

Neometaphysical Education

**An Introduction to the Study of ASTRAL
PROJECTION**

With a Syllabus of Instruction for the Course;

'Practical Astral Projection'

by Oliver Fox

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What is Projection?

PROJECTION is the art of changing the location of the consciousness at will. This transfer generally occurs from the normal physical to an astral or other form but, in the case of more advanced practitioners, projection to other states of time and space can be carried out. More commonly known is astral projection in which one projects from the physical to an astral body in a mode which is fairly close to earthly manifestations. The power to travel and to experience in a state very near to the physical world and often in direct contact with it, it a very wonderful thing and does more than anything else to affirm the reality of the true self and of life after death of the physical body.

Practical Astral Projection by Oliver Fox

THIS COURSE of instruction is the only one of its kind. It reviews the full field, brings studies up-to-date, gives a special introduction to the vital new metaphysical science and the way in which this knowledge of basic laws solves the mechanisms of projection in all its forms.

Introduction

ASTRAL PROJECTION is the power to leave the physical body and to travel in what has been called the 'astral body'. One may move in the physical world or the inner planes of existence, journey to any destination '*in a flash*', or witness scenes and happenings far and near. Finally the projectionist returns to the physical body with a memory of his adventures; the clarity of his projection, memory and his control over his adventuring, is a matter of skill in using the mental patterns involved. One may visit many planes as well as the so-called astral and these are available according to the understanding attained by the projectionist. The peculiar laws of some of these planes are described by Mr Fox and these can vary from the state of earth itself to the purely 'mental' states of being, some of which were discussed by Yram in '*Practical Astral Projection*'.

ASTRAL PROJECTION is a branch of psychic practice which was highly place in the initiatory magic of the Ancients, particularly in the temples of Ancient Egypt, and it remains today an essential study in the esoteric development of the true seeker. For centuries its techniques were guarded as a prize secret, in the Orient by certain Yogis and Lamas and by holy men in other remote parts of the world.

J. S. Ward in his books, '*Gone West*' and '*A Subaltern in Spirit Land*' gives a vivid description of his visits to many different worlds, some close to the earth-plane and others high in the astral sphere. He was able to converse with relatives and friends who had passed over and many times he was accompanied by living spirit guides. Ward saw the ages of prehistoric times, methods of education in the astral world, the entertainments, the strange buildings and peoples of many different planes.

The late Dr. Alexander Cannon, in his book *'The Power Within'*; (Rider), relates how he and his colleagues successfully made astral journeys and returned with physical objects. In 1961, there appeared an article in *Prediction Magazine* by Val Argyll, describing the use of the Chinese Yi King Wands in projection. It seems that by the use of these occult symbols different realms could be reached.

The late leaders of the *Theosophical Movement*, Annie Besant and C. W. Leadbeater, have also told how they travelled in their astral bodies together. Even so, little has been done to provide detailed information upon projection techniques. Oliver Fox, inspired by the mysterious forces of the New Age, was destined to be the pioneer in astral projection, insofar as he entrusted his techniques to the ***Society of Metaphysicians*** for issue to its members and the general public. Dr. Hereward Carrington, the well-known investigator, reports in one of his books, 'The only detailed and first-hand account of a series of conscious and voluntarily controlled astral projections which I have ever come across is that by Mr Oliver Fox, published in the *'Occult Review* for 1920'. The material was afterwards published in book form (*Astral Projection*: Rider).

Many years later, after a total of forty years of practical research in the fields of projection, Mr Fox summarised his works and added fresh data to compile this unique course - the distilled essence of his life-time experiences in the subject - specially written in a concise manner to produce clear, easy and safe study.

Yram of France and Muldoon of U.S.A. are the other two true pioneers in this field. Recently others have contributed useful additional literature: foremost amongst these are *Ophiel* and *Dr. Crookall*. *Ophiel* contributes to essential empirical data with a description of how to transfer the consciousness and the use of occult symbology. *Dr. Crookall* gives an excellent review of the existing systems. *Ophiel* praises Fox as an intensely practical occultist. Of all the exponents, we consider Fox to be foremost and impartial, especially in view of the fact that Fox's projection powers were used for most advanced esoteric service. He is also well-known in more advanced circles for his wonderful work with *Paul Black* in 'bringing through' the ***'Golden Book of Life'*** by *Azelda*.

TIME TRAVEL by projection of the consciousness backwards or forwards in Time has been recorded. One of Mr Fox's experiences was to find himself travelling down a 'cotton wool' tunnel, the usual experience of movement in time, and finally to find himself being tortured on a rack: he didn't stay long! Colin Bennett in *'Practical Time Travel'* (Rider) discussed the methods whereby one may go back to past lives in this manner.

The esoteric section of ***The Society of Metaphysicians*** utilises *controlled prevision* to augment desired trends in its work. TRAVEL OVER LONG DISTANCES is also possible; the subject can project his consciousness to a spot which is thousands of miles away as well as into Time. *Eileen J. Garrett*, in her book *'My Life'*, gives a vivid description of astral projection across the Atlantic.

PROJECTION of the consciousness into a state or pattern can be gained. Thus the reading of the so-called *Akashic Records* is **consciously** attainable. This process has been used by the **Society of Metaphysicians** to gain technical data and a clearer view of the fundamental processes of new forms of computers!

THERE ARE MANY OTHER truly *wonderful esoteric powers* to be gained. It may truly be said that the key to the attainment of these is surely the study and practice of projection in all its aspects.

PROJECTION has another important attribute which, in itself, is an utterly essential requisite of any form of esoteric development. This is the fact that the level of the *consciousness is enormously lifted* during projection - once the usual emotional fears are overcome. As a consequence it is possible to experience and to learn at a rate and to an extent far beyond all earthly experiences. It is also possible to utilise the very high mental-energy patterns which one may gain in the projected states, to carry out healing and many other esoteric and psychic processes. Many famous healers have been seen at the bedsides of their patients, whilst the latter were receiving 'absent' healing. Many advanced people have also been seen in two places simultaneously. Passing through 'solid' objects, moving objects by 'willing' (telekinesis - which functions much more readily in higher states than in the physical), the creation of 'astral' objects and 'fourth-dimensional' vision are all new and marvellous experiences open to the student projectionist. One may also enjoy the exhilaration of flying, gliding and skrying and many other matters peculiar to the astral and other worlds.

PROJECTION is the most wonderful of occult adventures and the personal experience of it, together with its control and the mental training it brings, enables one to live in a much richer, more glorious manner than ever before, not only in other realms, but also in harmony with our mundane state.

Projection experiences are characterised by the great upliftment of the consciousness that occurs. There is a sense of *abundant vitality and youth*: no matter what one's physical age may be! The senses of the astral body are far wider in perception than those of the poor physical counterpart: flowers virtually throb with life bringing colours and perfumes beyond hope of earthly description. One's sense of well-being is beyond all imagining and the pains of earthly life are seen for the insignificant things they truly are. For the intellectual there is a *mighty quickening of perception and understanding* of the Nature and Inherent Unity and Order within Creation. The range and finesse of data that can be perceived are *incredible!*

THERE ARE MANY RECORDS of the projectionist meeting friends - both incarnate and discarnate! Of learning in astral universities; Of quiet woods and living streams; Of travelling as a pure consciousness having the indescribable total sensory powers of a 'body' without form; or, or meeting others in such a state; and so on throughout a truly infinite variety of glorious progressions.

Methods

METHODS OF PROJECTION are numerous, but few are effective. The reason for this is that most systems have been developed in artificial atmospheres of highly individual groups, philosophical outlooks or religious attitudes. Thus many methods are effective only for those students having the mental attitudes to match the systems. There are two questions one may ask in order to assess the value of a projection technique: namely 'How does the

technique match my own outlook?' and, 'To what extent is the system in harmony with the findings of the new metaphysical science?'

In the first case, Oliver Fox developed his methods as one who had received training as an electrical engineer as well as direct experiences of projection in its many phases. His work at once becomes acceptable to the western mind and concise thinker.

In the second case, Mr Fox had a *very firm understanding of the new metaphysics* and was, in fact a Council member of the **Society of Metaphysicians** of Hastings.

With the steadily improving formulation of the *new metaphysics*, much 'undergrowth' in the theories concerning projection techniques and mechanisms has been removed. Ophiel in his book '*The Art and Practice of Astral Projection*', has managed to further clarify matters by his affirmation of the need to avoid emotionalism, and also to practise concise visualisation techniques; he also devotes considerable space to Mr Fox's methods, affirming them to be the most practical of all.

Other Opinions

MANY EMINENT AUTHORS AND OCCULTISTS study Oliver Fox's works and have set down their opinions in various books and journals.

The Hon. Ralph Shirley, in his book '*The Mystery of the Human Double*', (Rider) wrote:

'I must express my especial indebtedness to two articles contributed during my period of Editorship, in the 'Occult Review' by Mr Oliver Fox'.

He goes on to affirm that Mr Fox was a notable and painstaking investigator and states that the 'interesting contributions of Mr Fox have a unique value of their own'. Again '*Mr Fox, whose description, however, of the 'trap-door' allegorical as it undoubtedly is, is one which in my own experience finds an exact parallel'.*

Mr H. F. Prevost-Battersby, in his book '*Man Outside Himself*' refers to the works of Mr Fox on no less than forty pages. We quote,

'Mr Oliver Fox has proved himself the most determined investigator of etheric projection. The real thing of value which Mr Fox has achieved for us as the analysis of projective methods. He has tried a variety of expedients, has carefully analysed them all, and has left us little to learn, as far as the methods of exit are concerned. '

Ophiel in his '*Art and Practice of Astral Projection*' says,

'Mr Fox was the first to give a 'do-it-yourself' plan'.

He reviews Fox's works very thoroughly and re-prints the '*Way of Dreams*' and other data. There are many other good references, far too numerous to print here.

Letters Received

PROJECTION GAINED

'I am pleased to report that I have had my *first experience* in conscious projection'. C. H. C. Birkenhead, England

FIVE MILES AWAY FROM THE BODY

'The following occurred after reading Lesson Five. I had been asleep about two hours when I noted that my body seemed to be at the end of an elastic cord, going up and down in a horizontal position and increasing to greater heights. I finished up sailing through the air about *five miles away* from my body; then I suddenly awoke and the experience was over. On this particular night I had been reading the '*Way of Dreams*' before going to sleep. . . .
. . . ' An English Student

MANY SUCCESSFUL EXPERIENCES

'I have studied the available literature dealing with astral projection. It was possible for me to receive personal advice and suggestions from my friend Mr Fox. During 1948 I achieved *many successful out-of-the-body states* of consciousness. My experiments have reached fruition under the tutelage of Mr O. Fox'. E. S. , Sussex

THE FOURTH PROJECTION EXPERIENCE

'Since receiving the last two lessons I have had some *wonderful results*. . . . So far, this is the fourth projection phenomenon since the start of the study course. I must express my extreme satisfaction and thanks for the course and for your help. ' E. C. , London

LONG DISTANCE PROJECTION

'I had the most extraordinary dream projection this morning between 3. 30 and 3. 45. I projected right onto your house in England!'

PROJECTION INTO THE FUTURE

'Your course in astral projection is very interesting indeed. You might be interested to know that I 'dreamt' of your letter and contents (which I read word for word) the *night before it arrived*. Most of my projections are into the Future. I never know when I will 'come across' something I have 'dreamed' of. . . . A. H. , Arizona, U. S. A.

MEETING DISCARNATE FRIENDS

'During the last week I have been experimenting with the '*Dream of Knowledge*' method and last night I was fortunate in having a *continuous projection*. No incongruous happenings occurred and I was aware at once that I was dreaming: during which I was also *fully aware* of the happenings of the previous day and of *my identity*. After this I took control of the

situation and was in contact with one of my guides who helped me considerably on my journey. ' Mrs. A. H. Blackpool, England