

## **Crippling Astral Projection beginner mistakes**

This is a short PDF guide showing you the most common beginner mistakes when learning to astral project. You can't really afford to be doing these, as they'll massively hold you back. Just making sure you DON'T make these mistakes will put you at an advantage.

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### **1: Trying at night**

Night time is actually the worst time to try and astral project. Your best chances are during the early hours of the morning, which tends to be the 'sweet spot' for OBE experiences and astral projection. This is because your brain chemistry is at the perfect state during the early hours of the morning

### **2: Being impatient**

Astral projection is a process and it can take time, so don't be afraid to just wait it out. It might take a day, might take a week or even a few months but it will happen eventually. Likely this is a new experience and skill for you so just be patient and don't expect overnight results.

### **3: Being afraid of astral projection**

After reading a few forum posts and stories, it's easy to become scared or afraid of astral projection, and this can actually stop you from doing it. Your mind usually gives you more of what you focus on, so if you focus on those frustrating stories of

people either not being ABLE to astral project, or having a scary experience, that's what you'll get too.

#### **4: Talking to yourself in your head**

You've probably done this without really thinking about it, but when you try and astral project, don't talk to yourself in your head, as it just slows you down and can stop you achieving astral projection. All those times when you're saying things to yourself like 'Is this meant to feel like this?' or 'Am I close to astral projecting now?'. Don't do that, because it distracts you and stops you from breaking through!

#### **5: Being scared to try new things**

With astral projection, it's sort of an open minded area of interest. You've got to be open to trying new things and be open to new ideas. For example, trying binaural beats to induce astral projection, or thinking about using some useful tools or resources to get there faster.

#### **6: Practicing the wrong techniques**

Of course, probably the biggest mistake you could make is just learning and practicing the wrong things! There are a few techniques and methods you should practice to astral project properly and safely, so make sure you learn those!