

# FULL-CONSCIOUS PROJECTION

## FREQUENTLY ASKED QUESTIONS

(FAQ)

by

**Campbell M Gold**

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**Q: Is Projection safe?**

A: Full-conscious Projection is a safe, natural technique for altering awareness without the use of disassociated trance states, drugs, spirit possession, or spirit entities. By altering your awareness you can Project your consciousness beyond the physical, and access and benefit from levels of existence that are normally hidden. During a Projection session, you are fully aware, and in control at every level of your consciousness. Further, you can end the session, any time, without external intervention.

**Q: How is the altered state of conscious achieved?**

A: The altered state of consciousness is attained through deep relaxation and mental visualisation.

**Q: Is there any connection between Projection and the occult?**

A: Projection is the rational process of deep relaxation that allows an individual to see with inner-sight, and has nothing to do with the occult, religion, mysticism, spiritualism, witchcraft, or the Devil.

**Q: How do I know if I am ready for Projection?**

A: If you have a desire to transcend the physical and explore yourself, then you are ready for Projection.

**Q: What is 'Projective Visualisation'?**

A: This is a Projection process where you mentally create positive images of your aspirations. The images are stored deep within your psyche and generate intuitive promptings when opportunities or congruent energies are detected. By following these promptings, you move towards the actualisation of your goal.

**Q: What is the collective consciousness?**

A: The collective consciousness is the memory of existence (personal and universal) accumulated since the 'beginning', and is described as a universal reality or library of experience. The collective consciousness is also known as the 'Akashic Record(s)'. Regarding Projection, there is no such thing as an 'unconscious collective' - the individual can perceive all things.

**Q: What does the collective consciousness contain?**

A: The collective consciousness contains images that connect the individual to the past, present, and future. These images are the experiences that have expanded, are currently expanding, and will yet expand the individual's consciousness. Existing as a common collective, the images can be read with Projection.

**Q: Can I use Projection to see auras?**

A: Individuals have reported an enhanced ability to see auras while Projecting. Further, intuitive counsellors and healers have also reported that during Projection they 'see clearer'.

**Q: Can I use Projection to see ghosts?**

A: Projection can be used to promote intuition, clairvoyance, and spirit sight. By developing these attributes, you are better equipped to experience supernatural occurrences such as ghosts, etc.

**Q: Am I connected to an astral-cord during Projection?**

A: The astral-cord phenomenon is a traditional belief, and does not exist as a physical reality. During Projection, you do not actually go anywhere. Your consciousness already pervades every level of the universe, so you can perceive everything without moving. Therefore, there is no need to be connected by a cord or other umbilicus.

**Q: During a Projection session, how does the Therapist know if the Client is seeing anything?**

A: When the Client is seeing something, rapid eye movement is exhibited. This is similar to the rapid eye movement that accompanies dreaming.

**Q: During a Projection session, how do I know that I'm not making it up?**

A: As a conscious being, you can only perceive what already exists in memory (personal or collective). Anything that you perceive during Projection must exist somewhere as a reality, and you are just reporting what is already there. Therefore, it is impossible for you to make anything up.

**Q: What sensations does Projection generate?**

A: Generally, sensation during Projection is described as a complete sense of being, and an exhilarating freedom. Some individuals have commented on the clarity of mental/spirit vision experienced during Projection. Others have spoken of an incredible feeling of peace and oneness that accompanies Projection.

**Q: Is Projection accepted by traditional religions?**

A: It has been my experience that traditional religious groups, such as Christians, are not well disposed to Projection, and do not encourage their members to get involved with it.

**Q: What does it feel like when I separate my consciousness from the physical?**

A: At the point of separation, there is a tingling breathlessness that develops into an exhilarating floating sensation. Also, it is often reported that a clearness of vision, a sense of peace, and a vividness of sensation accompany separation.

**Q: Can people meet and work together in a Projected state?**

A: I have heard anecdotal reports of this taking place. However, I have never seen, or experienced it myself.

**Q: Which of my senses are active during Projection?**

A: All your senses, taste, touch, sight, smell, hearing, feeling, and mental vision are mentally active during Projection. Your physical body acts as a receiver, and your Projected consciousness acts as a transmitter. As consciousness perceives, it transmits to your physical body, which translates the experience into the relevant senses.

**Q: Can I feel Pain while Projecting?**

A: Physiological functions such as pain are inactive during Projection, so you should feel very little. If you view a scene that has painful connotations, it will not be translated into physical pain, however, you would recognise the pain in symbolic terms.

**Q: Can Projections be used to contact people who have died and passed on?**

A: I have conducted sessions where individuals have successfully used Projection to contact departed persons. I have also conducted sessions where an attempt to contact the departed has failed miserably.

**Q: Can I contact my personal guide through Projection?**

A: I have conducted sessions where individuals have connected successfully with, and talked to their personal guides.

**Q: During Projection is it possible that something could get in and 'possess' me?**

A: Because of the way a Projection session is constructed, and the fact that you control what happens, there is no possibility of invasion or possession.

**Q: Can I become mentally disturbed from Projecting?**

A: No, in reality the opposite happens because the relaxation technique promotes mental and physical well-being.

**Q: Is Projection and dreaming the same?**

A: The experience is similar, however, during Projection you are aware and in control.

**Q: How do clairvoyance, telepathy, and psychokinesis relate to Projection?**

A: These are all esoteric abilities that can be explored, developed, and enhanced through Projection.

**Q: Why is Atlantis a recurring theme in Projection sessions?**

A: It is common for individuals to mention Atlantis when exploring their distant past cycles. The theme speaks of an off-world group of colonisers (often the Pleiades) who established Atlantis as their base for Earth activities. Between forty thousand and twenty thousand years ago there was a conflict between the Atlanteans on Earth and the home world (Pleiades). The resulting war destroyed Atlantis and scattered the Atlanteans. Today, many individuals on Earth trace their cycles back to the Atlantean period.

**Atlantis**

Atlantis is named after 'Atlantides' or the 'Pleiades', a loose cluster of stars in the constellation of 'Taurus'. Six stars are visible and represent the six daughters of Atlas, namely, Maia, Electra, Taygeta, Alcyone, Celaeno, and Sterope. The seventh daughter, Merope, is also known as the 'Lost Pleiad', and she represents the break with the Home World and the loss of Atlantis. Legend says that in the 'last days' the 'Lost Pleiad' will be found, and humankind will re-establish contact with the Home World. Then, Atlantis will rise again from the sea, and all shall be fulfilled.

End

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