

Dream Journals and Astral Projection

Most people have had several astral projections in their lifetime, however they will only be remembered as dreams. It is more than likely that some of your extremely realistic dreams actually entail you going on an astral journey, also known as an out of body experience.

The best way to learn how to astral project is to keep a dream journal or diary. We cannot begin to understand dreams until we begin to remember them. One of the most effective in interesting ways to achieve this is to keep dream diary.

Buy a notebook specifically for the purpose and keep with a pen by your bed at all times. This means that even if you wake up in the middle of the night, you can write down the recollections of your dream, or dreams immediately. It is also advisable to keep a torch by your bed.

When you first wake up in the morning, you should close your eyes for a few seconds and try to remember some of your dreams. Dreams are just a series of different images, and by remembering just one or two you could trigger the entire sequence. If you find it difficult to remember a single image, try to remember your feelings during the dream. Were you happy, sad, angry, etc.

It is important that you write your dream diary before you do anything else in the morning. Try to include as much detail as possible even the parts that don't seem to be relevant or make sense at the moment. Writing in the present tense will also make the dreams seem more immediate. Once you have written down the basic memories from the dream you can begin to add to it and flesh it out.

Overtime you will become much better at remembering your dreams and writing them in your dream journal, you will also be able to make better associations. You can keep track of objects or people that make regular appearances in your dreams. You can also see if you have dreams at certain times, such as when you are stressed, or when you're happy. You should be able to notice patterns in your dreams.

By keeping a full record of your dreams, you'll be able to discover your own method of controlling out of body experiences. This is not something that you will acquire instantly, it requires practice and concentration, but will happen eventually.

Dreams use a language of metaphor and symbol to convey their meaning. Sometimes the symbol may be fairly straightforward, but other times it could be completely baffling. The exact significance of a dream symbol is specific to each individual and his or her own experiences. To gain control over your out of body experiences you must learn to interpret your dream language.

About the Author

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