

Benefits of the Conscious Projection

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One of the most common questions asked during our courses and lectures relates to the benefits of the out-of-body experience (OBE). The OBE, also known as astral projection, is very rich in terms of the opportunities it presents. The following are some of the most common:

Access to other dimensions – The OBE enables individuals to access and experience realities, or dimensions, beyond the physical plane. For example, we can visit the place where we lived prior to being born into this current life, and equally we can visit the place where we will reside after the physical death.

Encounters with people who have passed away – Obviously, if it is possible to visit these places, it is also possible to meet and interact with individuals who have already passed away, including those we knew in this life.

Personal interview with an extraphysical guide – These guides, also known as mentors, guardian angels, protectors, or simply helpers, are consciousnesses who live in the non-physical dimension and accompany us with the aim of helping us. The great majority of people today are not able to perceive the presence of these beings. If we leave the body, we can meet up with our helper and have a discussion with him.

Understanding and loss of fear of death - When we find ourselves lucid outside the body, we come to understand, independent of any form of brain washing or mystic belief, that death does not exist. We learn that outside of the physical body, we do not change. We remain the same personality with the same evolutionary level, the only difference being that we no longer need to breathe, eat, sleep etc. as these functions are exclusive to the physical, animal body. The confirmation that death does not exist through personal experience leads to a complete loss of fear of death, since this proves that no one ceases to be.

Assisting other consciousnesses – With the knowledge and control acquired through out-of-body experiences, we learn to utilize our own energies in favor of other beings. This occurs through the lucid and conscious transmission of therapeutic energies. This donation of energies can be made outside the body when approaching another consciousness with the intention of giving assistance.

Recall of past lives – With an accumulation of experience outside of the body, we begin to have spontaneous, healthy recollections of past lives. This information can help us to know and understand ourselves better, overcome certain traumas, self-cure certain illnesses, and expand our sense of fraternity and universalism.

Increase of parapsychic abilities – The control of bioenergies and experience that result from lucid time spent outside of the body lead to a natural expansion of psychic capacities or personal extrasensory perceptions.

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OBEs · Multidimensionality · Bioenergies · Psychism · Paranormal phenomena

Identification of one's purpose in life – It is possible through a conscious projection, to recall or identify one's established, pre-planned mission for this current life.

Acceleration of maturity – With the knowledge of life gained from the study of non-physical dimensions, we increase our level of consciential maturity and accelerate our personal evolution, gradually ceasing to waste one third of our life sleeping.

Energetic equilibrium and energetic defense – A person's energetic field is at its strongest when it is expanded and in a state of equilibrium. In this condition, the consciousness is more liberated from the intrusions and obsessions resulting from the energetic invasions of other extraphysical consciousnesses. Energetic self-control and balance are known to have positive effects on physical, mental and psychological health.

The equilibrium of the personal energetic field is closely linked to our overall well-being and our ability to manage negative stress. It increases our self-confidence and emotional balance, amplifies our intellectual capacities, and expands our self-knowledge. We can learn to manage and control our own energies through the application of various techniques and through personal experience.

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