

FULL-CONSCIOUS PROJECTION

SESSION OUTLINE

by

Campbell M Gold

--()---

What happens during a Full-Conscious Projection session?

To overview a session, the therapist would use an introductory dialogue such as:

'Full-Conscious Projection is a safe and natural technique for you to reach out and touch the etheric. It helps you to understand yourself, the path you have travelled, and the expansion of your consciousness.

'The session will take the following format.

'You will assume a comfortable position, sitting, reclining, or lying (reclining or lying is recommended). You will close your eyes, and keep them closed for the duration of the session.

'You will start relaxing by taking four deep breaths to remove tension.

'Then you will visualise that you are walking in a beautiful wood.

'While in the wood, you will see an old ruin with a large open arch.

'There is a waterfall of crystal light flowing down from the arch. You will stand under the arch, and fill yourself with the crystal light.

'Further, you will surround yourself with the crystal light, and thus create a protective barrier. This is achieved by taking a further four deep breaths.

'You will then deepen the relaxation with a procedure that systematically relaxes all your muscles. The procedure begins with your toes, feet, and ankles, and ends with your scalp.

'Following the systematic relaxation you will receive instructions about aborting the session, and how to enter the above relaxed state whenever you want.

'You will complete the relaxation phase by visualising a wave of warm energy, or coloured light, washing away your physical body. This is known as the 'Wave Release Technique'.

'The wave is visualised starting at your feet, and washing over your body, until it washes away your head.

'With the washing away of the head, your consciousness moves from the lower-self to the higher-self (physical-self to spirit-self), and at this point, you are ready to Project your consciousness anywhere you want.

'You now create a thought-form through which you will Project your consciousness. The thought-form will consist of a garden or structure that has a door opening into a corridor that leads to the memories that you want to explore.

'You will enter the corridor via the door.

'At the end of the corridor you will see a light (typically whitish), which represents the memories that you wish to explore.

'To Project you through the corridor, I will count backwards from twenty to one.

'During the countdown, the corridor will fade, and on the count of one you will have entered the light.

'Your eyes will adjust to the light, and with your mental faculties you will see, hear, and experience the images surrounding you.

'I will guide you through the images, and experiences.

'At the end of the session, I will count forward from one to five, and you will return the present remembering everything, and feeling refreshed, invigorated, and orientated.

'Are there any questions?'

Any questions are dealt with before the session is continued...

End

--()---

12082008