

ASTRAL PROJECTION

J. P. Pramod¹, M. Sohni Arunima² & R. Akshitha³

¹Asst Professor, Dept of Physics

Stanley College of Engineering and Technology for Women

^{2&3} B.Tech Student Department of AI&DS

Stanley College Of Engineering and Technology for Women

ABSTRACT

A person's consciousness is said to detach from their physical body and travel via a non-physical dimension called the astral plane in a metaphysical process called astral projection, also referred to as astral travel. The idea has its roots in esoteric and spiritual traditions from antiquity, but Theosophy and other New Age movements have brought it to modern audiences. Practitioners assert that methods including profound meditation, trance induction, and visualisation help them reach this condition. Astral projection experiences frequently involve floating, immediate exploration of far-off places, and interactions with other entities. The phenomenon, while widely reported anecdotally, lacks actual scientific validity and is frequently ascribed to psychological and neurological reasons, such as imagination or lucid dreaming. Even Nevertheless, astral projection is still a fascinating field of study and practice for anyone who want to learn more about consciousness and the possibilities of human awareness outside of the body.

Key Words: Esotericism, Pseudoscience, Lucid Dreaming, Oneirology, Hypnopompia, Astral travel, Out of body, Conciousness, Spirituality, Astral plane, Insomnia, Intuition

INTRODUCTION-

The term "astral projection," which is also used in esotericism to refer to intentional out-of-body experiences (OBEs) that presume the existence of a subtle body known as the astral body or body of light, through which consciousness can function independently from the physical body and travel throughout the astral plane, is used to describe astral travel, soul journey, soul wandering, spiritual journey, and spiritual travel. It is occasionally connected to meditation techniques and dreams. Some have described experiences that resembled accounts of astral projection, which were brought about via a variety of hypnotic and hallucinogenic techniques (including self-hypnosis). Astral projection has been called a pseudoscience, because there is no scientific proof that a consciousness exists whose embodied activities are distinct from regular brain activity or that it is possible to consciously leave the body and observe the physical universe. Some traditions believe that during sleep, the soul or consciousness can enter the astral plane. Lucid dreaming is sometimes considered a form of astral travel.

A lucid dream is a kind of dream in which the dreamer becomes aware that they are dreaming, according to the psychology subfield of oneirology. One cognitive skill that may be trained is the ability to dream clearly. The dreamer may be able to exert some volitional control on the environment, storyline, or characters in the dream, although this is not the main characteristic of lucid dreaming. While pre-lucid dreams are a prelude to lucid dreams and lucid dreams are frequently accompanied by improved dream vividness, lucid dreaming is a different form of dream from other dream types including vivid dreams and pre-lucid dreams. Lucid dreams are also distinct state from other lucid boundary sleep states such as lucid hypnagogia or lucid hypnopompia.

When someone has an out-of-body experience (OBE), they perceive their own physical body projected into an external visual area, much to a reflection in a mirror. Numerous psychiatric conditions, altered mental states, brain malfunctions, psychoactive drugs, and prescription drugs are claimed to be connected to these occurrences. There are roughly six main variations of the autoscopic phenomena. One of them is called negative autoscopia, which describes to the inability to recognise one's own body when facing it directly or in a mirror; inner autoscopia, which deals with the direct observation of internal organs in extracorporeal space; feeling of presence, in which the patient has a definite sense of another person's physical presence; The actual autoscopia, where the Autoscopic hallucination, in which the patient sees an exact mirror image of himself, or of his face or trunk; patient does not localise himself in the position of the mirror image; and OBE, which is defined by the projection of an observing (psychological) self in extrapersonal space that appears to be completely detached from the physical body.

An observing (psychological) self is projected in an extra-personal realm during an out-of-body experience (OBE) and appears to be completely detached from the physical body. In this occurrence, the patient sees himself and the environment from a location different from his physical body. There are three categories for these phenomenological states.

categories, which include disembodiment, the perception of the body as seen from an elevated and distant visuospatial perspective (extra-corporeal egocentric perspective), and the perception of one's own body as seen from an aerial location, also known as astral projection. OBEs have been connected to a number of conditions,

including substance abuse, migraines, epilepsy, mental illnesses, intense emotional states such as near-death experiences, and lesions in the parietal and temporal regions of the brain.

The astral plane is a concept found in various spiritual, esoteric, and metaphysical traditions. It is often described as a non-physical realm that exists parallel to the physical world. There is a theory that the astral plane is a realm of existence that exists outside of the physical universe. It is frequently defined as a place where non-physical beings and energy exist and as a domain of thought, emotion, and spirit. It is believed that this plane is less constrained by the strict physics principles that control the material world and more fluid. In contrast to the material world, the astral plane is frequently described as being extremely malleable, with the environment being shaped by ideas and feelings. Spirit guides, angels, and other non-physical entities are among the many beings thought to reside on the astral realm. One may regard these entities as either good or evil. According to certain traditions, there are several levels or layers in the astral plane, each with unique properties and frequencies. From lower, denser realms full of negative energy to higher, more spiritual planes, these levels could vary. Many spiritual and esoteric traditions accept the idea of the astral plane, although the scientific community also views it with scepticism. Some who oppose astral travel contend that experiences can be explained by psychological occurrences like hallucinations, dreams, and altered states of consciousness.

The idea of the astral plane is intricate and varied, with many interpretations found in various spiritual and metaphysical traditions. It is commonly understood to be a world beyond of the physical, reachable via certain rituals, and frequently connected to spiritual development and inquiry. In philosophy, psychology, and spirituality, consciousness and soul are two separate yet frequently related notions.

1. Consciousness:

Consciousness is the state of being aware of and able to think about oneself, one's surroundings, and one's thoughts and feelings. It encompasses all the subjective experiences, thoughts, emotions, and sensory perceptions that a person has.

2. Soul:

The soul is often considered the immaterial essence of an individual, which is believed to be eternal and to exist independently of the physical body. The soul is commonly associated with identity, morality, and spirituality.

Interconnections:

In many traditions, consciousness and the soul are interconnected. For instance, some believe that consciousness arises from the soul, and that the soul continues to possess consciousness after physical death. Others see consciousness as a manifestation of the soul's interaction with the physical body.

ANCIENT HISTORY OF ASTRAL PROJECTION

Intentionally experiencing an out-of-body experience (OBE), in which the astral body departs from the physical body and travels the astral plane, is the basis of this paranormal idea. Its significance and history cannot be disregarded. Astral projection has its roots in ancient beliefs from many different cultures. For instance, the astral body that could transcend the physical body and hover outside of it was thought to exist by the ancient Egyptians. The idea of an astral body, which is capable of separating from the physical and travelling through higher dimensions of life, is also mentioned in Hindu scriptures. These ancient beliefs add to the complex tapestry of astral projection and its relevance in diverse civilizations.

HINDU

In Hinduism, it is said that each *jiva* (an individual being) has three bodies:

1. Gross Body

These five elements make up the physical body. It is made of matter and eventually transforms back into that substance.

Birth, subsistence, development, maturity, decay, and death are the six phases that the physical body goes through. The five fundamental elements ether, air, water, fire, and earth are combined to make it in their grossest forms. Upon death, the physical body's five constituent parts dissolve and the body itself expires.

2. Subtle Body

This body is the form body, composed of subtle elements and *prana* (also known as life-breath or something similar). Although it is composed of subtle parts, the subtle body is an identical clone of the physical body.

The subtle forms of the five fundamental elements that created the physical body make up the subtle body. It is the container for ideas and memories and is the means of transmigration, existing beyond death. A human being is a bundle of ideas that comes into the world in the form of his mind and leaves with another bundle of ideas, some old and some new.

3. Causal Body

The body that consists of ideas and thoughts is the idea body. This body, according to Advaitic terminology, is actually ignorance, or *avidhya*, which deceives the *jiva* into believing it to be separate awareness. It is finer than the subtle body.

The subtle body is coarser than the causal body, which is defined solely by ego perception. The purpose of all three bodies is to satisfy needs, both overt and covert. These three bodies are not the same as the soul.

Valmiki's *Yogavashishta-Maharamayana* and other ancient Hindu texts contain concepts akin to those found in the *Liṅga Śāra*. Paramahansa Yogananda, a contemporary Indian, attested to the possibility of astral projection after seeing Swami Pranabananda perform a miracle.

The aspirant prepares spiritually at the advanced phases leading up to the path's start so that they can be granted unrestricted access to the astral bodies inner forces. After then, he might leave the physical body in either a waking or sleeping state and go on astral travels in his astral body. Unconsciously made astral travel is far less significant than astral travel made fully aware of oneself and with conscious choice. This suggests the astral body is used consciously. In order to help the soul perceive its separation from the gross body and gain greater control over the gross body, it is beneficial to consciously separate the astral body from the gross body's outer vehicle. When and if needed, one can use the astral body to travel through the astral plane and experience its inner universe by putting on and taking off the exterior gross body as if it were a cloak. The capacity to make astral travels thus entails a significant broadening of one's horizons. Opportunities to further one's own spiritual development are presented by it, starting with the involution of consciousness.

Astral projection is one of the *siddhis* (magical powers) considered achievable by yoga practitioners through self-disciplined practise. In the epic *MAHABHARATA*, Drona leaves his physical body to see if his son is alive.

Saraswati explains the Practise of Astral Travel.

ANCIENT EGYPTIAN

Several other religious groups have similar ideas about soul journey. For instance, according to teachings from ancient Egypt, the *ka*, or subtle body, allows the soul (*ba*) to levitate outside the body. The ancient Egyptians were of the opinion that it was possible to separate his mind and the body and similar practices have already been known among the ancient shamans which attempted to change their state of consciousness with the help of trance states or rituals in order to communicate with other worlds.

JAPANESE

An *ikiryō* (sometimes written as *shōryō*, *seirei*, or *ikisudama*) is a manifestation of a living person's spirit that exists apart from their body in Japanese mythology. It's customary to believe that if someone harbours enough animosity towards another person, all or a portion of their soul may momentarily depart from their body and manifest before the object of their hatred, causing them harm or cursing them, akin to an evil eye. It is also thought that when a living body is critically ill or in a vegetative state, souls depart from it; nonetheless, these *ikiryō* are not evil.

JUDAIC AND CHRISTIAN

According to Carrington, Muldoon, Peterson, and Williams, a psychic silver cord connects the subtle body to the physical body. The final chapter of the *Book of Ecclesiastes* is often cited in this respect: "Before the silver cord be loosed, or the golden bowl be broken, or the pitcher be shattered at the fountain, or the wheel be broken at the cistern." But according to Rabbi Nossou Scherman, the context suggests that this is only a metaphor that compares the body to a machine, with the spine being represented by the silver cord. James Hankins argues that Paul's Second Epistle to the Corinthians refers to the astral planes: "I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know God knows."

INDIGENOUS TRADITIONS

AMAZON

The *yaskomo* of the Waiwai are said to possess the ability to perform soul flights, which can be used for various purposes like healing, travelling to the sky to consult cosmological beings (the moon or the moon's brother) to get a name for a newborn, travelling to the peccaries' mountain cave to ask the father of the peccaries for an abundance of game, or diving deep into a river to seek the assistance of other beings.

INUIT

Certain Inuit communities believe that people with extraordinary talents, referred to as *angakkuq*, can journey to far-off (mythological) locations and return with crucial information about their experiences. Their typical capabilities would not be able to use their abilities. An *angakkuq* was thought to be able to cure a sick person or stop bad luck when hunting, among other things.

IS ASTRAL PROJECTION SCIENTIFICALLY PROVEN??

The underlying issue is that, while it might be a moving experience, it is impossible to quantify scientifically whether or not a person's spirit "leaves" or "enters" the body. Out-of-body experiences are best explained by the simplest and most plausible theory: The individual is just daydreaming and daydreaming. Scientists reject astral projection because they cannot find any evidence supporting the existence of awareness anywhere other than the brain.

Although astral projection is a fascinating subject and a feature of many spiritual traditions, scientific explanations usually ascribe these experiences rather than the actual separation of consciousness from the body to neurological, psychological, and cultural factors.

YOGA IN ASTRAL PROJECTION

Astral projection requires a deep level of relaxation and mental clarity, both of which can be attained via meditation. It can be easier to transition into an altered state of consciousness and separate from the physical body by engaging in mindfulness and focused concentration practices. Breath control facilitates mental and physical relaxation, which facilitates astral projection by allowing one to achieve the deep state of relaxation required. Particularly useful breathing exercises are the "ujjayi" breath, deep breathing, and breathing via alternate nostrils. Some yoga poses encourage the body to relax and allow energy to flow freely. To prepare the body for meditation and astral projection, poses like Padmasana (Lotus Pose), Siddhasana (Perfect Pose), and Shavasana (Corpse Pose) are frequently practiced. Working with the body's energy centres, or chakras, is a common practice in yoga. It is thought that chakras have an impact on astral projection.

The sensation of transcending the physical body can be facilitated by balancing and aligning the chakras through particular postures, breathing exercises, and meditation. In both yoga and astral projection, visualisation is essential. Achieving an out-of-body experience might be facilitated by methods like visualising a particular location in the astral plane or envisioning oneself floating above the body. A practitioner's energy level can be raised and their mind can be focused by chanting mantras or using sound vibrations. Astral projection requires a heightened state of awareness, which can be achieved with the help of mantras like "OM" or particular sound meditations.

VIEW POINTS OF POPULAR PRACTITIONERS

EMANUEL SWEDENBORG

One of the first practitioners to write extensively on the out-of-body experience was Emanuel Swedenborg, who documented his experiences in his *Spiritual Diary* (1747–1765).

HELEN KELLER

Helen Keller describes how she once travelled to Athens astrologically and shares her ideas in Swedenborgianism in her book *My Religion*.

"I have been far away all this time, and I haven't left the room...It was clear to me that it was because I was a spirit that I had so vividly 'seen' and felt a place a thousand miles away. Space was nothing to spirit!"

EDWARD ALEXANDER CROWLEY

Occult traditions include a variety of techniques, such as inducing trance states or mentally creating a second body dubbed the "body of light" by Aleister Crowley (1875–1947) by visualisation and deliberate breathing, then transferring consciousness to the secondary body through a mental act of will.

Robert Monroe

Among the most well-known people in the subject of astral projection is Robert Monroe. He established the Monroe Institute, whose goal is to learn more about consciousness.

For Monroe, seeing astral projection was a common, natural occurrence. His writings, *Journeys Out of the Body*, *Far Journeys*, and *Ultimate Journey*, chronicled his methods and experiences. According to Monroe, the astral plane is a vast and intricate domain that exists outside of the physical world.

Sylvan Muldoon

In 1929, American author Sylvan Muldoon co-wrote *"The Projection of the Astral Body"* with Hereward Carrington. According to Muldoon, astral projection is a natural occurrence that may be developed with practice. His writings attempted to demystify and organise the practice of astral travel by offering specific methods and firsthand experiences.

Hereward Carrington

British psychical investigator and writer Hereward Carrington worked with astral projection expert Sylvan Muldoon. Carrington took a scientific and investigative approach to astral projection, looking for firsthand reports and actual data to support the occurrence.

Yram (Marcel Louis Forhan)

Marcel Louis Forhan was a French writer who wrote extensively about his experiences with astral projection in his book *"Practical Astral Projection."* He was also known by his pen name, Yram. Yram offered a thorough explanation of astral projection while highlighting its potential for spiritual and personal development. He thought that astral travel may provide people with a deep understanding of the nature of consciousness and reality.

Oliver Fox (Hugh George Callaway)

Hugh George Callaway was a British author and astral projectionist who wrote under the pen name Oliver Fox. In *"Astral Projection: A Record of Out-of-the-Body Experiences,"* Fox wrote a book that blended wisdom with personal stories. He saw astral projection as a tool for investigating and comprehending various dimensions of reality.

Michael Raduga

Michael Raduga is a modern-day astral projection and lucid dreaming researcher and practitioner. The Phase Research Centre was started by him. Raduga concentrates on the doable and manageable elements of experiencing

out-of-body experiences. His book "The Phase: Shattering the Illusion of Reality" offers a contemporary, scientific perspective on astral projection, highlighting methods and possible practical uses.

Frederick Aardema

Frederick Aardema is a researcher and author known for his work on out-of-body experiences and astral projection. Aardema examines the psychological and scientific facets of astral projection in his book "Explorations in Consciousness: A Novel Approach to Out-of-Body Experiences." He contends that these encounters can offer insightful knowledge about the nature of consciousness and perception in people.

CASE STUDY

ERIN PAVLINA

Renowned intuitive counsellor, speaker, and writer Erin Pavlina has written extensively on spiritual subjects, including astral projection. Her method of astral projection is understandable and useful. This is a synopsis of her astral projection process.

Erin Pavlina saw her first astral projection on January 7, 1985. Erin Pavlina was a highly skilled lucid dreamer. She discovered how to stay awake both in a dream and when she was asleep. She could actually pre-program a dream and have it once she fell asleep because she was so skilled at it. She had an incredible nightlife. She tried astral projection for three years, but it didn't work out despite reading about it. However, she felt something that night that she hadn't felt in the previous three years.

When she awoke, she was in bed experiencing a severe tingling sensation across her body. A high-pitched sound seemed to be inside her skull. She experienced tingling that was quite uncomfortable almost like an electric shock, but not painful. Even though it felt like her eyes were closed, she could still see. It was unlike anything she had ever encountered, this split consciousness that she was feeling. She was able to simultaneously feel her body and her "self," but they were not the same.

She had the impression that her spirit was gradually leaving her body. She felt as though the electric sensation was almost pushing her away. However, there was more. She detected three more people in the space. She knew they were there, even if she was unable to see them. She tried to move, scream, or do anything to break the spell since she was so afraid that she was experiencing this separation. However, she didn't succeed. Even though her whole consciousness was in her spiritual body, she felt as if she was suffocating as she attempted to make her mouth scream.

Breathe through your nose, said a voice within her head. It will be simpler. She followed that advice since she trusted it, and to her dismay, she began to leave her body much more quickly! She is unable to express to her the fear of experiencing the sensation of her own body departing her. It was the most strange feeling she had ever had while still living.

The voice made her feel deceived, so she attempted to scream once more and stopped breathing through her nose. She began to reintegrate with her body. But she was drawn out again by another power. There was a tug-of-war between her spirit and these otherworldly presences as she attempted to return to her body.

She experienced what felt like several minutes of this pulling back and forth. The words "This isn't going to work" came from one of the other voices. Too scared, she is. She must learn in one way or another, the third voice said in response. She was told to "let it happen" by the first voice she heard.

She exerted all of her strength to pull herself back inside her protective shell, and was successful. Her eyes opened. The tingling was still there for her. She felt herself drawn back down into a "sleep" state before she could sit up, and the tug began all over again. She genuinely believed that if she left her body, these things would try to separate her from it and cause her to pass away. It was such a basic emotion. For approximately ten minutes, this tugging in and out continued. The subsequent instance in which she felt completely integrated with her body, she awoke, switched on the light, and experienced a nervous collapse. She was in shock at what had occurred to her. Too scared to sleep again, she sobbed while sitting on her bed. She didn't change till the next morning.

PARAPSYCHOLOGY & ASTRAL PROJECTION

The study of paranormal and psychic phenomena, such as experiences and abilities that appear to go beyond the limits of what is known about the human mind and the laws of nature, is known as parapsychology.

Astral projection is one of the many phenomena that parapsychology studies and tries to comprehend. It is just one of many experiences that contradict the accepted notions of physical reality and awareness. A range of techniques, including as case studies, controlled tests, and anecdotal reports, are used by parapsychologists to investigate astral projection. Their goals are to ascertain whether these experiences can be verified by science and to comprehend the underlying mechanics of these experiences. People who have had near-death experiences frequently report having "out of body" experiences, in which they perceive themselves as having left their physical body and are observing their surroundings from an outside perspective. Given that both lucid dreaming and out-of-body experiences entail altered states of consciousness and the impression of existing in a different reality, several researchers look at the connection between the two phenomena. Astral projection and out-of-body experiences are very personal and challenging to quantify or independently validate. The idea of a distinct "astral body" or awareness is not well supported by scientific data. The majority of the data lacks scientific rigour and is

anecdotal. A number of astral projection experiences can be accounted for by established neurological or psychological processes, like sleep paralysis, hypnagogic states, or brain abnormalities.

ADVANTAGES OF ASTRAL PROJECTION

1. Healing Fear of Death

A distinct viewpoint on mortality that comes from astral projection can help people get over their fear of dying. Anxiety about the unknown may be reduced for practitioners when they explore the astral realms and separate from the physical body. This might give them a sense of continuity and spiritual connection. Greater acceptance of the inevitable cycle of life and death can result from the experience of viewing oneself outside the physical body.

2. Psychological Breakthroughs

The ability to project oneself astrally allows for vivid dreams, visions, and communication with higher planes. It can open doors to hidden facts, suppressed feelings, and buried memories, acting as a catalyst for significant psychological breakthroughs. The astral plane can be a place of reflection and self-discovery where practitioners can face their anxieties, unresolved problems, and get important insights into their own personal development.

3. Strengthening Psychic Abilities

Astral projection training is frequently linked to the growth and fortification of psychic talents. People may be able to communicate with spirit guides, gain access to greater wisdom, and delve further into the worlds of extrasensory perception and intuition while astral travelling. One's telepathy, clairvoyance, intuition, and other spiritual abilities can all be strengthened by this increased psychic awareness.

4. Spiritual Exploration

Training in astral projection is often associated with the development and strengthening of psychic abilities. While astral flying, people could be able to speak with spirit guides, acquire more wisdom, and explore the realms of extrasensory perception and intuition. Increased psychic awareness can help one's telepathy, clairvoyance, intuition, and other spiritual gifts.

DISADVANTAGES OF ASTRAL PROJECTION

1. Fear and Anxiety

The feeling of being outside of one's body might be terrifying. Extreme fear or worry may be felt by people during or after the event, particularly if it is unplanned or out of control.

2. Sleep Distribution

Attempts at astral projection frequently result in altered states of consciousness, which can interfere with regular sleep cycles and cause insomnia or fragmented sleep.

3. Difficulty Distinguishing Reality

Frequent astral projection experiences may cause disorientation or a disassociation from reality by obfuscating the distinction between the imagined and the actual.

4. Sleep Paralysis

Attempts at astral projection may raise the risk of sleep paralysis, a condition in which the person is awake but unable to move. Hallucinations that are vivid and frequently terrifying may accompany this.

5. Fatigue

Attempting astral projection requires a lot of mental and emotional work, which can wear you out physically and mentally, especially if you try it often or for a long time.

HOW TO ASTRAL PROJECT

Preparation:

Time and Place: Select a comfy, peaceful area where you won't be bothered. It is usually best in the early morning or late at night.

Relaxation: Verify that your body is at ease. This can be achieved by lying down and letting your body release tension with a few deep breaths.

Set Your Intention:

Declare with all seriousness that you wish to undergo astral projection and leave your body. You can perform this silently or mentally.

Focus on Relaxation:

Shut your eyes and concentrate on your respiration. All of your body should be gradually relaxed, beginning at your toes and working your way up to your head. Make sure you are entirely at ease before moving on.

Induce a Trance State:

You must bring yourself into a trance as your body calms. To assist with this, Erin recommends utilising visualisation techniques. One technique is to visualise yourself lowering yourself, more and more, into the floor or bed with each breath.

Vibrational State:

You could experience vibrations as your trance becomes deeper. In astral projection, this is a typical stage. Accept these vibrations as a sign that you are getting closer to projecting, rather of being afraid.

Visualize Separation:

Begin to see your physical body and astral body drift apart. Picture yourself rolling out of your body or soaring higher. You may visualise a rope above you and picture yourself climbing it as a mental stimulus.

Achieving Projection:

When you begin to feel detached from your body, attempt to softly but firmly distance yourself from it. This can be as simple as rolling over or floating upward. Keep your cool and concentrate on the task at hand.

Exploring the Astral Plane:

After successfully separating, take a moment to orient yourself. Look around and explore your surroundings. Stay calm and maintain a sense of curiosity and wonder.

Returning to Your Body:

Just concentrate on your physical body and make plans to reestablish a connection with it when you're ready to go back. Usually, this proceeds smoothly and swiftly.

Waking Up:

It will take some time for you to fully awaken once you are back in your physical form. As you progressively return to full waking consciousness, move your fingers and toes.

Reflect and Record:

After the experience, take some time to reflect on what happened. Writing down your experiences in a journal can be helpful for future reference and understanding your astral journeys.

ADDITIONAL TIPS

Stay Calm:

It's important to keep your cool and composure during the procedure. Anxiety or fear can make it difficult for you to project.

Practice Regularly:

As with all abilities, astral projection gets better with practice. Frequent use of relaxation and meditation techniques can improve your capacity for successful projection.

Protect Yourself:

Before trying astral projection, Erin frequently suggests establishing a protective intention or visualising a shield of light surrounding yourself. This can make you feel more comfortable and safe travelling.

CONCLUSION:

Astral projection, or the experience of feeling that one's consciousness has separated from the physical body, is a topic that has fascinated and intrigued many. It is often associated with other paranormal phenomena such as out-of-body experiences, near-death experiences, and lucid dreaming. While the concept offers potential insights into the nature of consciousness and the mind's capabilities, it also comes with a range of challenges and risks. Through the phenomenon of astral projection, we can experience the soul's journey. Numerous vedas reference astral projection. Many sadhus are reported to have attempted astral projection in the past. The Mahabharata makes note of it as well. However, astral projection is thought to be unapproachable from a scientific standpoint. However, astral projection is unscientific. It is not possible to say that astral projection is a failed experiment.

There are a lot of anecdotal stories and first-hand accounts of astral projection, but there isn't much empirical proof to back it up as a real phenomenon. The majority of scientific studies suggest neurological and psychological causes. Trying astral projection might result in negative social and lifestyle effects like compulsive behavior and loneliness, as well as psychological hazards like dread, anxiety, and sleep disruptions. Additionally, it might support false beliefs.

The topic of astral projection is very interesting but divisive. Even if some people might learn a lot from it, it's important to approach it cautiously and with balance. People can handle their interest in astral projection more safely and constructively if they are aware of the possible psychological and social concerns as well as the value of keeping a critical viewpoint. Seeking a holistic approach to understanding consciousness and personal well-being, as well as combining personal exploration with an awareness of scientific viewpoints, are good for those who are intrigued by astral projection.

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