

## **The Astral Body's Role in Creativity**

The Astral Body is first encountered in the Subconscious mind. It is normally fully coincident with the physical body, but moves away from this unity with the physical body during sleep, hypnosis, meditation, under anesthesia, or during the intoxication phase when you use psychoactive drugs.

You can readily command the astral body through suggestion. The astral body has several abilities that you can access through suggestion:

- (1) **Astral movement** – this is when you move your astral body to another location in space, and move the limbs of your astral body. This experience is known as “astral projection,” or “bilocation.”
- (2) **Astral sensation** – this is when you use your astral senses to detect energies that exist beyond the threshold of the physical senses. We go into astral sensation in depth in “The Vision Workshop,” which is available in a webinar format.
- (3) **Temporal movement** – the astral body can be directed along the track of memory, tracing the zone of your personal narrative, the personal unconscious, the embryonic unconscious, the ancestral and phylogenetic unconscious, and the records of past incarnations stored on the Akashic Aether. We teach this method in our webinar, “How to Read Your Own Past Lives.”
- (4) **Channeling spiritual entities** – in this scenario, you bring your astral body into the presence of a spiritual entity, which uses your astral body as a “microphone” to communicate its inspiration through you.

- (5) **Visualization and imagination** – the astral body can be directed to take the viewpoint of others, to visualize objects in space, to contemplate alternate scenarios, and to combine objects in novel ways. This method is the one most relevant to creativity, and this is the one we will be exploring in our training today.
- (6) **Journey to the Astral Planes** – in the technique called direct projection, taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, the astral body moves with the essence of consciousness—which we call the attentional principle—as it journeys through the Physical Universe and into the Astral Light, where you can behold the “worlds of dimension,” which are also known as the Astral Planes.
- (7) **Channeling spiritual energies** – here, instead of channeling the inspiration of another being as speech, you learn to direct a variety of attunements through your astral body. These attunements include the ability to channel healing energy; some traditions use the astral body to convey the radiant power of Initiation.

This webinar will give general information about the astral body, how you can meditate upon it, and how you can channel it for specific creative operations.



## **The Astral Body in the Subconscious Mind**

Before you begin exploring the faculty of imagination, you will benefit from first gaining familiarity with your astral body. Once you explore your astral body, you will feel more familiar with it—and you will feel much more comfortable directing it. We draw from some of our writings on this subject.

Excerpted from *The Psychic Realm: Finding Safe Passage through the Worlds of Illusion*, by George A. Boyd ©2010

“There are many references to an astral body or light body in esoteric literature. The astral body shimmers like countless tiny stars, hence the name astral or “starry” body...”

“Meditation emphasizes experience of interior realities. So after a brief description of the astral body, we will give you a meditation exercise to guide you into exploring your own astral body...”

“The surface of the astral body shimmers or sparkles. The actual body is opalescent and resembles the physical body in appearance. However, the astral body may resemble the form of a younger or older physical form. For example, a 60-year-old man may assume the astral form of his 35-year-old physical appearance. A mature 14-year-old young lady may appear in an astral form of someone in her early 20s.”

“The astral body connects to the [brain] center [of the system of chakras of the Subconscious mind] by an umbilical cord-like structure that is referred to as the silver cord in esoteric literature. This cord is infinitely extensible, yet tethers or anchors the astral body to the body’s etheric matrix or chakra.”

“In its ground state, the astral body is effectively superimposed on the physical form. When the physical body’s arm moves, for example, the astral body’s arm also moves.”

## **Meditation on the Astral Body**



The first step of the journey to the astral body is you must bring your attention to the top of the brain center of the chakras of the Subconscious mind. You will move your attention into each center in turn; we will guide you through each step in our meditation today.

Waking State of Awareness

Movement Awareness Center

Sensory Center

The Body Awareness Center

The Feeling Center

The Thinking Center

The Ego

The Preconscious

The Gateway to the Subconscious mind

The memory track [present time in memory, life narrative going back to your first conscious memory, birth, conception, and the Soul's experience of eternity]

The chakras of the Subconscious mind located at the base of the spine, the navel, the solar plexus, the heart, the throat, and the medulla center [where the neck meets the back of the skull], the point between the eyebrows, and then to the top of the head [the fontanel].

You access the astral umbilicus, or silver cord, through the top of the head.

“Upon moving through the astral umbilicus, the meditator enters the astral [spinal] tube, in which the meditator’s attention encounters six whirling wheels. These wheels are located at the

Base of Spine

Navel

Solar Plexus

Heart

Throat

Medulla

“Moving into the level of the face, of the astral body, [you] encounter the astral senses of sight, hearing, smell, touch and taste. At the point between the eyebrows, [you] find the center of the astral will, by which the limbs, face, and torso of the astral body can be moved.”

“Astral movement corresponds to the faculty of [kinesthetic] imagination. In imagination, you can walk through a wall, fly through space, translocate to another place or move through time. Astral movement replicates whatever is visualized...”

“In the center of the forehead of the astral body is the [astral] third eye. It is a blissful mirror of spiritual development in the Cosmic Realm, and is a source of intuitive wisdom. It embodies an inner knowing of the laws of the Superconscious Mind, and sees the Astral Planes of the Great Continuum of Consciousness.”

“[Your] astral brain resembles a spiral of colored spheres that culminate in a central jet or flare of light. This central flame is referred to as the Jyoti in Eastern scriptures. The meditator beholds a rainbow of pastel-colored spheres, ranging from rose-colored to violet to brilliant white.

“With practice of the Raja Yoga technique of direct projection, the meditator can move the astral body out of confluence with its physical-etheric counterpart, and can travel through the physical universe and the realms of the Astral Plane. The astral body follows the lead of the attentional principle: wherever the attentional principle is focused, the astral body moves to this same location. The technique of direct projection is taught in the Mudrashram Master Course in Meditation [and the Accelerated Meditation Program].

[So let's go there together.]

[Now that you are at the top of the head, you will] “Follow the astral umbilicus. Move [your] attention from the top of the head down into the navel center. The umbilicus will wind around several times; then you will enter the astral spinal tube.”

[Let's move through each center of the astral body's spinal tube.]

Monitor the whirling wheels at the base of the astral spine, navel, solar plexus, heart, throat, and medulla

Focus on the point between the eyebrows of the astral body – pay attention to astral sensations you experience

Focus on the center of forehead (the astral intuitive eye).

Move your attention to the flame at center of the astral brain.

[To come back, you will] “Focus your attention through these centers in reverse order.”

[When you do this meditation on your own, always] “Remember to bring your attention back to the fully grounded state of awareness.”

“With practice, you will be able to bring your awareness into your astral body at will. Then you will feel right at home using the faculties of [your astral body], as you do your physical body.”



## **Creative Meditation Using Your Astral Body**

Now that you know what your astral body is, we will now experiment with directing it. Just to give you the flavor of using this astral body, try giving yourself this suggestion:

Notice that your astral body is in perfect coincidence with your physical body.

As you sit upright, give your astral body the suggestion to move slightly above and behind you and give yourself a shoulder rub and a scalp massage. Notice what you feel.

Let's explore some other uses of your astral body in creativity. In these exercises, you will use your faculty of imagination intentionally.

### *Exercise One – Taking Another Physical Perspective*

Let's say you are writing your novel or doing your screenplay. Think about your character, where he or she is standing or sitting. Now send your astral body to that location and look through your character's eyes. What do you see?

### *Exercise Two – Taking an Emotional Perspective*

Move your astral body to the location of your character and become one with his or her form. Notice what your character is feeling. Change the scene, so your character must confront another situation, and notice how his or her feelings change.

### *Exercise Three – Taking a Mental Perspective*

Again move your astral body to the location of your character and become one with his or her form. Notice what he or she is thinking. Change the scenario. Notice how his or her thoughts change.

### *Exercise Four – Imaginary Dialog with Your Character*

Move your astral body so it is right in front of your character, facing it. Now make your astral body so it becomes dense, so your character can see it.

Design this dense form you are creating in the way you want your character to see it. Now imagine that this form you have created is saying the lines of script you have written to your character. How does your character respond?

Now change the lines of the script you have your dense form say to your character. How does his or her dialog change?

Now make your dense form disappear, and return your astral body to coincidence with your physical form.

### *Exercise Five*

#### *Creating a Replica of a Physical Object – 3D Rotation*

Using the creative power of visualization, create a replica of a physical statue or object. [This is called a “thought form.”]

Move this thought form replica you have created in space so you can see its feet above you. Turn it sideways so it is horizontal with the floor.

Now roll it horizontally, so you can see each surface of the replica as it turns in front of you. Keep turning it until you come back to the original view.

Now dissolve the replica you have created so it completely disappears.

### *Exercise Six – Mental Morphing*

Create the thought form image of a man, six feet tall, with neatly trimmed dark brown hair, and wearing a dark blue business suit, a red–striped tie, and brown, laced oxfords.

Change his hair to blonde. Make him five feet, four inches, and shrink all of his clothing to fit.

Change him into a woman with blonde hair, wearing a green pastel blazer, no tie, and coordinated green high heels.

Turn her into a teenage girl, wearing a blue bathing suit, sunning on a beach.

Turn her into a grandmother with grey hair, who is very wrinkled, who is over 80 years old, wearing a colorful cotton dress.

Turn her into a giant woman, who is green, with wild green hair, 90 feet tall, towering over your city, laughing.

Shrink her to the size of a pea, and listen to her Lilliputian voice.

Finally, dissolve the thought form you have created.

### *Exercise Seven – Prospecting Locations for Your Novel*

Here you will use a picture of a place you are thinking of using for a setting for a novel or screenplay. Feel where that is on the earth.

Send your astral body there and show you some of the scenery of this location. You want to pay attention to the quality and ambience you feel from this place.

If you get good impressions about this locale, you may wish to physically travel to this place and get very familiar with it, so you can get a rich sensory feel of what it is like to be there, and where your characters will be carrying out their activities and adventures.



While we have used the example of using the astral body and the creative power of visualization in its applications in writing fiction and a screenplay, you can readily adapt these methods to invention or new product design, architecture and interior design, poetry, or working with personal issues [by personifying them and then dialoguing with them].

We hope that you enjoyed exploring the spiritual anatomy of your astral body today, and that you were able to experiment with your ability to direct your astral body and use your creative visualization.

If you may want to learn more about the visioning and movement ability of your astral body, you might wish to take “The Vision Workshop.”

Thank you for attending our webinar today!

