



A Course in Astral Travel

WEEK 8 (SUPPLEMENTARY TOPIC)

Where to go from Here

By Mark Pritchard

This is the final topic of the astral course, but although it is the last, it is really just the beginning.

It is one thing to get into the astral plane, but another to be an esotericist. Anyone can fly and explore the astral world, but few penetrate its secrets.

To do that, much more information about what is there is required. You will find this on the self-knowledge and esoteric courses.

Many people are no doubt content to dabble and experiment here and there, and will move on from this course to other astral methods and courses given elsewhere. Others will want to explore deeper into the nature of themselves and life and it is these latter people that may one day be the walkers the esoteric path in the future.

I have given only tiny amount of what I know about the higher and lower realms on this course, there is only so much information that can be given and practised and understood in an eight-week course, after this there is so much more to learn. The astral is a way to get knowledge, but if you don't change and walk along the esoteric path, you will never get real knowledge or wisdom, you will only get basic and usually inaccurate information and will have to muddle your way through a complex web of experiences that you have no way of understanding.

As well as continuing with the courses, I shall outline some things you can do so, that you can continue your astral exploration and practice in an effective way in the future.

It is worth looking at what you have achieved in this eight-week period, what you have achieved will be largely due to the efforts you made in it.

There is much more to learn and do, so this is not the end of the attempts that can be made on these courses to get into the astral, rather, it is just the beginning. The course laid the foundation for the exploration of the astral, but future courses will give information about the bigger picture of what is there. On these courses you will be able to practice and use what you have learnt on this one to explore and discover the nature both of yourself and of the scheme of things in life.

Then you will become better equipped as an investigator and searcher into reality.

When looking back it is very easy to see how things could have been done better, so have a look at the mistakes you made, times when you didn't try, did something else, didn't follow the program and so on.

Resolve to correct whatever mistakes you have found when you start the next course and keep looking for and correcting mistakes, because if you do this, you will be able to make real improvements and will be able to advance in your esoteric search.

We are going to look at setting routines and overcoming obstacles in this topic so that you can create an effective order in your astral exercises and create a foundation for the future.

Planning the Exercises and Your Astral Strategy

Planning and organising your time and activities is very important, if you want the Astral to work you will have to make a special effort now the Astral course is over, so that you plan what you are going to do ahead and stick to it, if you don't keep to your program you will find that the Astral easily falls away, it takes a lot of effort to build up and not much to lose it. Additionally, the events that take place every day have a way of taking one's attention away from the esoteric work, so you need to be very disciplined in order to keep going and to achieve your goals in the Astral.

Make use of every event in life to learn from yourself and to carry out the esoteric work, learn to use each moment, build up the esoteric work that you do, so that it is the main centre of your focus, drive and interest. Live each day like this and your life will be radically transformed.

Work out in a diary (get one if you don't have one) a structure for your daily exercises. You can plan for the week ahead, work out the times that you are going to spend doing them and work out which ones you will do.

In this way, you become organised and you know what you're going to do and whether or not you have done it.

This of course doesn't stop you from taking any opportunity that you might have during the day to use to practice any of the exercises.

Getting Into a Mode of Practicing

It's very easy to lose track of the exercises and to feel that the experience of Astral projection has slipped away from you. To make it work again you have to get back into the mode of practising, to re-evaluate what you have done and what you are doing and to draw up a new plan.

If you draw up a new plan try to stick to it because the results make it worth it. When one is caught up in the identification with daily activities, with the job, with friends, with family and so on, the esoteric work slips away and its importance is easily forgotten or pushed to one side. But that doesn't mean that it actually has lost its importance, it's just that the individual doesn't see it any more. It is far more important than you can imagine and when this life is over it was all that really mattered. Time that is wasted is never recovered again.

Dedication and Discipline

It is possible to have astral experiences here and there when trying to project but for the astral to work with any regularity one must be completely dedicated to it and to be able to project whenever you want to, requires a very strong effort throughout each day and this means being disciplined and orderly, staying focused upon the esoteric work, no matter what you are doing.

Discipline in relation to the physical body is also very important for astral projection since the body and the mind need to get used to a different way of approaching sleep.

It is up to each person to set up their own routine and to be as disciplined or not as they wish, but I am explaining from my experience how to get the best results and many others who have tried the exercises on this course have confirmed that what I am saying here in this topic applies. It takes a lot of effort and willpower, but it does pay off.

If you continue with further courses, always maintain your Astral exercises, they will be the means with which you can investigate, experience and prove what is written in them and will allow you to acquire your own Esoteric knowledge, far beyond what you can read in any book. The experiences you get will always be remembered and will help you to get through the difficult times of life and the Esoteric Path, building the foundation of a faith that derives from knowledge and direct experience; something that very few people have.

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