



Flying Without a Broom: Astral Projection and the Astral World

D.J. Conway

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For a moment, imagine being totally free of any constraints. You can visit any point in time, any point in space. And imagine that you can do this easily, anytime you want. Many people thought that Witches could do this by riding on a broom.

The broom ride was only symbolic, but Witches do know how to travel on the astral plane. So who better than a Wiccan to explain how you can travel just like a Witch? Author D. J. Conway will teach you how to visit the astral plane and more in "Flying Without a Broom.

"In this book you will learn that astral travel is natural. You do it whenever you sleep. You will learn how to meditate, and then astral travel from within the meditative state. It's fun and easy.

But what really sets this book apart is that it shows you many of the amazing things you can do while on the astral plane. You will learn how to do astral healing of others. You will discover how to let other people see your astral body (bi-location). You will be able to choose any time and any place to visit: the oracle at Delphi, the Mystery School at Dodona, the Acropolis at

Athens-- with this experience you can deepen your own spirituality.

The book also tells you how to do magick while on the astral plane. Several rituals are described, including rituals for success, divination, spiritual growth and more. You will also discover that you are not alone on the astral plane. You will meet other travelers and other entities. Some of them you may not like, so the book gives you ways to defend yourself against them.

If you want to learn astral projection from a Wiccan viewpoint, this is the book for you.

Flying Without a Broom: Astral Projection and the Astral World Details

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From Reader Review Flying Without a Broom: Astral Projection and the Astral World for online ebook

Iona Stewart says

This book on astral projection is quite fascinating, but I have not found it at all useful in practice.

I would say it is just as much a book about witchcraft, not to use the word in any pejorative sense, but merely as a descriptive term.

The author counsels us on how to achieve astral projection through meditation. I have never associated meditation with astral projection, not at all, and have not been able to succeed in achieving the latter consciously, though I have tried. And since the author's multifarious teachings and advice are based on obtaining astral travel by this method, I have been unable to benefit from any of it.

So for me the book has been a sort of airy-fairy, unobtainable fantasy.

I would conjecture that the author is one who has always been able to freely roam around the astral realms. I am in no doubt that she can do and has done all the things she describes, though the book might have been more readable had she recounted some of her own personal experiences. But we're not all born with the same gifts and abilities. Perhaps with hard work and perseverance we could achieve many of the things she describes.

But it is somewhat frustrating to read a book about all kinds of exciting things one can carry out in the astral realms, when we can't even get there.

The author does provide us with some advice on herbs, stones and oils to help in recalling astral travel and/or heightening the psychic senses. For example, she advises us to make a dream pillow stuffed with dried mugwort and informs us, among other things, that amethyst is a valuable astral travel gem, and quartz crystal can help open the psychic centres.

She mentions finding guides and spiritual teachers in the astral realms and looking through the Akashic records. But these guides and teachers just seem to turn up by themselves and it is they who can lead you to the Akashic records. She states that we can study spiritual knowledge in astral classes, visit deceased loved ones, look at past lives, work healing or "magick" on the astral, meet with other particular astral travelers, etc, etc.

But, again, how you actually get to do these things is not really specified.

There are interesting chapters on time travel and "treading ancient paths". This latter chapter includes more about meeting spiritual teachers and guides, who just turn up when you visualize yourself in a beautiful garden, about visiting with a wizard, worshipping with a witch, visiting a healing shaman and so on.

There's a chapter about the possibility of finding an astral lover, one on healing in the astral, and one on "magick" in the astral, which includes the description of various rituals for good health, prosperity, success and so on. In a ritual for justice one of the items needed is "a curl of unicorn hair". The author fails to mention where you get that. Perhaps in one of the shops frequented by Harry Potter.

One chapter entitled “Defence against the Dark Side” informs us how to deal with astral enemies and uninvited astral entities. The author uses many techniques and weapons to defend herself with. Personally, I would prefer not to use fighting but the power of Divine Love, which I am sure would be just as effective.

I don’t know why “magic” is spelt “magick”, and this is not explained. I have noticed that certain other authors also use this, presumably old, spelling.

The book is well-written and absolutely comprehensive, and it sounds as though the author knows what she’s talking about. One gets the distinct impression that everything she describes is as easy as pie to do.

She states that astral travel is absolutely safe, but at the same time recommends that we use numerous methods and techniques by which to protect ourselves. She describes seven different types of astral defense, so there must be considerable need for this. Before I read the book I felt that venturing into these realms was relatively safe but I feel much more wary about doing so after reading it.

I would recommend the book to those who know from experience that this sort of thing is something they will easily be able to master and who are interested in witch-like activities and all sorts of “magickal” pursuits.

Brandon Harwood says

I love reading about astral projection. A pinch of rigorous meditation and a whole hell of a lot of sci-fi/fantasy. Not for most people, though.

Josiphine says

Hard for me to understand

Gregg says

This book can be looked at as a travelers guide to the astral world from the point of view of someone who goes there the way most of us go to the store. One of the major ideas the author expresses is the importance of having a purpose when you astral project. This does two things it aids in the process, and it gives the activity meaning.....which aids in the process. I, along with the writer, would strongly urge all practitioners to try to be of service to others, and use your talents to advance the collective.

The book starts out with a history of astral projection and covers the interpretations of the Egyptians, Eskimos, Native Americans, Christians, Pagans, and the Celts. Along with this history, is given the title of some of the people in these cultures who were proficient in the projection of the astral body. These were the Shamans, Wizards, Sorcerers, Witches, Warlocks, and Spiritualists. The text does well in covering a historically general view of the art and science of the practice.

Then there is the subject of Astral sex. When most people hear this they tend to think only in terms of the physical, for that is all they know. When sex is seen from the higher dimensions, the true nature of things can

be understood. All forms of sex is a merging of some type. There is the exchange of astral energy by way of the various chakras, and what starts out as two separate beings, for the time being, becomes one. If you want to read more on the subject of astral sex, two notable books are, *The beginner's guide to sex in the astral world*, By David Staume, and *Astral travel*, By Gavin & Yvonne Frost.

There are various sections as to how to find a teacher/guide in the astral world. You have to remember you will attract the guide that is compatible with your temperament, like attracts likes. The author also explains there are different ways to verify the validity of your potential pedagogue. From the colors of their astral body to the reading of their past history, to what they ask of you. Because of the increase in your intuitive abilities, this should not be a problem. As to the colors of the astral body, the author gives a list as to what each color means. By having a working definition of these colors and hues, the neophyte astral traveler has somewhat of an explanation into their existence.

Astral projection Protection is also explored, and the author stresses that this issue should not be taken lightly. You try to protect your physical body, your property, and your sanity as much as possible, why not your astral body? Because we are dealing with another plane of nature, and somewhat neoteric laws, the methods of protection can seem a little nebulous, and strange. I used to not be too thorough when it came to this activity, but as my skills increase, and I spend more and more time in the astral world, I find myself preparing more and more for my 4-dimensional journeys.

From there the book goes on to describe the different ways to increase the vibrational rate of your astral body. A number of ways are looked at, such as oils, herbs, incenses, and crystals. These things are to be used before astral projection to make the surrounding atmosphere more conducive.

The manipulation of astral energy and the creation of personal environments are also touched upon. These areas can be revisited with every subjoined into the astral world, and with increasing knowledge in visualization techniques, these creations can even exist throughout various lifetimes. When something is done in the higher worlds it is considered a type of magick. For many, this term has a number of arcane connotations attached to it. Anything that takes place in the MetaVerse, on whatever world, in whichever dimension, does so by way of natural "laws", and this my friend is called "science". Anybody who takes the time to understand these laws can achieve anything that is allowable within these laws, and in a more abstract sense, this is called evolution.

The author does well in presenting these esoteric topics, in a pleasant matter of fact way that I found very easy to digest. It's good for students to look at subjects from a number of different views. Be it technical, metaphysical, ritualistic, or spiritual. By seeing the same phenomenon from the view of different schools of thoughts, all portions of your being are satisfied, and your personality type will have more diverse ideas as building material to work with. This text is a goodread for those beginning the path, those well on their way, and those needing a gentle reminder.

S. W. says

This is a powerful tool for visualization, if not astral projection!

Meghan says

The book was okay. It didn't really spark my interest in the subject, and the explanations seemed too picture perfect. I definitely would seek another source to truly understand astral projection.

Eldrid Lokson says

I thought this was really in depth 101 introduction to astral travelling. I enjoyed reading this book as it wasn't as dry as some I've read. The author kept writing about their own experiences, something I really enjoy in any pagan or new age book. The meditations were well thought out and in depth. There are a few of them, to meet various people and to go to certain places. Very interesting book, if you're inclined on the subject.

Mitzi says

This book isn't much on "hows" but where & whats. Astral projection/out of body, not really sure if you can really do it. Is it all a dream or real?
