third eye as the knowledge of good and evil.

How can you awaken your third eye? Before opening your third eye, you must be certain that you are ready. You will see things that you won't be able to explain and it can be a little overwhelming or even scary for some but there's really nothing to fear. It's like when we talked about astral projection. There's absolutely nothing to fear. It's just the unknown that can be scary at times. This is why it is so important to be mentally prepared for this experience.

When you are sure that you're ready to proceed, this next exercise is going to awaken your third eye. I want you to do this when you're not driving, you have nothing to do, when you're just sitting and you're able to focus, sitting or lying down in a way that you're comfortable and you're safe. In other words, if you were to lean one way or the other, you wouldn't fall out of anything. You're very stable.

So get into that comfortable position if you're able to. If you're driving or doing something else such as jogging then do this later, not now. If you're going to do this, you should be either sitting or lying down and focus on clearing your mind and relaxing deeply and energize your body by activating your chakras.

Here's how you do that. First image the yellow light of clarity pulsating at the base of your spine. Next, an orange light of happiness shining brightly in your pelvic area. Notice how every color you light up within you increases your energy. I'm taking you through this step-by-step, but I want you to realize you can do this more slowly later on at our leisure.

I just want to give you the technology for now. You can image a red aura pulsating with vitality at your belly button level, as you feel stronger and stronger. Representing love and compassion, see, sense or feel a green light pulsing near your ribs. Blue comes next. Imagine this light of knowledge glowing brightly in your chest.

Then image your throat and tune in to the color of your throat, what is that color, as you activate your throat chakra. Tune into it now. Indigo represents intuition, so see it shine at the center of your head. Tune into it. Finally, see, feel, or sense the color violet emerge from the top of your head securing the connection between your mind and the higher levels of consciousness.

Now you're ready to open the third eye completely. You remain in a meditative state and focus on increasing the brightness and size of the indigo light that represents your third eye in the center of your forehead, right between your eyebrows. That's right. That's your third eye and that's what we are focusing on in this module.

Now that you know how to do this, I want you to repeat this meditation daily while watching for the following signs, signs that your third eye has opened. These signs include pressure in your head. If you have extreme pressure, then that's not what I'm talking about. I'm talking about a slight pressure. Extreme pressure is something that you should see a medical doctor about. I'm talking about a very slight pressure that not painful.

Also, a tingling sensation in your spine or head. Again, if this is excessive, then that goes beyond what I'm talking about and that is something you should talk to a medical doctor about, but a slight tingling sensation in your spine or head. Also, a slight pulsating feeling in your head.

Again, as I've said, anything more than that would be something you would consult a doctor about, or a crackling or sizzling sound coming from the center of your head. As I've said, anything beyond that, anything beyond a slight perception of that, is something you should talk to a medical doctor about. I want to be clear that these things that you will be feeling are very slight. Anything beyond that is not what I'm talking about.

Also, mental clarity and a feeling of strong relief may accompany opening your third eye. Mental clarity is very important. It allows you to get a lot done. It allows you to move forward in life. That's one of the things that opening your third eye can add to your life. This can have immediate benefits for you.

Some people experience all of the things I have mentioned while others experience none. So, your experience is unique to you. You may experience more of the things that I've mentioned if it's been a while since you've opened your third eye or if you've never done it. Now after you've opened your third eye you'll slowly gain new abilities.

During this time, rather than rushing things, be patient and calm. Separate things that you see or feel using your third eye from the physical world. Realize that these are things of a metaphysical nature, not a physical nature. You're going to find that you're going to have increased wisdom, intuition and foresight and you'll most likely experience visions and be able to see future possibilities.

Use these things to your advantage to enhance your life. The energy of others will also be apparent and you're going to be able to understand it. I'm talking about such things as seeing auras. As you develop this, it's going to become easier for you. There is even the possibility of being able to visit other dimensions. This is all possible by opening your third eye. Also, increased creativity, which is one of the benefits that I love and inspiration.

These things are going to help you accomplish more as well. You're going to get new inspiration, new motivation for whatever it is you work on, for the field that you work in, for perhaps things you are writing or things that you're dreaming about doing. You're going to have increased creativity and increased inspiration to help you accomplish these things.

You may be able to communicate with spirits and those in another realm. So similar to astral projection, you can communicate with realms beyond this three-dimensional everyday existence that you live in. So get ready to enjoy it. Get ready to have some fun with it. Get ready to explore. You're going to find that your abilities only increase and as my father used to tell me, practice, practice, practice. The more effort you put in to it the more you get out of it.

This is a good point in our conversation, as you move through these modules, to point that out that as you learn these things it's important to put them into practice, to start doing them. You've already learned about astral projection. You've learned about hypnosis. You've learned about using your third eye. The more you put these things into practice the more you're going to get out of them.

If you're going through this program and just listening to what I'm saying, that's nice. If you're taking notes, that's better. But if you're putting all that into practice, that's the best way to go through this program because that way you're going to find out what works for you and what comes easily and naturally and what you need to work on to develop. So, start doing these things. Start putting into practice what I'm talking about.

In the next module, we're going to discuss meditation. Now meditation is a good opportunity for you, when you meditate, it's a good opportunity for you, to work on anything you want to work on because you can meditate on becoming better at hypnosis. You can meditate on astral projection and how you want to develop your astral projection skills. You can meditate and open your third eye at the same time.

You can start combining some of these modules. You're getting a lot of skills, a lot of information in these modules and I want you to realize that rather than being exclusive, rather than them being separate and distinct from one another, there can be some overlap. You can combine the knowledge that you're learning and use it together.

In the next module, we're going to talk about meditation. I'm going to share with you some of the things that I do to enhance my life. I have found that meditation has been extremely beneficial to me. When I want to work on something, when I have some concerns about something, when I have something coming up, when I am not getting any clear intuitive ideas about something throughout my day, I take time to meditate.

I just quiet everything down and I meditate. I'm able to get insight by doing that. I'm able to figure out what I want to do and how I want to do it. Once I do that, I'm able to move forward and get things done a lot more quickly and easily than I normally would be able to if I didn't use meditation. So, get ready to learn that in the next module. It's going to be very beneficial to you.

Meditation is something that you will hopefully use everyday of your life to some degree because it just takes a few minutes to meditate as you're going to find out. Get ready to learn that. Get ready to have some fun. Get ready to continue improving your skills and expanding your knowledge.

#### **Module 4: Meditation**

Welcome to the module that's going to teach you about meditation. Let's talk first of all about why meditation is so beneficial. It can improve health issues for one thing and the relaxation and inward focus of meditation helps you to relax more. You can measurably lower your blood pressure, reduce your risk of stroke and heart disease, promote a healthy weight, alleviate chronic pain, all of these things can be accomplished with meditation.

If you have anything like this that I've mentioned that concerns you, your first plan of action should be to see a medical doctor. But, with their blessing, you can use meditation to work on these situations, to lower your blood pressure, to relax more, to calm yourself down. Let's face it stress is a tremendous source of health challenges. So, if you can eliminate it or at least reduce it, then you can live a longer, healthier life. But, you always do that under the blessings of a medical doctor.

Meditation can also improve mental clarity and, of course, as I mentioned decrease stress. When we decrease stress, we find that our mental clarity increases automatically because sometimes you may notice you may get a little scattered. You may find that you've got all sorts of thoughts going through your mind. When you focus, because of being able to be calm, you find that you're more clear. Meditation has been demonstrated to improve mental health in this regard.

It also helps you regain balance for a happier life and it recharges your mind's battery, if you will, so that you can function at a higher level and it can be a catalyst to achieving your goals. Think about it. Certain forms of meditation allow people to find answers to overcoming the challenges that they're facing. A person can build mental focus so that accomplishing things becomes easier.

That's the way I use it and that's way I invite you to use it. You can also see clearly paths that you can take to determine the correct one. If you can see a few alternative paths, ways that you can go in life, you can choose which one will work best for you. Meditation can allow you to do all these things simply by allowing you to think about them, to open your mind and focus on them.

Meditation can also help you become more aware of yourself and becoming more aware of who you are can give you the power to change. Once you're aware of yourself and what you're doing and how you're being perceived and how that's affecting your life, well, you can make some changes that enhance your life. Once you target areas that you need to work on with your mind, meditation can help tremendously. You can also help yourself rebuild your belief system and focus on success and happiness.

Let's talk about the types of meditation. First of all, there's mantra meditation. This allows you to focus on certain beliefs or a state that you wish to achieve. This is done by repeating a word or a phrase, known as a mantra. For example, repeating, "I am happy" is a good mantra.

There is also visualization meditation. This meditation helps you practice the future. That's right, practice the future, practice what's going to happen in the future or it just allows you to unwind. By visualizing what you want to have happen in the future, your subconscious mind becomes programmed to move toward that future, to create it.

So you can visualize what you want in your life or what you want your life to be like and how you're going to get it, how you're going to arrive there. Also, you can imagine yourself in your beautiful oasis. This can be just a form of using visualization meditation to relax.

There is also spiritual meditation. This is a way to connect with your higher power or the creator or universal energy and it can be very different for everyone based on their own beliefs. As you can imagine, someone of a certain religion's persuasion using spiritual meditation would have a different experience from someone of another spiritual or religious persuasion. This type of meditation can be extremely enlightening and beneficial.

There is also mindfulness meditation. This is mediation in which you focus on anything that comes to mind without judging and it allows you to become aware of more, of more things around you and to clearly comprehend what's going on around you.

Let's talk about learning to meditate. First of all, creating a daily ritual is very powerful. Just chose a time of day that you can be alone and in a quiet place. Some people say that the morning is best for them when they first wake up. For some people it's the evening. For others they enjoy taking a break during the day, perhaps they like to meditate at the office.

Just close the door, lock out everyone and everything, unplug the phone, turn off the phone and just relax and meditate. Find the best place to relax and also the best time. Chose a place that is away from clutter and other people. You don't want to be influenced by other people's energy. For example, a locked room, like an office that I mentioned or in a peaceful meadow. As long as it is peaceful to you and allows you to unwind.

Then you calm you mind and body completely. You want to do this is a comfortable seated position or lying down. Some people feel that the only way to meditate is in the lotus position. You know the lotus position, where you're legs are crossed, your back is upright, your chin is parallel with the floor.

Your eyes are closed, your wrists are resting gently on your knees, your palms are facing upward and you're making the OK sign by touching the tip of your left thumb to the tip of your left index finger and the tip of your right thumb to the tip of your right index finger. This is what we call the lotus position. It's not necessary for meditation.

Whether you are sitting or lying down it doesn't matter as long as you're stable so if you were to lean one way or the other you wouldn't fall out of anything. A bed is great for this, a big comfortable chair like a recliner or a couch, or you can even lie down on the floor if you want, or you can, if you want, can sit up. You can sit in the meditative position if you want.

You can sit in the lotus position, the standard meditative position. It's up to you but it's all about you being relaxed so that you can focus. Let's face it, if it hurts to sit in the lotus position, then why do that because all you're going to focus on, if you're in pain, is the pain itself and then you're going to have to block that out on top of working on meditating.

So, make yourself comfortable. Make yourself relaxed. Allow yourself to unwind. Then you'll want to close your eyes and breathe deeply and slowly in and out and think about relaxing all of your muscles. I like to image a lake. Some people are visual. Some people are auditory. Some people are kinestatic. Some people like to feel the relaxation coming in. Some people like to hear a lot of chatter and then let it simmer down and become calm.

I like to focus on a lake. A lake when I first see it will be a little choppy, perhaps the water will be moving making ripples, but then it calms down. I don't need that lake to be perfectly flat and calm like a mirror,

but I do want it to calm down enough that I know that I'm relaxed and I'm able to focus. Let that lake or that sound or that motion in your mind happen.

Let it play out and then let it calm down. As that motion or sound or some sort of movement that you're seeing in your mind goes through its motions, goes through its sounds, goes through what it's doing, you're going to find that it does calm down and does relax. As it does, you're going to find that you are then in a meditative state.

By the way, a meditative state is really no different than a hypnotic state. You're able to make positive changes in your mind when you're in a meditative state. It's just generally a less formalized approach whereas hypnosis oftentimes goes through a procedure. Meditation does use a procedure as well, but it's more about just relaxing and letting your mind clear in the case of meditation. Choose a type of meditation that works best for you. You can combine different meditation styles if you'd like to.

Let's talk about how meditation allows us to align with our goals. Meditation provides insight and concentration. It allows you to be very relaxed. It allows you to concentrate by focusing on specific things and making them very clear, making them the only thing you're focusing on. This gives us the mindset we need to make things happen. Using mantras and visualization can also help. You can combine different types of meditation.

Mediation can help us shift into action. Meditation can also help us use the law of attraction. It produces positive vibrational energy, which makes our desires obtainable. You know the law of attraction, what you focus on you get. So, how about focusing on positive things that you want to have in your life while you're meditating?

Now realize that during meditation your subconscious mind can be retrained to align with your goals. If you found that you have gotten off track with fears or worries or doubts, those can be addressed during meditation to get you back on track, to get you realigned, to get you excited about your goals again, to get you refocused, to get you dedicated to what it is that you want to accomplish. You can also work on confidence, determination, and just assuring yourself that everything is going to be all right.

I feel that the time that works best for me for mediation would be right when I'm about to go to sleep. Previously, I mediated when I woke up but as it turned out when I woke up I wasn't totally alert yet and I wasn't really thinking about what I wanted to focus on. I was just kind of thinking, well, I'm just working on waking up here.

So, for me the nighttime is great because I've already been through the day and during the day I've made note of a few things that I want to meditate on before I go to sleep, things that I want to clear from my mind. Perhaps something was bothering me or perhaps I left something unfinished that I want to do the next day.

Rather than going to sleep with all these thoughts working through my mind and keeping me up in bed at night, what happens is I focus on just letting them play out, seeing them in my mind, understanding that they're just part of life, whatever they may be. Something I need to do, something I wish I had done, something that I will do. Whatever it is that is floating through my mind, I let it play out.

Then I become strategic about it and I allow myself to make a plan so that the next day will be better so that I will do my best to accomplish what I need to accomplish, to accept what I need to accept, to move forward in the various areas of my life that I'm working on.

Meditation for me at the end of the day is perfect and I usually use a visualization meditation where I visualize what I want to work on. I focus on what I want to do the next day, the next week or sometimes even five years or ten years out. I focus on what I want to do in the future, both the near future in the short-term and the distant future in the long-term. I focus on what I want to accomplish. That is only after I've addressed the things that are on my mind.

Sometimes things are bothering me. Sometimes there are things that I wish I had done or that I focus on doing in the future but at the same time I have tension about not having done them. So, I let all of that play out. I address all of that. I acknowledge all of that. Sometimes its tension and stress. I acknowledge all of it and then I focus on what I can do and what I will do.

I end my meditation by putting together a plan for what I actually will do because my intentions are everything and your intentions are everything. What you intend to do is what you will do. So, if you want something to change, you have to intend to change it, to do your part in making it better.

Sometimes that part is just changing your thoughts. Sometimes it requires specific action. So, whatever it is that you need to work on meditation time is great time to get a plan together that you will then follow through with.

In the next module, we're going to take this up a notch. We're going to get back into metaphysical learning and we're going to talk about the akashic records. It's a very fascinating topic, something I think you'll really enjoy. I think you're going to get a lot out of it. Akashic records are a record of everything that ever has happened and everything that ever will happen.

Sounds exciting, doesn't it? Well there's a catch. You have to use your powers for good. It's like in the movie, *Back to the Future*, when the characters found out what was going to happen and they attempted to use that knowledge for gain.

Well, things didn't quite work out as they thought they would, so you have to be prepared before going into the next module to use your powers for the benefit of others, to have other people's best interests in mind. Get ready for that. Get ready to learn about the akashic records.

## **Module 5: Visiting the akashic records.**

Welcome to the module that is going to teach about visiting the akashic records. Well, what are the akashic records? They are an unlimited source of knowledge. As I told you at the end of the last module, they are record of everything that has happened and everything that will happen. But there is a catch. When looking into the future, it is a record of the possible or sometimes even probable future but not the definite future.

Some call this the omnipotent force of God. Others believe it is an invisible network that connects us all, and there is evidence that the akashic records are embedded in our DNA. It is a metaphysical archive of wisdom that is accessible to all. It does not matter what religion you are. If you come from a certain culture or another culture, that does not matter either. Even purely scientific minds can access the akashic records.

So I want to tell you a little bit more about how anyone can access the records no matter what their beliefs. It is sort of like going to a library. You may not believe in library so you may not have ever heard of a library. That does not change the fact that the library is there. So think of it like that. Even if it is new to you, even if it is something that you may not necessarily believe in, it is still there and still something you can access.

Now there are many ways to access the akashic records. First of all, through medication and luckily, the way this program is structured, you have already learned how to meditate. So by focusing on a specific question as you meditate, you can find the answer in the akashic records. Your subconscious mind can also be utilized to tap into your own akashic records. In other words, the record of everything that ever happened to you or potentially or possibly will happen to you.

So when you open your third eye, realize the third eye is a part of the brain that is highly receptive. It is capable of seeing beyond the physical and tapping into the akashic records intuitively. Through hypnosis techniques also, which you have also learned in this program, you can use guidance sessions or self-hypnosis to tap into them.

In other words, you can listen to a recording that is taking you through a guided session or you can go to a hypnotist who is going to guide you through a session. Alternatively, you can use self-hypnosis as you have been taught in this program. So the hypnotic trans is very powerful for accessing records. There are also special recordings that are created in this purpose.

For example, I have created an akashic records program that you can use and it is available at [readakashicrecords.com](http://readakashicrecords.com). That is [readakashicrecords.com](http://readakashicrecords.com). Akashic is spelled A-K-A-S-H-I-C. So [readakashicrecords.com](http://readakashicrecords.com) will take you through it if you want all the work done for you. In this program, I am going to teach you how to do it yourself.

You can also access the akashic records by using astral projections. Now astral projection allows you to see very deeply into the akashic records. With a lot of practice, you can access anything you want. Now some teachers teach that you can use lucid dreams to access them saying that you that state of conscious sleep is a pathway to the records. I have not used this method myself but I have heard of others using it successfully.

This is done by consciously choosing to access them in your sleep when you find yourself in a lucid dream. Now lucid dream is a dream in which you realize you are dreaming. Perhaps you have had a dream and suddenly you kind of wake up within the dream, you become aware that you are dreaming. That can be a pathway to the akashic records.

So let us talk about the information the akashic records contain. Well, these records contain the sum of every life that is living and that has ever lived. Also, the potentially will live. So every thought, emotion, feeling; all of it is recorded. All events and experiences are also included. So possible future events can be determined by studying the contents of the records. The records are uploaded constantly with new information.

So any question you might ask can be answered, but as I said, there is a catch. You have to have the best of intentions, not looking for winning lottery numbers through the akashic records, not looking for a way to get an advantage unfairly over another sports team, not looking for the outcome of a bet that you may have placed on a sports team that may win or lose, something. You know what I mean.

You have to have pure intention when you use the akashic records. So as part of this program, you are going to now experience an akashic records self-hypnosis session. Now for this, I want you to make sure that you are not operating a motor vehicle. So do not continue listening if you are operating a motor vehicle or doing anything that requires your attention because this is going to be an actual akashic records self-hypnosis session.

I want you to be prepared for that. I want you to realize that that is what you are going to experience for the rest of this program. So you only listen to the rest of this recording if you are not operating a motor vehicle. I want to be very clear about that. You should not be operating a motor vehicle or jogging or doing house work or anything like that. Prepare for an akashic records meditation experience.

You are going to have that experience and you are going to get into the akashic records and discover them. You are going to learn how to, through hypnosis, you are going to learn how to use them. So stop this recording right now and only continue on when you are doing nothing else and you are lying down in a stable place. This is going to be a half hour session and I hope you enjoy it.

Now it is important to realize that before you listen to this recording, you should be lying down at night time when you are about to go to bed because this recording is going to tell you to go to sleep at the end and to sleep throughout the night. It is not a recording that wakes you up at the end. So I want to be very clear about this. You are only listening to this recording in bed at night as you go to sleep.

So stop listening to this recording right now if you are not in bed at night and continue listening in bed at night because this recording -- the rest of this recording is a hypnosis session. It is not safe to listen to it while operating a motor vehicle or doing chores or anything like that. You only listen to the rest of this recording while you are in bed at night because it is designed to allow you to drift off to sleep and realize that even if you do drift off to sleep, it is okay.

Your subconscious mind still gets the programing and you are still able to enjoy the akashic records. So get ready for a real treat. Get ready for a powerful experience as you open the akashic records. I am going to sign off now for this module and if you are listening to this in bed at night, continue listening. If you are not, then listen to the rest of this when you are in bed at night and I want you to enjoy.

I will join you in the next module. In the next module, we are going to talk about lucid dreaming, a fascinating topic and I am going to give you some powerful insights into it. So enjoy this hypnosis session if you are in bed at night. I am Dr. Steve G. Jones, hoping you have an outstanding day.

Hello. I am Steve G. Jones, clinical hypnotherapist. When listening to this recording, be sure to only listen to it at night when you are safe and no one and nothing will disturb you. At the end of this recording, you will be given suggestions to fall into a restful sleep. If you are under doctor's care, you should always consult your physician before using this recording. Never play this recording in a moving vehicle. Thank you and enjoy.

All right now. Close your eyes. Focus on relaxing your body and putting your mind at ease. Take a deep breath, filling your lungs with air very slowly. Hold it. Open your mouth slightly and let the air out. Slowly and feel your soft relax. Now again, inhale deeply expanding your chest very slowly. Hold it, and slowly breathe out, relaxing even more. That is right.

Continue breathing easily, effortlessly and comfortably. Your breathing is consistent and it relaxes you. Now, you are going to be in a place that helps you relax even more. You will be more relaxed than you have ever been before because you are on the beach. Imagine that now in your mind being on the beach. As you stand on the beach, your senses come alive and you notice every detail around you.

You look at the white, sandy beach and it seems to go on in both directions forever. You look out over the water. There are waves coming in gently. You notice the color of the water. It is a brilliant blue. You see water as far as your eyes can see, and you look up at the sky and you notice the seagulls flying above. You can hear their calls to each other. Notice how they glide in the air so effortlessly.

You walk closer to the water now. You walk down to the water's edge. Feel the water surround your feet and ankles. The water is warm and refreshing, and you wiggle your toes in the sand. It feels good on your bare feet. As you continue relaxing on this beautiful day, I would like you to take a moment and inhale deeply through your nose. Smell that fragrant, salty smell in the air. So relaxing.

As you exhale now through your mouth, you relax a little more, breathing again through your nose, smelling that salty air, so relaxing and peaceful. As you exhale through your mouth, you realize that salty scent relaxes you completely, puts your mind at ease, it puts your body at ease, puts your soul at ease. That fragrant, salty smell, so relaxing, so peaceful.

You take a moment to listen to the soft sound of the waves as they break on the shore. Every wave you see rolls in towards you and relaxes you even more, then rolls out. It seems that when the waves roll out, they take any tension, any stress. You are completely at ease and you decide to take a walk along the water's edge, walking very slowly, enjoying every step that you take. You are at complete peace here on the beach.

You continue to walk. There is no one on the beach except you. You feel very comfortable here. As you walk, you bend down and pick up a conch shell. It is light pink and white. You run your fingers around its smooth surface on one side and its bumpy surface on the outside. You hold it to your ear and you can hear the sound of the ocean, relaxing you even more. You gently place the shell back in the beach and continue your walk.

That is right, just walking and relaxing. You come to a large, comfortable blanket and you decide to lie down on the blanket. That is right, lying down and feeling the warm breeze sweeping across your body, relaxing you. Your body is cushioned by the sand and the blanket, and you relax your entire body. As you now imagine bringing calming energy into your body, that energy fills your body, every part of your body, fills your body allowing you to relax on every level.

Physiologically, spiritually, mentally, you are completely relaxed and at ease. Focus on your head now, easing the muscles in your temple area. That is right. On both sides, and your head feels so relaxed. Now open your mouth just a little and relax your jaw. Let all tension disappear and roll your neck to both sides and that all muscles in your neck and upper body relax, and feel the relaxation works its way down to your arms.

Let your shoulders, arms and hands go limp by your side. Feel the relaxation going all the way down to your fingertips now. Now focus on your lower back and abdominal areas. Feel them relax. You feel good. Your upper body is at ease. Now your torso is relaxing as well. Now focus on your hips and buttocks. Feel all tension go away. All tension is released. Going down further now to your thighs and let them relax, go limp. You are very relaxed on a blanket surrounded by sand.

Now focus further down on your body, all the way down to your knees, relax them completely. Your calves relaxed, your shins relaxed. Bend your knees slightly and let them relax. Move your ankles slightly so that there is no tension in either of them. That is right. Good. Feel all tension leave your legs. Relax the arch of your feet. That is right, on both sides.

Wiggle your toes a little bit as they relax. Your entire body is now relaxed. You are now more relaxed than you have ever felt before. As you lie on the blanket, your body is completely at ease. You feel the

warm air rush over you, it is just the right temperature. You can hear the waves nearby. It feels so good to completely unwind. You enjoy the feeling of getting rid of all tension in your body and mind.

Now, just lie there on the blanket very still and continue relaxing, relaxing more and more, enjoying your time at the beach. As you continue relaxing on the blanket, I would like you to realize just how calm you are. You are a very calm, relaxed person, calm and relaxed in every situation. Feel your body, mind and spirit completely relaxed now and at ease, so very, very calm.

Feel how calming it can be to let go of all your concerns, all of your worries. Just let them go now as you continue focusing on relaxing, relaxing your body, relaxing your mind, relaxing your soul, relaxing yourself deeply on every level, relaxing yourself completely now. That is right. Preparing now to enter an even deeper stage of relaxation, preparing yourself to let go even more. That is right. You are safe, you are comfortable and you are relaxed, so very relaxed now.

As you continue relaxing on this beautiful beach, you realize that the sun is about to set on the horizon. I would like you now to look out over the vast expanse of water and see how beautiful it is as it meets the sky off in the distance and in just a few moments, the sun will set on this beautiful day. As it does, I will count backwards from 10 to 1 so that by the time I reach the number one, the sun will have completely set and you will be completely at ease because the lower I count, the lower the sun goes.

The lower the sun goes, the more you relax; deeper, deeper and more deeper relaxed. Starting with the number 10, the sun begins to slowly set on the horizon. Notice how the colors change in the sky as the sun begins to slowly to set. Notice the orange of the sky, the pink. Notice the blue and green of the water. Notice how the water begins to reflect the sun, such a beautiful image to see as you sit relaxed and at ease on the beach, watching this beautiful sunset.

Nine, the sun sinks a little lower now on the horizon and you relax a little more deeply, relaxing, unwinding, letting go, allowing yourself to drift and float deeper and deeper now. Eight, down, down. As the sun sinks even lower now, you allow yourself to relax your body, mind and spirit even more deeply. Seven, relaxing, drifting, unwinding, letting go completely.

Six, so very relaxed, just drifting now in your own way. Notice how the colors have changed again. The water is now like now a mirror, reflecting the beauty of the sun perfectly, allowing you to focus on this beautiful sunset and relax and drift even more deeply now, deeper. So much more relaxed now, so much more at ease as you drift and float in your mind into a very, very deep state of relaxation.

Every part of you is slowing down now, slowing down, unwinding, becoming calm, becoming focused, becoming centered as you relax deeper, deeper, and more deeply relaxed now. Three, the sun sinks a little lower now and appears to be dipping into the water, such a beautiful sight. As you sit calmly, just watching this beautiful moment, watching the sun set on the horizon and feeling your mind relaxed completely as the sun goes lower and lower, you relax more and more and you realize just how peaceful you are inside.

Three, down deeper and deeper as you relax more and more. Two, notice that the sun has almost completely disappeared now behind the water. Such a beautiful sight and this allows you to be calm inside, calm and relaxed inside in your mind and at the count of the next number, the sun will have completely set on the horizon and you will be completely at ease.

Notice now how the sky has changed, just glowing orange all around the sun. notice the sky above you is darker. Notice that you are much more relaxed as you allow your mind to completely let go now. All right. One, completely relaxed and at ease on this beach in your mind. Relaxed and at ease now. We are now going to access the akashic records.

All right. So you are completely prepared for your experience in reading the akashic records. You are going to be accessing the akashic records so treat this very seriously. Now I want you to right now either sit down or lie down in your akashic records reading area in your home or wherever you are staying. I want you to go through the exercise of bringing the energy up from the center of the earth.

Imagine that at the center of the earth is an amazing power, an amazing energy and it really is. The whole earth is so full of power, amazing power, amazing energy. The earth in a physical sense gave all of us life. So imagine that life energy coming up now from the center of the earth and being absorbed by your body, going in through your body, filling your body in the form of white light, white purifying light, very bright white light filling your body.

As it fills your body, you feel relaxed and you realize that your body is being cleansed of impurities, of negative thoughts and use the white light any way you want. There is a pain in part of your body, direct the light to that pain. There is emotional pain in some part of your body or mind or spirit, direct the white light to that part. Relieve that part, cleanse that part, let go of whatever that part has been holding onto so that you can find freedom, so that you can find peace, comfort and relaxation right now.

Feel the white light filling every cell of your body, relaxing every part of your body. Your legs relax and feel the relaxation moving now, moving through your entire body from the top of your head to the bottom of your feet. Feel how relaxed you feel. Really tune in to that now and feeling of relaxation, the top of your head, very relaxed. The relaxation moves down now to your eyes, all around your eyes, relaxes them. That is right.

As the white light fills your body, and the relaxation takes over your body, I want you to stay aware of what I am saying. I realize that I am speaking in a hypnotic tone of voice, meaning I am using a monotone voice for the most part. I am doing that to help you relax but at the same time, I want you to remain as conscious as possible during this process because I want you to have a recollection of how to do this on your own.

I am training you to do this so you can go through this process as many times as you want with me as your guide, taking you on this journey, but after about three weeks, if you have not already done so, you will want to stop using this recording and start doing it on your own. That way you will master the

information. So feel the relaxation moving down through your body as the white light continues to move all throughout your body, your legs, your arms, your torso, your chest, your abdominal area.

Feel how good it feels to relax and let that white light absorb all of the negativity in your body. Now I want you to imagine that light becoming a little darker. Imagine that light becoming a little darker. That is right. It is becoming darker because it is absorbing the negativity in your body, negative thoughts, negative feelings, pain, shame, guilt, anxiety. Let all of that go now. Give that to the light. Let it absorb it from every cell of your body.

Let go of what you have been holding on to. All that negativity, we build it up over a lifetime, let it go now. The white light is not so white anymore. It is very dark now and murky. That is right. It is doing its job of cleansing your body as negative feelings that you did not think were there have been there, some of them hiding. Let them go now. There is no need to hold on to them. Admit they are there and let them go. You are only human. It is okay to have negative thoughts but right now, let them go.

They are no longer yours. Imagine your hand being cleansed holding onto them, your left hand full of negative thoughts, a fistful of negative thoughts. Imagine that fist opening now, releasing them to the light. They are no longer yours. You have let go of them. Remember this. What you let go of is unable to control you. So when you let go of negativity, it lets go of its control over you.

So many times, we think we are controlling our environment when all we are doing is holding on to these negative ideas; anxiety, fear, desire, all of these things that can turn really negative really quickly. Let go of them now. That is right and just relax. Let that white light take them. Turn that white light as dark as you possibly can by letting all of these negative thoughts go.

Now I would like you to imagine at the top of your head opens up spiritually and through your crown chakra, which is at the very top of your head, a fountain of murky, dark light escapes, never to be seen again. It dissipates into the universe. Those are all those negative thoughts, those negative feelings, everything you held inside for so long, things you picked up this morning, things you picked up an hour ago, things you picked up when you were five. You are letting them go.

Let them go now. Who needs them? Free yourself. That is right. Now I would like you to feel more white light coming in from the earth into your body and filling your body, replacing that murky, dark light that you made murky through the negative thoughts that you let go of, thank goodness and feel the white light coming in again through your body and filling it, allowing you to relax, allowing you to feel good about yourself.

That is right. Feel how good it feels to be relieved of those things you have been carrying around. If there are any of them lingering, let them go now. Off they go. That is right. Just continue relaxing. So this concludes the purification process. It served to both get rid of the extra negativity that you were not aware of and to protect you with the light powerful light from the earth.

This actually becomes a spiritual energy in your body as you work with your higher self. This will protect you from anything negative that you might encounter while you work with the akashic records. So you have cleansed yourself and you are now prepared yourself to shift your consciousness from the consciousness that has to do with you and your life and your individuality and your world, people you know, places you go, where you live and so forth.

You are ready to switch from that to universal consciousness, which has to do with everyone and everyone's world all at the same time. We are going to do this in a very controlled and focused way so that you will avoid being overwhelmed. What I want you to do is imagine yourself on a beautiful beach. This is a wonderful, amazing, relaxing beach, a beach at which you can just unwind and let go.

At this beach, I want you to imagine that the sun is overhead and relaxing every part of your body, just relaxing every bit, every part of your entire body. Between the sun and the gentle breeze, the temperature is just right on this perfect day. I want you now to imagine yourself walking down to the edge of the water and as you do, you relax more and more and when you reach the edge of the water, I want you to sit in a dry, comfortable spot because you are about to watch a beautiful sunset.

Just find yourself there, find yourself when you are ready, sitting down, watching the sunset. Take your time getting over to that special part of the beach, just relax, walk casually over to it. You have got time. That is right. In fact, in just a few moments, you are going to let of the concept of time entirely. Time will cease to be relevant so just relax, let go, unwind.

When you find your safe, dry, comfortable area on the beach, notice how relaxed you feel. Notice how comfortable you feel. Notice that you are relaxing more and more, moment by moment. Between the sound of my voice and that gentle breeze and how good that sand feels you are sitting on or lying on, you feel wonderful. You feel amazing.

Maybe it has been awhile since you really let yourself unwind and relax. Well, now it is time because where you are going is a place of understanding, of serenity, of relaxing, of just being and just knowing. So really tune in to those concepts now. What it is like to just be yourself when you let of trying, when you let go of doing, when you even let go of thinking, when you let go of all of the things that burden you and you just exist? What is that like?

Tune in to that now as you sit on that beach in your mind. As you think about those things and drift down, I would like you to imagine that the sun is about to set on the horizon and in just a few moments, I am going to count backwards from 10 to 1 and as I do, the sun is going to set on the horizon so that by the time I reach the number one, the sun will have completely set and you will be completely at ease.

Starting with the number 10, the sun begins to set on the horizon. Nine, eight and although you are going to access the akashic records soon, you just let go of that right now and just really get into relaxing. Seven, six, down, down. Five, four, the sun sinks lower and lower on the horizon and you relax

more and more. Three, two. At the count of the next number, the sun will have completely set and you will be completely relaxed.

Yet you will maintain a conscious awareness of what is going on so that you will recall this experience and learn from this experience so that you will be able to do this by yourself. All right now, one. The sun has set on the horizon and you are completely relaxed and because you are relaxed, I would like you to use your mind now to imagine walking into a library, an amazing, wonderful, beautiful library.

The books in this library are neatly shelved. They all have golden covers. The books are stacked higher than you can see from where you are standing. Yet if you wanted a book that is very high up, all you have to do is think about that book and you would float up to that book and you would be able to take it off the shelf and you would float back safely down and you would be able to read that book.

I would like you now in your mind to locate a book that is about your life, and as you think about that book that is about your life, you slowly glide over to that book. Notice there are other people and other beings in this library. There is no need to talk to them. They are doing their own research. If they talk to you, you can choose to respond or not. It is your choice. The only beings that you need to talk to when they speak to you are the ones in the white ropes.

Those are the lords of the records and if they need to speak to you, it will be something important. otherwise, you can mind your own business if you want or you can watch what others are doing, but avoid interfering with anything that is going on that someone else is doing. So you safely and easily glide over to the book that has to do with your life.

You take it off the shelf, you glide back to where you were standing and in the center of the library is an area just for you, an area that looks just like your special akashic meeting area in your home, and you walk over to that area and you sit or lie down and you open the book that is about your life, and immediately images and memories and sounds and thoughts and feeling flood your mind.

If at any time you want to end this session, all you have to do is count out loud to three and you will come out of the session, but if you are still in the session, realize your mind is being flooded by all of the images of past, present and future that have to do with your life. You are protected and safe. You only see images and hear sounds and get impressions of things which are safe for you.

You are safe and protected from the light from the earth which has changed into a spiritual energy in your body in which you take with you now. That is right. Feel calm yet allow the images and thoughts and sounds to flood your mind. As you continue working with this process, you will get better and better at sorting through the information.

That is right. I want you to now to focus on something very specific from the book. Focus on one of your birthdays. It does not matter which one, just pick one. Focus on it. Notice the information you are able

to access now; sights, sounds, the feelings, the smells, the tastes. You are able to access all of that information so easily now. This is information about your life so you have full access to it.

I want you now, as I am silent, to spend a few moments just looking through the book, getting impressions, feeling things, sensing things on all sorts of levels, really get a good sense of what it is like to access this akashic records that has to do with your life. Do this now as I am silent. Good. Now you have received some information. I am going to end this session in just a few moments but it is all right because you can return to this room again very soon but right now, I want you to put that book back on the shelf where you found it.

After you do that, you slowly drift back down to where you were standing. That is right. Let it go for now. As you continue to relax, every breath you take is soothing, soothing you. Focus now on your breathing. I wonder how much attention you have paid to the many different thoughts floating through your mind.

Your mind is so active even while it relaxes. Then, you can become aware of how difficult it is to remember what I was talking about exactly seven minutes ago and you can try to remember what I was saying nine minutes ago or what you were thinking four minutes ago but does not it seem like too much work to try to remember all of that. It takes more effort than it is worth. So relax, relax comfortably and understand that you do not have to remember what I was saying when it is too much work to do.

You can choose to remember to forget what I said or to forget to remember what I said. The choice is yours. All right now. If you should be listening to this recording at night, you will fall into a deep and very peaceful sleep and while you are asleep and dreaming, understand that your subconscious mind will be processing every word I have said and each time you hear these words, these suggestions become more and more powerful for you each and every time you listen to these words.

These suggestions become more and more a part of your being each and every time you listen to this recording, you become more and more the person of your choosing, a relaxed, comfortable, confident person and that feels wonderful and when you are awoken in the morning, you will be well rested, refreshed, revitalized and ready for a new day.

## **Module 6: Lucid Dreaming**

Welcome to the module that is going to teach you about lucid dreaming. Now the main reason why you should learn lucid dreaming, well, there are several. Let us talk about them. The experience can eliminate nightmares first of all, those with night terrors or reoccurring nightmares.

Well, first of all, they should see a medical doctor and if you are suffering from night terrors or reoccurring nightmares, you should see a medical doctor because a recurring nightmare can be an

indication of a deeper challenge that you are facing, but mastering lucid dreaming after you have already consulted a physician can be very powerful for you in terms of getting relief from these things.

This is done by controlling the nightmare so that it concludes in a happy way. Next, lucid dreamers can do anything they want in the lucid dream. Remember a lucid dream is a dream. You are just becoming aware in the dream but you can go beyond your physical limitations as you can with any dream.

You can also create technology that does not exist. Now this is just a dream. You are dreaming it up if you will but you can create things in your mind and you can do anything you want because you have free reign in your dream. A dreamer can make up their own rules in their own dream world. Also, lucid dreaming increases your awareness of yourself on a deeper level. During dreams, you gain access to your forgotten memories and information.

So it can be used to find answers to real life challenges. It is almost like your own personal practice realm and you can consciously enjoy yourself free of any pain or handicap. If you are suffering from something such as a handicap or pain, in the dream world, you understand that you can be free of this or at least you can imagine yourself being temporarily free from it.

So you can create a world within a world. If you suffer from chronic pain or a condition that disables you, well lucid dreaming can really be a wonderful addition to your life. So mastering lucid dreaming can open up a lot to you in terms of just getting enjoyment out of your life, and you can learn to experience zero pain during a lucid dream. Those who have difficulty walking or are not able to walk or are suffering from any other sort of disability will be able to remove those handicaps during the dream.

So this can be very powerful. Again, it is only in your imagination but it is still an ability that you can develop that you can develop to experience a type of reality in which you are in control. Unfortunately, senses that have been missing since before a person can remember will typically not be available during lucid dreaming.

For example, if you do not have memory of a sense that you do not currently have, then that can be a challenge. If you are not able to construct what it would be like if you did have that sense that can be a challenge. So let us talk about what occurs during a lucid dreaming experience. Well, there are two different ways to enter a lucid dream. First of all, a dream initiated lucid dream starts as a regular dream and then the dreamer eventually realizes that they are dreaming.

If you have not seen it already, I invite you to check out the movie, "Waking Life." It is a great movie. I do not have any ties to it. I do not get any royalties from it or anything like that but "Waking Life" is a great movie because it is a step by step how to guide for lucid dreaming.

So if you are interested in lucid dreaming, check out that movie. Again, that is called "Waking Life." One of the pieces of advice that given in that movie, which is actually true is that if you think you are in a

lucid dream, let us say you are dreaming, and you find yourself in a lucid dream, you become aware of dreaming.

Well, it can be a little challenging to distinguish between a lucid dream and reality. If you are dreaming, it can be really challenging sometimes to tell the difference between being in a dream and being awake because a lucid dream can seem so real that you may think you can actually awake. So one of the ways they suggest in a movie, even though it is just a fictional movie, it does have some actual facts in it.

One of the ways they suggest in the movie to determine if you are in a lucid dream is to go to a light switch and flip it on and off. Now in a lucid dream, typically the light will not behave in the way that it should. In other words, if you turn the light switch off, the light will not necessarily go off. The light that that light switch controls. If you turn it on, the light will not necessarily go on.

There may be a delay or it may have no effect whatsoever. So if you are flipping the light switch on and off, which should control a light, let us say it is a light in your house, you wake up in a lucid dream, you become aware in a lucid dream and you find yourself in what you think is your house, and you want to figure out, well, is it a lucid dream or I might actually awake in my house?

Go over to a light switch. A light switch that you know what the light switch should do and flip it on and off a few times, see if the light goes on and off. You can do the same thing with the lamp. Turn it on and off. See if it does what it is supposed to do. If it does not, then that is one piece of information that indicates that you may very well be in a lucid dream.

Now realize that this is not conclusive because it may be a matter of you just needing to change the light bulb. That is a possibility. So do this with a few different switches and a few different things that you know how they should behave that in your dream life, they may not behave that way. These things would indicate to you that you are in a lucid dream.

Let us talk about a wake and a shaded lucid dream. Now this happens when the dreamer enters the dream state while knowing the entire time that it is a dream. So sort of like astral projection. You can find yourself astral projecting in a dream in fact because your mind will change it into a dream. Let us say you are flying during astral projection. Your mind wants to make sense of that so it put into a dream. Okay, I am flying. That does not make any sense.

Let us make it into a dream. Now it makes sense. I am falling. It does not make any sense. Let us make it into a dream. Now that makes sense. So that is a way of subconsciously astral projecting while you are asleep yet you become aware of it. Another way of astral projecting is to do it as I talk to you how, which is to do it from consciousness. You are awake and you go into astral projection from that state.

The same thing with lucid dreaming. You find yourself in a lucid dream just like you can find yourself astral projecting after you have already gone to sleep while you are unconscious or you can go into it from a conscious state. So awake initiated lucid dream happens when the dreamer enters the dream

while knowing the entire time that it is a dream. This conscious state of dreaming is like an ultimate reality.

Lucid dreamers experience more beta one frequency waves by the way. So there is a distinct measurable difference between this and other dreams. These lucid dreams are typically very realistic feeling and very vivid. So you can use all of your sense during a lucid dream in most cases. It is possible to smell, hear, feel, even taste during a lucid dream.

So let us talk about how to make this practical, how to bring yourself into this dream state. Well, the easiest way is to use the dream initiated method. So create self-checks through the day. For example, attempt to stick your fingers or your hand through a wall. Now I do not mean to punch it. I do not want you to do that. I am just saying push against it.

If your fingers move through the wall, there is a good chance you are in a dream. If they do not, then there is a really good chance that you are in your everyday waking life. Now anything that would not work in a waking world will do. So if you are attempting to check, then you want to do something like that. You do not want to ever put yourself in danger.

Do not ever do anything that might hurt you. When I talk about putting your hand through a wall, I am not talking about punching through a wall or moving your hand quickly toward. I am just talking about gently pressing against it and see if your hand moves into it. So create a habit of checking to see if you are dreaming every now and then.

Now eventually, this habit will transfer into the dream world. Now you will of course be totally aware when you are in your waking life, when you are in your everyday life. You are going to know just like you do now that you are awake. Of course you are going to be aware of that, but what you are doing is installing the habit of checking these things.

If you get used to that and you are going to be able to do this in your dream world, your dream life in your dream itself without even thinking about it, you just automatically do it. Now the beauty of this technique is that once you catch this happening in a dream, you are going to become lucid. So let us say, for example, that you go throughout your day and every now and then, you just kind of put your hand against the wall to see if it goes through it.

I am talking about in your everyday life, your waking life, the life that you are aware of. You are awake, you are wide awake. You know what is going on. Every now and then, you go up to a wall and you push against it to see if your hand moves into it. You do not hit it. You just push gently against it. Your hand does not move into the wall, but you have gotten yourself into that habit of checking that so in your dream, you do it as well.

Well, as soon as you walk up to that wall in your dream and attempt to push your hand into the wall and it does go into the wall, then you become lucid. You become aware that you are dreaming. The first time

you become lucid, it is not uncommon to wake up because it can be kind of shocking. You have been going throughout your day, pushing your hand against the wall, has been going in the wall. You are in your dream and you push your hand against the wall and it goes right through the wall.

Well that can be a little bit of a shock. It can be something that alarms you a little bit. You might wake up during it. That is okay. The next time you will be more calm because it is going to seem normal to you as it is normal to be able to do what you want to do in a dream. So keep moving forward with this and eventually your length from the lucid dream.

You will be able to maintain it longer. Now, there are some other techniques to help reinforce the above steps. First of all, attempt to imagine that you are dreaming and then becoming lucid just before bed. When I say just before bed, I mean while you are lying in bed just before you go to sleep. So attempt to imagine that you are dreaming and then becoming lucid. This exercise is going to help when it comes dream time and you are actually dreaming and you will enhance your chances of becoming lucid.

Before dozing off, repeat to yourself: I will have a lucid dream tonight. That can be very powerful. A very simple straightforward mantra if you will but it can be very powerful in enabling your lucid dream to happen. Now, most lucid dreams tend to occur in the morning hours just before waking so be aware of this.

If you are thinking it is going to happen just as you doze off, well you might have to wait quite a while to eight hours or more before it happens. Now you can do practically anything that you can imagine during a lucid dream. For example, flying around the world, traveling to distant planets, meeting aliens. It is a dream after all.

It is just imagination, creating world peace, shape shifting into anything you want, having super powers, becoming the best player of your favorite sport, going on your wildest dream vacation, visiting your idea of heaven, turning into a giant sea creature and exploring the ocean depths, becoming your favorite video game character. The list is endless. The only limitation is your imagination, and your imagination is in fact endless.

Remember, this module is about dreams. I am talking about fantasy land. I am talking about things that are not real, things that are just in your imagination. They are real for you, yes because you are imagining them, but they are not actually part of what we would consider everyday reality. They are just dreams. So in dreams, you can do anything you want.

Let us talk about mastering your dream world. Once you have learned to lucid dream, you can start attempting to manipulate a dream. After several dreams, you are going to learn how to have complete control in your lucid dream. Now this gives you endless possibilities. You can literally experience all of the things I have mentioned as if they were actually the real deal.

This can be a wonderful experience. It can be sort of like being in a virtual reality situation, in a video game. Video technology is moving toward that, creating a virtual world that seems just like your everyday world. You are getting closer every day to creating that, refining their techniques, but you can create that instantly by mastering lucid dreaming

Now be sure to keep a dream journal to track all of your wild experiences. Do this right when you wake up. Write when you wake or write them down. I think you are going to find that very fascinating. Who knows? You can even publish it if you want. Dreams are quickly forgotten so if you do not make an effort to remember them by writing them down, you may be amazed to how quickly they fade during the day so keep track of your dreams, keep track of that you are doing and do this in a journal.

So enjoy this. Have fun with it. Practice it. Work on it. Refine it. Make it better. In other words, master it. Now in the next module, we are going to shift gears a little bit. We are going to talk about astral sex. My understanding is that when you purchase this program, you were 18 years of age or over. If you are not, then the next module is not for you.

Now this was only supposed to be distributed and sold to people who are adults. So in the next module, we will be talking about adult content. It is only for people 18 and over. If you are not in that category, then just skip the next module, but if you are an adult, join me in the module as we talk about astral sex. I think you are going to find it fascinating.

## **Module 7: Astral Sex**

This is Beyond Consciousness Module 7. This is called astral sex. For 18 years of age and older only. Welcome to the module that is going to teach you about astral sex. Now, my understanding is that this program is only sold and distributed to people who are 18 years of age and older. This particular module is only for adults. It is only for people who are aged 18 and over. If you are not 18 or over, then this module is not for you. So skip it and do not continue listening. Just go on to the next module instead.

If you are an adult, if you are 18 years of age or older, then continue listening. I think you are going to find this fascinating. Let us talk about astral sex. Well astral sex can take your love life to the next level. It can also strengthen the bond between you and your lover. Astral sex is sex for the soul. Your soul is the deepest part of yourself. If regular sex is like glue, well astral sex is like epoxy.

Astral sex brings you to ecstasy that actually puts regular sex to shame. The experience is very special and unique, and the emotional connection is much stronger than the physical act. Everything is magnified including the sensations and feelings. So your sex life will be totally new again. Having astral sex is like having sex again for the first time. You become one with the other person in a very different way, and it could take a lifetime to discover all of the wonders of astral sex.

So let us talk about what astral sex feels like compared to physical sex. These sensations are felt as if in a vivid dream. Now orgasms are much more immediate and explosive, and you will most likely experience multiple orgasms. It is not uncommon for both men and women to have continuous, long lasting orgasmic sensations. You also connect with the person on the astral level.

All sensations are heightened to another level of awareness. Every pleasure is intensified and emotions are all consuming. Physical limitations are completely removed and you can intertwine in ways that are very difficult or would not happen in your physical body. So let us talk about some of the other benefits of astral sex.

You, first of all, will not be impregnating anyone or getting pregnant during astral sex and so there is no need for any birth control during astral sex. During physical sex, you may not want to use birth control because pregnancy is a real possibility, but not with astral sex. Not with sex with your soul only. Also there is no risk of sexually transmitted disease. So no need for condoms or spermicides.

Those who wish to refrain from physical sex can do so and those who are waiting for marriage or the right time to enjoy physical intimacy can still enjoy the pleasure of astral sex. A person who is physically incapable or medically restricted can also have astral sex as an alternative. Additionally, lovers who are apart can be together for astral sex.

So it does not matter where you are in the world. You can still be together because astral sex uses astral projection. So your soul leaves your body, the soul of your lover leaves their body and your souls are united. It does not matter where the two of you are in the world or how far apart you are. You can travel the astral plane and meet up with each other even when you are a thousands of miles apart and you can meet up wherever you want.

So let us go ahead and look at this further and talk about how to have safe, mutually consensual and enjoyable astral sex. Well, first of all, you want to enter a meditative state, both you and your lover. Again, it does not matter where you are. You can be separated by thousands of miles, but both of you need to do this at the same time, enter a meditative state.

Now you already know this from the module on meditation so enter a meditative state, find the meditation procedure that works best for you and, of course, you find a comfortable place to sit or lie down. Close your eyes and focus on your breathing. Now it does not matter which position your physical body is in because we are talking about your astral body or soul.

So once your soul is out of your physical body, it can take on its own position. So it does not matter if you are sitting up or lying down. You do not have to be in a sexual position with your physical body in order to control what your astral body does. They are two completely different bodies.

So after you are in a comfortable position and you have meditated. You remember how to meditate ideally. You just close your eyes while you are in a comfortable position, breathe in and out deeply and you begin to calm your minds.

Perhaps you visualize that lake that is a little choppy at first and then it calms down. Perhaps you hear a lot of chatter in your mind and you let it calm down. Perhaps you sensed a lot of motion, things going on in your life that you are sensing with your mind as you meditate and you let it calm down. I suggest going back and reviewing the module on meditation to make sure you have that. Make sure you have that down.

Then get in touch with your astral body and activate it. You remember how to do this. You think about the colors that your astral body would be giving off by just intuitively tuning into them. Then you focus on expanding your astral body. That is right. As it expands, you then move your astral body out of your physical body. Now if you have not yet mastered astral projection, I invite you to go back to that module and work on mastering astral projection if you want to have astral sex.

Your partner will need to do the same. Let us say, for example, that one of you happens to be good at astral projection, the other one is still struggling with it, that can work as well because the person who is good at astral projection can go to the person who is struggling with it without them even leaving their physical body. As long as your souls are together, that is fine.

Use your astral body to reach out to the person you want to have a connection with. Now remember, this should be consensual. You have agreed beforehand that you will have astral sex with them, and they have agreed as well. So be sure that you have asked permission, you have talked this through et cetera. It is consensual.

Do not attempt to have astral sex with the person who has not given permission. Use your energy, your chakras to align with each other. You know the energy centers of your body. Use them to align with each other.

Align all of the chakras and focus on a connection between the chakras, linking up the chakras from the one at the base of your spine all the way to the chakra at the top of your head, linking them up, feeling a connection, feeling a pathway from your chakra to theirs at each of the chakra levels at all of the seven major chakras.

This is going to form a deeper connection and increase the satisfaction and intensity of your astral sex experience. Now as the chakras move up from the root chakra, which is at the base of your spine to the crown chakra at the top of your head, they also move up in something that is similar to Maslow's hierarchy of needs.

Maslow's hierarchy of needs states that we have basic needs that we must meet, and we move all the way up to the self-actualization. So, for example, if the person does not have food and shelter, well, they

are going to need to seek those things first. It is a basic human need. After they have that, they can work on their higher level needs, eventually going up to self-actualization. Well, the chakras work the same way. By the way, the word is pronounced chakra or chakra, your choice.

The chakras work the same way. You start with a basic need at the root, the base, the root chakra, the base of your spine and move all the way up to the crown chakra at the top of your head. So it is good to connect in this manner as well. Connecting first the root chakra, then moving your way through the chakras and connecting them one by one.

As you align the chakras, you are going to become more and more filled with an intertwined feeling of extreme ecstasy and use this time to enjoy each other and find one astral orgasm after another. So let us talk about your chakras in detail because I feel that chakra linking during astral sex is very important. It is going to connect you at a very deep level.

By the way, you are going to be able to translate this into your everyday life, into your three-dimensional existence when you are in your physical body. This idea of linking your chakras. So starting at the bottom, the root chakra is all about survival and basic needs as I mentioned, food, shelter et cetera. The next chakra as we move up at about your abdominal level is your sacral chakra. That is concerned mostly with sex.

Now you may think why link the other ones when you are having astral sex. After all, that is what this module is about. Well, sex should be about more than just sex. It should be about a connection between two people, a real connection. So this is your opportunity to go beyond the physical body and using the capacity that your soul has. So why not make full use of it? So, yes, link the chakra that is at your abdominal level, which is the sacral chakra which has to do with sex but then keep moving up.

Next is the solar plexus chakra located at your solar plexus, and that is about power. Next is your heart chakra located at your heart connecting those two. Of course, that is about love. Love has to do with loving yourself and others. It is about giving and being open to receiving. So meditate on that as you link the heart chakra.

Next is the throat chakra. If a relationship suffers from lack of communication, well, linking the throat chakras can be very powerful in opening that communication between the two of you. Next is the third eye chakra, which we have talked about in another module. This is of course located between your eyebrows. This is about perception, about using your psychic powers, about seeing the future together the two of you can create.

The top chakra is at the top of your head, it is called the crown chakra. This is all about spirituality and opening you up to your connection to the rest of the universe. So when meditating on this chakra, when linking it with your lover, you should focus on how you two are connected to the infinite universe. Then the rest is really up to you. Perhaps you have been in a situation where you have had a lover and you wish you could somehow be more connected to them.

You could actually intertwine with them in a better way because after all, there can be physical limitations. No matter how physically fit you are, there are always physical limitations. There are always limitations of the physical body. So this module is about helping you go past that but realize that your life happens in your everyday existence, in your physical body. So bring with you from astral sex those wonderful experiences and translate them into your physical existence, into your physical body.

It is going to enhance your relationship with them and help you move forward with them, help the two of you move forward and really work on a few things. So realize as you are going through the chakra connection, if there is anything you need to work on such as communication at the throat chakra or loving each other or accepting love from them or them accepting love from you that is at the heart level.

Or maybe your basic needs that you still need to work on with them. Perhaps you are still struggling somehow to pay the bills or things of that nature. Well, it is a good way to get connected at that level as well so that you are both on the same page and both working forward toward achieving those goals and setting up a firm of foundation that is going to allow you to move into enjoying the higher chakras.

So go ahead and enjoy it and have some fun, explore. In the next module, the final module in this program, we are going to talk about reading auras. Now reading aura is fascinating. I have enjoyed it for years. I remember seeing my dad's aura. My dad who is no longer with us on this plane, he had a green aura. Green is the color of learning and teaching, and it was fascinating

In fact, we started a joke in the family. We started calling him Mr. Green because his aura was always green, but I was able to see that as a young adult because I started getting into reading auras early on when I was a teenager. So I was able to see auras and I still am. So you can see a lot about the intentions of people and you can see a lot about who someone really is and you can really connect with them better if you can see what we call their true colors.

You can literally see their true colors. So it can be very fascinating. So join me in the next module as we talk about reading auras. I think you are going to find it a wonderful way to wrap up this program.

## **Module 8: Reading Auras**

Welcome back. Welcome to Module 8. You know now is a great time to recap. Have you been doing your homework? Have you been putting these things to practice? These things you are learning about using your third eye, astral projecting, lucid dreaming, meditating, using hypnosis. Are you putting them to practice?

Rather than just listening to a program, I want you to put these things to practice. Practice, practice, practice. As my father used to say and it really does pay off because that is how you are going to gain from this program. Well, in this module, we are going to talk about reading auras. Now I talked about it

a little bit. I told you how as I was able to see my father's aura when he was with us and it was green, the color of learning, the color of growing and that is what he was all about.

He was all about learning more and expanding his mind, and getting the most knowledge that he could so that he could just really enjoy his life. That is what he was into. That is what he enjoyed. That is what made him happy, just learning more but everyone has their own unique aura. Everyone's aura colors are different and they change from time to time in most cases.

So understanding what auras are is the first step. Now they are an outline of color emanating from every single living being. This is an energy field. It makes up who we are inside and they can be seen by those who train their minds to see beyond the physical. Anyone who has experienced spiritual awakening or enlightening has the gift, has the ability but then again, anyone even if they have not had that experience can develop the gift.

So anyone who desires to see auras can learn to do so. It is a reflection of what a person's true essence is and the colors of an aura provide clues to personality, health, mood and a lot of things, a lot of things that make up who the person is and what they are going through. Now scientifically, they are the electromagnetic fields of our body and mind.

The reading of those fields can be vital in helping people reach their full potential or to identify things that are going on with them. I have shared with you how I was able to see my father's aura. I am also able to see other people's auras but my father's was the first that I saw. So it really fascinated me. Also it is the most consistent. I have not met anyone who has aura that is so consistent, that is always the same color but his was.

I have seen many auras and I have taught many people to see auras. It is fascinating to get into it because you can really see what someone's all about. So let us talk about what auras can tell us about a person. Well, they can tell what kind of person they are. Different colors or combinations of colors show different aspects of character.

They show, for example, which chakras are the strongest. When you are able to see auras, you are able to see chakras as well. You already know from the module on chakras which chakras pertain to which attributes of a person. This helps someone work on strengthening their weaker chakras. If they can have someone look at their chakras and see what is going on, they can strengthen the weaker ones.

For example, perhaps their communication chakra at their throat level is weaker. They can work on strengthening communication if they know that there is a weakness at this chakra level. Auras can also show what kind of mood someone is in. The colors of your aura change based on how you feel and think. So let us go ahead and get into this. Let us talk about how to see auras for yourself.

Well, use natural lighting if possible. In other words, lighting from the sun. This could be from the sun or candlelight, preferably from the sun shining in through a window. That is my favorite but if you have to

use candlelight, that is fine as well. Not quite as good as the sunlight shining in from a window. Now going outside and having full sunlight, I do not recommend that because it can be too bright and I also do not want you have to put on sunglasses because that can actually block your ability to see auras.

So the best way to do it is inside or perhaps out on a porch or the sunlight is indirect. Second best will be candlelight. So if you are inside, make sure the light coming in is not too bright and have the person you are attempting to read stand or sit in front of a plain background. In other words, not some busy curtain or some busy wallpaper or some busy paint, but a plain background. One color.

Patterns or images behind the person are only going to distract your ability to read auras. You are going to get distracted by the colors and the patterns and the shapes and so forth. The best background is a plain black or white color. You will find out soon enough which one works best for you. The plain black or white. That makes it easy.

It is all about making it as easy as possible for you especially when you are learning how. Eventually, you are going to being able to see them on the go. You will be walking around and you will be able to see someone's aura but when you are learning, it is best to create the ideal learning situation. So a black or white background is best.

Look at the person without really staring. Now this is done by letting your eyes look as if you can see right through them or I like to look about 10 feet past them which would be about 3 meters. I like to look past them, soften your gaze and look for signs of the aura around the outline of their body. When I say soften your gaze, that is what I am talking about, looking past them. Not focusing your eyes on them but focusing your eyes past them.

That is what I mean by softening your gaze. After a time, you will begin to see a faint outline and this will probably only be one color at first and it is typically the strongest aura color. At first, it will be difficult to see but with patience, you are going to get better and better. So stick with it and you are going to be able to see more and more detail and more and more colors unless, of course, it is someone like my dad who only had one color that is so powerful, it could have overpowered all the other colors. That is unusual.

Most people have a variety of colors. It is going to become clear, the more you practice. So let us talk about the colors of the aura and their connection with the chakras. First of all, remember the root chakra to the base of the spine. It represents the physical essence. Its color is red and then the sacral chakra at the pelvic area, it represents intimacy, emotions, sex, its color is orange.

Next is the solar plexus chakra at the solar plexus area. It represents power and identify and its color is yellow. So red for the root chakra, orange for the sacral chakra, yellow for the solar plexus chakra, green for the heart chakra at the heart level. It is located at the center of the chest. The heart chakra represents love, empathy, compassions.

Remember, when we talk about love as I mentioned, we are talking about your ability to love others and sometimes more importantly, your ability to receive love, to be open to love that is coming your way. Next is the throat chakra, a blue chakra. The chakra is located at the throat level of course and helps a person express who they are and to have a purpose. It also helps in communication in general. That is blue.

Next is the indigo-colored third eye chakra. The third eye chakra is located at the brow, right between the eyebrows as you remember from the third eye module. It represents intuition inside and integrity. Next is the violet-colored crown chakra. The crown chakra is called that because it sits in the top of your head like a crown. It is the highest of the chakras located at the very top of your head.

It is our deepest spiritual connection. That is what the chakra represents. It is the source of bliss and infinite wisdom. So strengthening your intuition is the only way to read auras accurately, to be able to see them. So practice third eye meditations to gain maximum enlightenment. Once you master your third eye by using the information I gave you in the third eye meditation module, you are going to find that your ability to see auras really strengthens.

You can also use the information that you have from the astral projection module because in the astral world, it is easy to see auras and you can transfer that ability to the physical world. Once you realize that they do exist and you are able to see them because you see them in the astral world, then you are going to be able to see them or easily in the physical world.

Once you know something is possible, then it becomes easier for you to achieve it. So this is going to enhance your ability to read auras and give you the ability to do stronger aura readings. So you have learned quite a bit in these modules. I want to congratulate you. I want to congratulate you for sticking with it and learning so much and coming this far.

You know a lot of people would maybe get a little bit into it and then not follow through but by finishing this module, you have demonstrated to yourself that you have the ability to stick to something. The next step is making sure that you are practicing. You are putting into practice the things that you have learned. So let us briefly recap. In Module 1, you learned about astral projection. Astral projection is a great way to start out this program I thought because it opens you up to a universe of possibilities.

Once you are able to astral project consciously, well, there is really no limit to what you can see and do because you can go anywhere at any time. It is wonderful. So I want you to work on that ability. In Module 2, you learn about hypnosis. Well, hypnosis is going to help in all of this. Anything that you want to work on, you can work on with self-hypnosis by suggesting to yourself that you are becoming better and better at seeing auras, at astral projecting, at meditating at anything you want to work on.

So hypnosis is going to be a very valuable tool for you for the rest of your life. In Module 3, we talked about opening a third eye and you see how important that is now as you understand how to read auras.

Opening your third eye is the first step in reading auras. With an open third eye, you are able to read auras easily and all you have to do then is work on seeing auras in particular.

Specifically work on that by having someone standing against a white or black background, focusing behind them 10 feet, which will be about 3 meters and focus on seeing their aura by going out of focus with their body. By going out of focus with your eyes with their body, you are able to then focus on their aura. So Module 3 was about opening your third eye.

Module 4 was about meditation, always powerful. When you think about how many people are stressed out and having symptoms that have to do with stress, you realize how important meditation is. How important it is to process everything you are going through. How important it is to take time to yourself to make plan to calm yourself down by letting everything play out in your mind and by making a plan for how to enhance your life.

In Module 5, we talked about visiting the akashic records, very powerful. You remember to only use your powers for good. The akashic records provide a record of everything that has happened and potentially will happen. The reason I say potentially will happen is because I want to point out the fact that you are in control. Even if you see something in the akashic records that potentially will happen, well you have the ability to change that.

So by living your life in a certain way and focusing on certain things, you are able to positively affect the outcomes in your life. In Module 6, you learned about lucid dreaming. Lucid dreaming is something that is very wonderful because you are able to take control of a fantasy. Remember a dream is a fantasy. Unlike astral projection, which is reality in a different realm, lucid dreaming is just a fantasy. So you are able to really have fun with it.

What you are going to find in lucid dreaming if you use it is that you are able to maybe say things that you would not normally say and do things you would not normally do. Well, this can translate into your everyday life in terms of bringing you out of shyness, for example. Perhaps, you are afraid to do certain things such as speak in public or sing or talk to certain people or accomplish certain powerful goals that will be beneficial for you and those around you.

Well, with lucid dreaming, you can do these things. So once you see yourself doing that in a dream, you can translate some of that into your everyday life to help you move more quickly and efficiently toward achieving your goals. Module 7 was only for adults. It was about astral sex and enhancing the intimacy with a lover. So I invite you if you are an adult to explore that, learn more about it and really enjoy it.

Finally in this module, we wrap up with reading auras. Reading auras is something that is so powerful and wonderful that I think you are really going to enjoy it and get a lot of excitement and fun of it. So there you have it. Eight modules designed to take you beyond consciousness. Eight subconscious experiences that will change your life.

So I invite you to go back to this program and listen to it again and really pay attention to those parts that you may have missed out on because it is amazing when you go through something the first time, it is a lot of information. Let us face it, eight modules, that is a lot of information. So when you go back to it the second time, what you are going to find is that you will learn even more and that things that you had questions about tend to clear up because you have already heard it one time.

The second time you heard it, it makes more sense. It becomes more clear because you know what is going to happen. You know what you are listening for and when you do that, when you listen with that intention of learning more and of clarifying things, things become clear and you do learn more. So enjoy the program again.