



Vampire Temple of Atazoth

On Psychic Vampirism

The Science of Thought Group

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Entering the Inner Psychic Spheres

(A Guide for Psychic Vampires and all Interested Humans)

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Foreword

I believe that everybody can exist in two worlds, in outer physical world and the inner psychic world during sleep. It is a matter of state of mind while you are awake as well as you sleep. The practice of different states of the mind is the hottest and most promising pursuit of the modern age. Unlike in the past, the notions of “out-of-body experience” and “psychic or astral projection” have already lost their mystical halo, and their real basis has been studied in minute detail from the most non-nonsense approach as found in all religions among their self-created deities and saints. Today along the scientific research world-wide, this phenomenon is accessible to everyone, regardless of their worldview. It is now known how to easily master it and apply it effectively.

This guidebook, one more of mine, is the result of years of study, starting with almost ten years extension studies at the Unity School of Christianity, Lee Summit, Missouri, USA, and being extremely active in personal practice and study of the out-of-body phenomenon, coupled with having successfully taught it to thousands of people ever since I handled the computer and had access to Internet round about 1994. I know all of the obstacles and problems that are usually run into when getting to know this phenomenon, and have tried to protect future practitioners from them in this book and other writings of mine.

This new guidebook was not created for those who prefer light, empty reading. It is for those who would like to learn something. It contains no speculations or legendary stories as found in the Bible, only dry, hard facts and techniques in combination with a completely pragmatic approach and clear procedures for action, and this is what you want from me. They have all been successfully experimented by colleagues of mine along the years.

In order to achieve an equal result, it is only necessary to read through each section thoroughly and complete the assignments. It gives each and every seeker something that previously could only be dreamt about - a parallel reality and the possibility of existing in two worlds.

The manuscript is beneficial not only for beginners, but also for those who already know what it feels like to have an out-of-body encounter and have a certain amount of experience, as this eBook is devoted not only to entering the state, but also equally dedicated to controlling it.

Contrary to popular opinion, there is nothing difficult about this phenomenon if one tries to attain it with regular and right effort. On average, results are reached in less than a week. More often than not, the techniques work in literally a couple of attempts.



The Psychic Vampires Briefly



Psychic Vampires are more often than not needy people, who find a willing victim who at the beginning is usually helpful and friendly, they take this as an open invitation to do as they please. The Psychic Vampire will happily unload all of their troubles on another person, in a sense they are trying to shift the weight of pain to another. Instead of taking ownership of their problems, they seek someone else who can carry the burden for them. The friend will get sucked in bit by bit by the drama of this personal life. The Psychic Vampire is usually lonely or even depressed and besides seeking to unburden themselves they also seek

upliftment, they seek to feel better, just as the legendary Dracula drank blood to feel rejuvenated, the Psychic Vampire feeds off someone else's positivity. Sadly this positivity will not last for long the more they are sucked into the negative world of the Psychic Vampire.

Surely, you have all known someone like this, or maybe you have been this way yourself sometime in your life. It is nothing to be ashamed of, we have all made mistakes and we have all become needy at sometime or another. Most of us manage to shrug off the negative feelings that surround us, but some find it very difficult. They seem to live in Groundhog Day. Telling their friends the same story over and over again, reliving the same negative thoughts in their mind time after time. The Psychic Vampire will bang their drum day and night, it is a record that never changes. They blame the world for their problems, they hate everything including themselves. And this hatred will turn towards their friends if they do not listen. If you avoid them too much, you just become another friend that does not care.

Psychic vampires are people who do their damage by a telepathic draining of their victim's auric energy, affixing themselves to it like a parasite. They are usually dominant, extrovert, and highly talkative. In extreme cases, they are very intense and sometimes slightly manic. In these individuals, fear is usually present in the background of their consciousness. You must learn to protect yourself from their negative influences.

If a psychic vampire becomes a close friend or a partner, the long-term effect can be very harmful. At first, neither of you will realize what is happening, but gradually you will become debilitated and have a lack of motivation and energy. People who are the victims of psychic draining usually have an emaciated physique, a pallid complexion, and an overall sense of weakness. They are often suggestible people and the complete opposite in many ways to those who display psychic vampirism.

So, psychic vampirism is often present in people who have a degree of paranoia or repressed fear. They like to win arguments. Never argue with this sort of person, as you will never win. They want an argument in order to prove to themselves that they are better than you are. It's best to simply back away from this type of person, and even avoid eye contact. Speak to them in a soothing low voice and try to change the topic of conversation to something pleasant.

To become a psychic vampire anyway, you need not die a physical death. You must have a desire to outlive all others as if you must. To outlive mortals you need energy. My Ebooks on the subject will not tell you how to drink blood or kill...it is about psychic (*psychology*) vampirism. If you were looking to become a blood drinker you can stop reading this now for you will not find it here. I will tell you how to master the power of the psychic vampire. So those who are interested to learn from a vampire...Read On!

What is a Psychic Vampire?

A psychic vampire is an individual who, to survive and replenish used energy, feeds on a victim's life force. Their life force feeds the vampire's. The vampire could be any one of any race; the bank president, the paper boy, or the sales clerk at the local grocery store. The psychic vampire loves, longs, cries, and feels pain. The psychic vampire is not a "creature" as so dubbed, but a living breathing person with a power above others, may it be because of misfortune or training.

Sources of Energy

One may acquire their energy from a number of sources. It is recommended that the beginner, especially those without a proper teacher, feed from people who seem invigorated or, shall we say "hyper". This is the easiest victim for they seem to radiate energy, open season for the hungry vampire. After more practice, one can feed off anyone. Even over the phone! It is not advisable that one try to feed off an ill person, extremely depressed person, or suicidal person. They could not only give off negative energy that would hurt you, but it could also kill the victim! That is not what the psychic vampire is set out to do. The vampire is feeding on energy merely to sustain its needs of survival.

How to Meditate and Direct Energy

To be able to feed, you must be capable of meditating easily and freely. If you have not read any books or been instructed on meditation, I will give you a short lesson here, but also have my Ebooks on Scribd at the collections "Opposite Philosophy" and other places on Internet.

To begin meditation, one must sit relaxed. Sit with your posture straight and your shoulders square. Some prefer to sit yoga fashion, but it is not necessary. Slowly relax from the top of your head to the bottom of your toes. Every muscle in your body must be relaxed. Relax your mind. Completely empty it. Think about nothing yet be aware of everything. When this is correctly accomplished no outside disturbances will affect you, yet you will sense the slightest activity. Now, feel every nerve in your body. Be aware of each and every one. Feel your energy travelling through you, out you, around you, and back into you. Feel the energy pulsate in you. Once you are able to do this comfortably, any time, any where, you are ready for the next step.

Feeding Time

Now to feed. You should now be able to meditate and draw energy through you. The only difference is that instead of directing your energy, you must will someone else's. To do that, feel around. Find someone who has an abundance of energy. Once you have picked out your "victim" or "source", concentrate on them. If you must look at them, then do so. If not, picture them in your mind. Imagine their energy coming out of them and entering you. Continue to do this until you feel satisfied. You may feel the life force coming from them become too weak. In that case, stop, you do not want to leave them overly exhausted or be noticed. If you do not feel satisfied you may need to feed off more than one person.

As you get more practice, you will be able to do this from a distance and over the phone, on a photograph even. Perhaps you have a compassionate heart towards the unknowing victim, you can learn to feed off a crowd collectively. You need to be acquainted with meditation, self-hypnosis, lucid dreaming (read my Ebooks), and the out-of-body travel or experience.

The Phenomenon

Way back when, people were not conscious how the consciousness worked, yet it developed, and gradually started occupying more and more of the waking state. However, nowadays consciousness is outgrowing the waking state, and has begun continuing its expansion into other states. Consciousness increasingly springs up during REM-phase sleep (Rapid-Eye-Movement), giving rise to the most astounding phenomenon of human existence - feeling oneself in an out-of-body experience.

It is probable that men and women of the future will have a conscious existence in two worlds. For now, however, this can only be accomplished using the special techniques described in this manuscript. Hints at the occurrence of this phenomenon may be found in the Bible and other ancient texts as illustrations. It lies at the foundation of other phenomena such as near-death experiences, alien abductions, sleep paralysis, and so on. The phenomenon is so extraordinary that many occult movements consider experiencing it to be an accomplishment of the highest order. Statistical research has shown that one person in two will have an intense encounter with it. Meanwhile, the existence of the phenomenon itself has been scientific fact since the 1970s when I started studying psychology and metaphysics or esotericism, extension studies at the School for Esoteric Studies in New York.

The phenomenon is well-represented in many different kinds of modern practices, albeit under various names ranging from "astral projection" and "out-of-body experience" to "lucid dreaming". We will also take as materialist an approach as possible, casting aside all theoretical tripe and concerning ourselves only with what works in practice.

As regards sensory perception of the phenomenon itself, this is not a mere visualization exercise. Reality itself is but a dull daydream in comparison to the phase state! You won't feel your physical body on the bed there, and all of your senses will be fully immersed in a new world of perception. You can touch and behold anything, walk and fly, eat and drink, feel pain and pleasure, and much,

much more. And all this with even more realism and lucidness of perception than daily life! This is the reason many novices experience shock - or even mortal fear - upon entering this state. It's a true parallel world in terms of perception.

The practical side of the phenomenon holds even greater opportunity. In the phase, you can travel the Earth, the Universe, and time itself. You can meet any person you want: friends and family, the deceased, and celebrities. You can obtain information from the inner world of perception and apply it towards improving your daily life. You can influence your physiology and treat a number of ailments.

You can realize your secret desires and above all develop your creativity. Meanwhile, people with physical impairments can release themselves from all fetters and obtain anything lacking for them in the physical world. The out-of-body, lucid dreaming, even self-hypnosis are well-known and experimented among the psychic vampires (psychic people). And all this is just the tip of the iceberg of ways to apply the phenomenon in daily life! You may think that it's difficult to learn if you've read elsewhere that you need spend months, if not years, on it. Get those old wives' tales of religions and others out of your head - we're in the twenty-first century! The instructions laid out in this section will help most people to experience this amazing state within only two to three days of trying. Remember: the techniques described in this book are the result of many years of experimental research. All that you need to do is follow these simple instructions as exactly and carefully as you can. Then, you'll be able to literally live in two worlds!

There are three primary methods for leaving the body. They are used at different times of the day: after sleeping, while sleeping, and without sleeping beforehand. We will begin getting experience using the techniques by starting from the easiest ones - the indirect techniques, which are performed immediately upon awakening. They are quite simple. After mastering those techniques, you can then try to leave your body in the evening or during the day, without sleeping beforehand.



The Indirect Method: Step by Step Instructions

So, you have decided to experience out-of-body sensations and want to achieve this as quickly as possible. To that end, here we present a brief description of the easiest method - cycles of indirect techniques. This is a universal and most effective way to obtain a physic experience. The secret to indirect techniques is to perform them upon awakening, when the human brain is physiologically quite close to the phase state, or still in it.

Cycles of indirect techniques consist of attempts to ,separate immediately upon awakening, and if that is unsuccessful, then quickly cycling through techniques over the course of a minute until one of them works, after which it is possible to

separate from the body. Usually, one to five properly performed attempts are all that is necessary to obtain results.

The techniques described below work extremely well both when awakening from *a daytime nap*, as well as in *the middle of the night*. However, we will be concentrating on the optimum strategy - *the deferred method* - which allows for numerous attempts to be had in a single day. This substantially increases the probability of success occurring in only one to three days.

Step 1: sleep six hours and then wake up with an alarm clock

On a night before a free day when you won't have to wake up early, go to bed at your usual time and set your alarm so that you'll only sleep for about six hours. When the alarm goes off, you must get up to drink a glass of water, go to the bathroom, and read these instructions once again. Do not attempt any techniques before going to bed the night before, no matter what the case. You just need to lie down and get some sound sleep. The sounder you sleep over these six hours, the better your chances of getting results.

Step 2: Go back to sleep with an intention

After three to fifty minutes of being awake, go back to bed and concentrate your attention on how you will perform cycles of indirect techniques upon each subsequent awakening in order to leave your body and implement your prepared plan of action. No need to set the alarm clock this time. Each subsequent awakening should occur naturally. If it's too bright in the room, you can wear a special eye-mask. If it's loud - use earplugs.

Meanwhile, focus your attention on how you are going to try to wake up without moving your physical body. This is not mandatory, but it will substantially increase the effectiveness of the indirect techniques.

Now, sleep for two to four hours, but take advantage of natural awakenings that occur during this period of time. They will happen much more often than usual. After each attempt - whether successful or not - you must fall back asleep with that very same intention of waking up and trying again. In this way, you can make many attempts over the course of a single morning. Up to a quarter of those attempts will be successful, even for novices (70 to 95% of them will be successful for experienced practitioners).

Step 3: Separate the instant you awaken

Each time you wake up again, try not to move or open your eyes. Instead, immediately try to separate from your body. Up to fifty percent of success with indirect techniques comes during this simple first step - one that is so simple that people don't even suspect that it could work.

In order to separate from your body, simply try to stand up, roll out, or levitate. Try to do it with your own perceived (i.e. subtle) body, but without moving your physical muscles. Remember that it will feel just like normal physical movement. When the moment comes, don't think too hard about how to do it. During those first moments after awakening, stubbornly try to separate from your body any way that you can and no matter what. Most likely, you'll intuitively know how to do it. The most important thing is not to think too hard and not to lose those first seconds of awakening.

Step 4: Cycling techniques after attempts to separate

If immediate separation doesn't work out - which would become apparent after three to five seconds - start right then and there to alternate between two to three of the techniques that are most straightforward to you, until one of them works. When this happens, you can try to separate again. Choose two to three of the following five techniques so that you can alternate through them during awakenings:

Rotation

For three to five seconds, try to imagine rotating to either side along your head-to-toe axis as vividly as possible. If no sensations arise, switch to another technique. If a real or even slight sensation of rotation arises, focus your attention on this technique and rotate even more energetically. As soon as the sensation of rotating becomes stable and real, you should try to separate again using it as a starting point.

Swimmer technique

For three to five seconds, try to imagine as decidedly as possible that you are swimming or simply making swimming motions with your arms. Try to feel it no matter what, and as vividly as you can. If nothing happens, switch to another technique. There is no need to switch techniques if the sensation of swimming arises. Instead, intensify the sensations that arise. Afterwards, the real sensation

of swimming in water will come to you. As such you are on your way- and there's no need for separation when you're already in the phase. However, if such sensations occur while you're in bed instead of a body of water, then you will need to employ a separation technique. Use the swimming sensations as a starting point.

Observing images

Peer into the void before your closed eyes for three to five seconds. If nothing occurs, switch to another technique. If you see any kind of imagery, peer into it until it becomes realistic. Once it is, separate from the body right then and there, or allow yourself to be pulled into the imagery. When peering at imagery, it's important not to scrutinize details, lest the image wash away. You'll need to look through the picture, which will make it more realistic.

Hand visualization

For three to five seconds, imagine vividly and decidedly that you are rubbing your hands together close to your eyes. Try no matter what to feel them in front of you, to see them, and even to hear the sound of them rubbing. If nothing happens, switch to another technique. If any of the above sensations start to arise, then keep with the technique and intensify it until it becomes totally realistic. Afterwards you can try to separate from the body, using the sensations arising from the technique as a start-off point.

Phantom wiggling

Try to wiggle your perceived hands or feet for three to five seconds. Do not move a muscle under any circumstances, and do not imagine the movement itself. For example, try to intensively press down and then up, wiggle to the left and right, and so on. If nothing occurs, switch to another technique. If a slight or sluggish sensation of real movement suddenly arises, then focus your attention on the technique, trying to increase the range of motion as much as you can. Once you can move by at least four inches (10,16 cm), immediately try to separate from your body starting off from the sensations arising from the technique.

All that you need to do for each attempt is alternate between two to three techniques for three to five seconds each. This leads to indirect techniques cycles, where the practitioner alternates one technique after another over the course of a minute in search of the one that works. It is very important to do no

less than four cycles of two to three techniques during an attempt. Remember - even if a technique doesn't work immediately, that doesn't mean that it will not work on the very next cycle of techniques, if not just a bit later. That's precisely why it's necessary to stubbornly alternate techniques, performing no less than four complete cycles, but all within no longer than a minute.

For example, the entire process may take place as follows: someone goes to bed at 11:30 pm and sets his alarm for 6:00 am; at 6:00 he wakes up to his alarm clock, goes to the bathroom, drinks some water, and recalls the indirect techniques as well as his interesting plan of action for the person (for example, to look in the mirror and fly to Mars as an example); at 6:05 am the seeker goes back to sleep with the clear intention of entering the psychic sphere upon each subsequent awakening; at 7:35am (or whenever natural awakening occurs) the seeker awakes unexpectedly and immediately tries to separate from his body then and there; not having separated within three to five seconds, the person begins to try to do rotations, but those also do not work within three to five seconds; the person performs the swimmer technique, but that does not work within three to five seconds, the person does phantom wiggling, but it doesn't work within three to five seconds, the seeker does rotation again, then the swimmer technique and phantom wiggling for three to five seconds each; then he once again does rotation, swimming, and phantom wiggling for three to five seconds each; on the fourth cycle he begins to do rotation and it unexpectedly starts working - the feeling of rotation arises; the person keeps with this technique, and spins as hard as he can and separates from his body right then and there using the sensation of rotation: he then runs to the mirror, all the while actively palpating and scrutinizing everything around him from a close distance, which intensifies his sensations; having already looked in the mirror, the practitioner employs the translocation technique and finds himself on Mars, but he is unexpectedly returned to the body; the person then immediately tries to leave his body again, but is unable to; he falls back asleep with the clear intention of repeating the attempt upon the next awakening and staying longer on Mars (example); and so on.

Just repeat the above using the techniques that come most naturally to you, and you'll open yourself up to a whole new universe! If you take twenty to thirty minutes out of your day to simply train the techniques and the procedure, the method will be remembered and work better. This will substantially increase the success of attempts upon awakening.

Dream consciousness is also considered to be someone's experience. If you suddenly realize that you're dreaming while asleep, then that's already what you may expect. You should therefore proceed to implement your plan of action and

stabilize the state. If dream consciousness does arise, it would be a side effect of doing technique cycles upon awakenings. This side effect is quite common - always be ready for it.

Step 5: After the Attempt

Fall back asleep if you can after each attempt (whether successful or not) in order to make another attempt to leave your body upon your next awakening. That way you'll not only be able to leave your body in one day, but also to do it several times on the very first day!

Even the most unsuccessful attempt should last no longer than a minute. If nothing happens over that period of time, it's much more effective to fall asleep and catch the next awakening, as opposed to stubbornly trying to squeeze results out of the current attempt.

Plan of Action for the Out-of-Body Experience

Before entering the psychic sphere, you should clearly outline what you are going to do there immediately after separation. This will increase both the quality of the experience and the likelihood of it occurring. Below is a list of the most interesting (if not the most straightforward) psychic activities (choose no more than two to three activities and remember them well):

- Look in a mirror (a must for you!)
- Eat or drink something you like
- Visit any tourist attraction
- Fly over the Earth
- Fly throughout the Universe
- Fly to neighbours, friends, and family
- Meet a lover
- Meet a deceased relative
- Meet any celebrity
- Take medicine for treatment
- Obtain information from objects
- Travel to the past or the future
- Walk through a wall
- Transmutate into an animal
- Drive a sports car
- Ride a motorcycle

- Breathe underwater
- Put your hand inside your body
- Feel vibrations
- Inhabit two bodies at once
- Inhabit another person's body
- Move and set fire to objects just by looking at them
- Drink liquor
- Make love and reach orgasm

For your first attempt, be sure to set yourself the goal of making it to a mirror and looking at your reflection. You should specifically program yourself to do this activity, as it will substantially facilitate your first steps in conquering that which you mostly desire. You may then complete other items on your plan of action and never return to the mirror again. If your sensations in the experiment are dull (i.e. poor sight or numbed bodily sensations), try to touch everything around you actively and scrutinize the minute details of objects from up-close. This will allow you to have a more realistic experience. The same activities should be performed in order to maintain the phase when the first symptoms of a return to the body occur (for example, when everything becomes dim). Returning to the body is something you needn't worry about. The state will not last more than several minutes in any case, especially for novices who are little-acquainted with techniques for maintaining in the psychic sphere.

If it didn't really work

Set yourself this goal: make five to ten attempts to leave your body upon awakening. This procedure, when followed correctly, is sufficient for fifty to eighty percent of novices to get their first results. Turn back to this section if you run into a problem, as it describes the mistakes encountered in 99% (!) of unsuccessful attempts.

Never try these techniques every day; otherwise the success rate of your attempts will drop drastically! Spend no more than two to three days of the week on it, preferably only on days off. If you don't have an opportunity to sleep in long and with interruption, then don't forget that cycles of indirect techniques can also be used after any other awakening – in the middle of the night for example, or better yet, during a midday nap. What's most important is to establish the clear intention of trying them before falling asleep.

Despite the simplicity of these techniques, novices stubbornly deviate from the clear instructions, following them in their own way or only half-way. Remember

what's most important beforehand: the more carefully and literally you follow the instructions in this book, the better your chances for success. Ninety percent will obtain results within one to three awakenings if they do everything correctly from the beginning.

Typical mistakes when performing indirect techniques include:

Lack of an attempt to separate

Forgetting to simply try to separate immediately after awakening before cycling techniques, even though this may lead to up to fifty percent of all experiences. Exception: awakening to movement, after which one may immediately proceed to the techniques.

Lack of aggression

A desire to get a technique to work no matter what and really get into it is the main criterion for success in employing the indirect technique procedure. Meanwhile, determination should not be superficial, but intensely focused on the actions to be completed. Lack of determination can also manifest itself in passively falling asleep during an attempt.

Fewer than four cycles

No matter what happens and no matter what thoughts occur, you should perform no less than four cycles of techniques, assuming none have worked so far. Not following this simple rule will scuttle more than half of your opportunities to enter the psychic sphere.

Unnecessary Change of Technique

Despite the clear instructions given, novices will stubbornly switch techniques after three to five seconds, even when a technique has started working in one way or another. This is a serious error. If a technique has started working - however so slightly - you need to keep with it and try to intensify it in any way possible.

Unnecessary Continuation of a Technique

If a technique hasn't begun working in the least after three to five seconds, it should be changed for another. The point of cycling is to quickly alternate between techniques until one of them starts working.

Forgetting to Separate

When any technique starts working upon awakening - no matter to what degree – the practitioner is nearly always already in the phase, and is simply lying on his body while in it. That's why you should always try to separate immediately upon there being stable signs that a technique is working. If that doesn't work out, then you need to return to intensifying the technique and try to separate again. If you don't use the first seconds of a technique working, then the phase usually ends quite quickly and the necessary state goes away. Don't lie in your body while in the psychic sphere!

Excessive Analysis

If you analyze what's going on when cycling through techniques upon awakening, then you are not concentrated on the techniques themselves and are sidetracking yourself. This will cause you to miss nearly all chances of obtaining results. The desire to experience the technique working should fully consume you, leaving no place in the mind for analysis or contemplation.

Excessively Alert Awakening (no Attempt or a Sluggish One)

Due to the perception of an excessively alert awakening (which will be not actually be alert, but only seem to be from 70 to 90% of the time) the practitioner will either forgo trying anything, or will make attempts quite unassuredly, which is equivalent to not trying at all. You ought to follow the instructions automatically, and not pay attention to such perceptions upon awakening.

Attempting for Longer than a Minute

If no result is obtained after one minute of cycling, then your odds of success will be much greater if you go back to sleep right away and catch

the next awakening in order to make a new attempt, as opposed to stubbornly trying to continue on with the techniques.

Incomplete Separation

When attempting to separate, sometimes it doesn't come easily or completely. Sluggishness, stuck body parts, and being stuck in two bodies at once are some things that may occur. Never give up under any circumstances and do not stop separating if this happens. Full separation will occur if you counteract such problems with all your strength.

Not recognizing the psychic sphere

Practitioners often enter the phase but then return back to the body because they feel that what occurred is not what they had expected. For example, when observing images they are often pulled into the scenery, or they are spontaneously thrown into another world when rotating. Practitioners often think that they have to experience the feeling of separation itself, which is why they might return back to their bodies in order to obtain it. The same applies to becoming conscious while dreaming, as the practitioner is already in the phase and it only remains to deepen and implement his plan of action.

Awakening to Movement (no Attempt or a Sluggish One)

Awakening without moving is desirable, but not mandatory. There's no sense in forgoing most opportunities by waiting for the right awakening. You must take advantage of every awakening that you can.

Wasting the First Seconds

Try to develop the habit of immediately and reflexively proceeding to the techniques upon awakening, without losing a second. The more time that elapses between awakening and the attempt itself, the lower the odds of success. It's best to learn to catch not so much the very second of awakening, but rather the transitional moment when “surfacing” from sleep. Separation is almost always successful during that transitional moment.

Selection of Same-Type Techniques

There's no point in selecting techniques for your practice that are similar to one another or focused on the same sensation (when using techniques from other parts of this or other of my books).

Use of a Single Technique

Cycling indirect techniques upon awakening is a universal method that can work for anybody provided they alternate several techniques. Completely different methods may work over different attempts. That's why using only a single technique upon awakening instead of cycling through at least two leads to substantially lowered odds of entering the phase.

False Physical Movement

Sometimes separation is so indistinguishable from ordinary physical movement that novices are unable to believe their own success. They perceive separation as a physical movement and then disappointedly lie back down into their body. In such cases, one ought to carefully evaluate the situation and possibly perform reality checks.

The Four Principles of Success

Do It No Matter What

When performing phase entrance and separation techniques, put your all into them and concentrate on them as if they were your life's goal and mission. Chomp at the bit to leave your body.

Be Aggressive

Put all of your enthusiasm and desire into the techniques. The desire to get the techniques to work should be coupled with full aggression in achieving that result.

Be Self-Assured

During attempts, be as sure as possible of the results. When making attempts, lack of assuredness in yourself and the results will substantially lower your probability of phase entrance. Nearly all phase entrances are accompanied by self-assured thought like "I'm going to do it now", while unsuccessful attempts involve thinking "I guess I'll try, but I doubt it'll work".

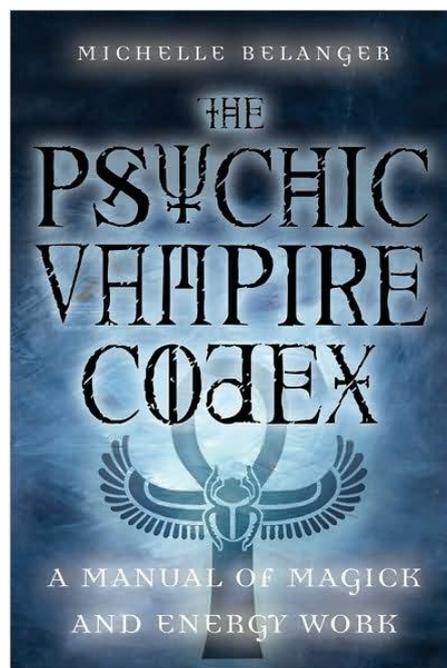
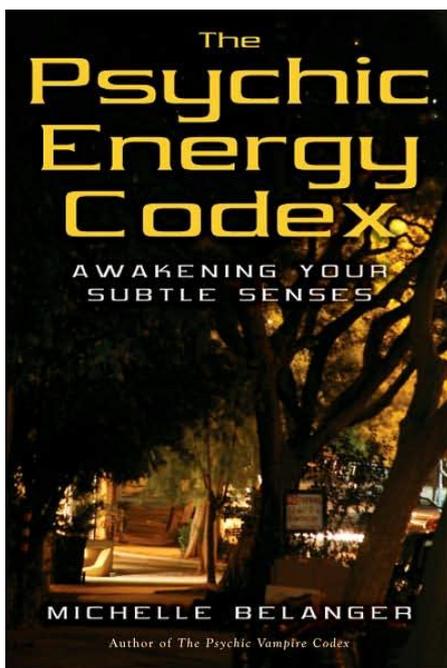
Do it Robotically

Don't think about anything when completing the technique procedure. You already have the instructions. Just carry them out, not matter what things may seem to you or what thoughts enter your mind. Robotically is also understood to mean exactly. The indirect technique procedure has been honed by work with thousands of practitioners all over the world, neglecting any detail isn't worth it.

It really worked!

If you were successfully able to employ the indirect techniques and enter the phase at least 3 to 5 times, then you can gradually move on to the advanced textbook in order to flesh out your practice. Now you're a man or woman of the future, and all that remains is to hone your new ability

Recommended Reading



The Moderator



Philippe L. De Coster, B.Th., D.D. joined Sundial House, Tunbridge Wells, Kent, UK team in 1971: Michael Eastcott and Nancy Magor. He represented together with Tilla Grenier (Brussels) the two French sections of the Meditation Group for the New Age, and Creative Meditation Group, also called the French Section. When Tilla Grenier died the two groups moved to Ghent, and was assisted by François Geldof for the distribution of the booklets of both groups. In 1970 De Coster was awarded with a certificate of Unity School of Christianity, Lee's Summit, Missouri, the course being of a metaphysical character covering the fundamental principles of the teachings of Unity and their applications in redeeming the mind and healing the body. As the studies were "extra muros" (extension programme) it lasted almost ten years.

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