

A painting of a woman with long, flowing red hair lying down in a garden. She is wearing a yellow-green dress. A peacock is visible in the upper left, and a small bird is perched on a branch to the right. The scene is filled with white and pink flowers and green foliage.

Global Grey Ebooks

**ASTRAL PROJECTION,
A COMPLETE GUIDE**

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ASTRAL PROJECTION, A COMPLETE GUIDE



Astral Projection, A Complete Guide.

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brain, as these memories are automatically recorded, as per normal physical memory recording. In order for an OBE memory download to take place, and overwrite these memories, they have to be stronger and have more 'impact' than the resident memories. Emotion can thus be used to empower OBE memories, to give them more impact on the physical brain. It is for the above reasons that fearful or exciting, more dramatic; OBE's are more easily remembered than are the more mundane type.

I remember during my early days of OBE (when I started doing it deliberately) floating near my physical body trying to work out why I seemed to be failing and losing the OBE memory most of the time. I was trying to OBE just about every night, but had only succeeded a few times that year. At these times, my projected double had no problem exiting my physical body. I wondered, as it was so easy, why I was not remembering more of my OBE's. Then I remembered how excited I was during and after these OBE's, and started to wonder....'hmmm, maybe emotion itself had something to do with carrying the OBE memories back into my physical body with me?'

I made a successful 'emotional' re-entry that night, and remembered my OBE reasoning. I have applied this reasoning ever since then, and have thus had countless successful OBE's. Now, I always 'shout' my success 'savagely' in some way as I make the re-entry. I hold the OBE memory very strongly in mind and use a trigger phrase to enforce an effective memory download, i.e., "I did it!" or "My hands melted!" or etc. This works! I always come to (wake up) with my trigger phrase on my lips, and with full memory of my OBE. This really does make a world of difference.

THE END

I'm Julie, the woman who runs [Global Grey](#) - the website where this ebook was published. These are my own formatted editions, and I hope you enjoyed reading this particular one.

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