

FULL-CONSCIOUS PROJECTION

OVERVIEW

by

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Overview

Full-conscious projection is a simple and safe technique that enables you to transcend everyday life, to gain knowledge, to confront experience, to experience the pleasure of existence, and as a critique to clarify, understand, rationalise and evaluate your life experiences. It is a safe relaxation and visualisation technique that alters your awareness and enables you to transcend the physical plane, and to explore, experience, and exploit the higher levels of your consciousness.

What other terms are synonymous with Full-Conscious Projection?

Broadly speaking, other terms include regression, positive visualization, astral projection, out of the body experience, meditation, image therapy, clearing, trance state, intuitive sight, clairvoyance, energy and guide channelling, spirit healing, dreaming, self-hypnosis, and remote viewing, etc.

How is Full-Conscious Projection achieved?

Full-Conscious Projection is achieved through deep relaxation and the visualisation of appropriate mental pictures. During the session you are fully conscious, and afterwards you remember everything that took place. By deeply relaxing the physical and emotional components of your being, you can explore personal memories, or the collective consciousness (sometimes called the 'Akashic Record(s)'), with the mental and conscious components of your being. The collective consciousness is the record of everything that has happened since the 'beginning', and every thought and every action of every conscious being is stored therein.

What areas can be addressed through Full-Conscious Projection?

Basic areas include personal memories, past lives and experiences, positive visualization, self-hypnosis, present situations, inter-life periods, relationships, meditation, intuition, future trends, and historical periods (including unrecorded ancient history, Atlantis, etc).

Advanced areas include accessing the collective consciousness (Akashic Record(s)), healing visualisation, image therapy, astral Projection, clairvoyance, idea and system exploration, dogma and philosophy exploration, space-time exploration, off-world exploration, personified energy exploration, god exploration, spirit contact, effecting trances, guide and guardian contact, tracking events, and remote viewing.

In other words, Full-Conscious Projection enables you to better understand yourself, your existence and the path that you have travelled, including forgotten past lives and experiences that impinge upon and influence your current life. Ideally Full-Conscious Projection should be explored under the supervision of a qualified teacher, therapist, or practitioner. However, because of its inherent safety, and the fact that you are in control of the session at all times, it is possible to develop a self-study approach.

There are four principle stumbling blocks to comprehending truth, which hinder well nigh

**The example of frail and unworthy authority,
long-established custom,
the sense of the ignorant crowd,
and the hiding of one's ignorance under the shadow of wisdom.
(Roger Bacon)**

Why would I use Full-Conscious Projection?

The book, 'The Practice of Full-Conscious Projection' enumerates five reasons why an individual would use Full-conscious Projection:

- 1) Escape
- 2) Knowledge
- 3) Confrontation
- 4) Pleasure
- 5) Critique.

1. Projection to escape - the individual can escape the confinement, problems, and responsibilities of everyday life, and for brief periods explore and experience worlds that are radically different from the norm. In the projected state, awareness is detached from the physical here-and-now, and planes, which otherwise would never have been known, are entered. However, the focus of Projection is to experience rather than to escape.

2. Projection to gain knowledge - using Projection, new information can be discovered, and existing knowledge can be corroborated or refuted. There is an unlimited library (past, present, and future), called the 'collective Consciousness' (also called the 'akashic record(s)'), that can be explored and experienced using Projection. New insights and wider perspectives can be found on any subject imagined, and the individual's understanding of existence is deepened.

3. Projection to confront experience - Projection is an act of engagement and participation. It is also a conscious act of discovery, clarification, and experience. Full-Conscious Projection enables an individual to explore an infinite range of experiences and possibilities that would otherwise remain out of reach. The individual observes unobserved, and resolves emotions and problems that could not be explored comfortably under normal circumstances. By approaching 'situations' using higher consciousness, physical and emotional challenges can be safely faced, understood, and resolved.

4. Projection for pleasure - sometimes it is good to just relax and be caught up in the flow of life. Projection facilitates the experiencing of beauty and harmony for their own sakes and in their own settings. This is the perfect medium for the aesthete to create a world that reflects his highest aspirations. Sensitivity and creativity are enhanced, through Projection, to a degree that the pleasure of existence is experienced at levels far beyond anything on the physical plane.

5. Projection as a critique - Projection can be used as a critique to clarify, rationalise, and evaluate life-experiences. Explanations can be formulated external to the limiting constraints of the physical plane, and the individual can rise above the mundane, finding answers to questions. By using projective-reflection and analysis, the individual expands intellectually and emotionally, and develops a better understanding of identity, motivation, and personal responses to life.

Therefore, whatever the reason for Projection, the sessions and methods described in 'The Practice of Full-Conscious Projection' can be adapted to suit your personal needs.

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