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**September 24, 2013**

**Interview with Steve Jones**



*Dr. Steve  
G. Jones*

Master Hypnotherapist

**Liberate Your Astral Body and Experience a  
Heightened State of Consciousness  
by Mastering the Art of Astral Projection**

Darius: Hello and welcome everyone. This is Darius Barazandeh. You're tuning into the You Wealth Revolution. And we started out with our incredible intention work. And for those of you that are here I made it a very bold statement and one that I believe very strongly that we are going to go quite deep today on the You Wealth Revolution.

We have an incredible guest here today and I'm very excited about what's going to happen. We're going to be talking about the art of astral protection and projection. And for those of you who don't know what that is I want you to imagine being able to liberate your astral body. Everybody has an astral body. You're going to find out and experience a heightened state of consciousness by mastering this form of travel and conscious projection.

Now, some of you I want to warn you. We're going to be taking a quantum journey during the call and towards the end of the call we're going to be taking that journey. We're going to be preparing you. So get ready for that. It's going to be very exciting what you can do to help us, because I believe and I know Steve believes - Dr. Steve Jones is here with us - believe as well that human beings are these incredible beings of multidimensional existence. And we want to share this with the world. We want to awaken the planet to what really is our divine existence, what really is possible as human beings and as amazing conscious beings.

To do that we want to bring as many people in to this incredible quantum journey as possible that we're going to be taking. So go to [youwealthrevolution.com/now](http://youwealthrevolution.com/now) - N-O-W - and share this with your friends and family. Share it with people you may know even just on Facebook. Say: 'Come take this quantum journey. It's going to be happening.' And that's one of the big things that we do. We love to share this consciousness and help the word expand.

Now, what we're going to be doing... We're going to be actually talking about what astral projection is for those of you that don't know or don't know how to use in healing your life and awakening who you really are. We're also going to be walking through the seven powerful steps of astral projection, how you can begin with proper breathing and actually use this to cleanse yourself spiritually, how you can protect yourself using the white light technique.

A lot of people approach us and say: 'You know, I really want protection.' We're going to talk about that. We're going to show you how to raise your astral energies so you can raise your Kundalini energy and begin to move that astral body.

We're going to be talking about all of this and what the benefits of astral projection are. We're also going to talk about how to clear your chakras and cleanse yourself, and we're also going to help you dissolve limitations and situations that you may be seeing in this 3D reality that are keeping you stuck. And I mean the things that seem impossible. When you understand how the astral begins to work and how you can move through different dimensions, you'll really see blocks and challenges for what they are, which really are just these transparent illusions that we tend to think are solid.

Now, we're also going to discover in the next 60 minutes a phenomenon documented for centuries. Since the beginning of time, astral projection - you may

or may not know this – has been documented by countless civilizations, from the Egyptians to the Greek philosophers, to even the North American Indians. Despite existing for centuries apart, each account shares the same message. I want you to get this message. It's possible for a person to leave their body and experience something beyond the physical realm.

Fast forward today to where we are now and it's clear that similar experiences are happening all over the world. People of all different cultures are experiencing the same thing. 10 to 20% of the modern world's population has had an out-of-body experience. In fact, what I would love for you to do is share actually what out-of-body experience you've had or inter-dimensional conscious experience or quantum journey you may have taken; maybe something that's happened to you. Share at [youwealthrevolution.com/now](http://youwealthrevolution.com/now) and at the end of this talk we're actually going to be doing a 15-minute quantum visualization exercise with Dr. Steve G. Jones. He's going to be sharing that as well.

So I want to get started. I'm going to introduce Dr. Steve G. Jones and then we are ready to go. You are much more than your present state of consciousness and awareness. You can astral project and you can achieve an incredible freeing truth about yourself and move through any blocks or challenges, because they are not you.

Here today is Dr. Steve G. Jones. He has been practicing hypnotherapy and astral projection since the 1980s and he has combined his expertise in both fields to formulate the most successful technique and methodology to astral project. Many of his clients include Hollywood celebrities, busy executives, and people just like you who are ready for a positive change now.

In addition to being a member of the National Guild of Hypnotists, the American Board of Hypnotherapy and President of the American Alliance of Hypnotherapists and a former member of the Board of Director of the Los Angeles Chapter of the American Lung Association and Director of the Steve G. Jones Schools of Clinical Hypnotherapy, Steve is here to share this with us and walk us through some techniques and some experiences.

And I want to share one thing really quick. A lot of you don't know this about me either, but I've practiced astral projection for many, many years. In fact, some of the biggest breakthroughs that I've had have happened outside of this body. In other words, leaving the body and coming back with different perspectives, with messages and insight from my spirit guides, from a different way of looking at the world, even a different experience of love. I'll share something kind of wild towards the end of this call, but I've had some very, very tantalizing out-of-body experiences I'll share towards the end. Actually I'm kind of embarrassed to be even saying this, but it can get very interesting and we'll be sharing that.

So let's get started. Dr. Steve, are you there?

Steve: I am, Darius. How are you doing?

Darius: I'm doing good and I'm very excited about this call. I want to first start out... How did

you become interested in astral projection?

Steve: Well, I was in high school and my parents sent me to military school. You know, a lot of kids get threatened that they'll get sent to military school or boarding school.

So there I was actually sent to military school and I was bored. I felt trapped. I felt that my parents did not want me around. Of course that was just my perception. Really they were doing it for my own good, my dad and my stepmom. But I got a book on astral projection by a guy named Dr. Tuesday Lobsang Rampa. He wrote a book called *You Forever*. He also wrote a lot of other books about metaphysical powers. And I just started reading it and I started studying it and I started working on it, you know, getting an arm or leg out of my astral body.

And one night I had a dream. I had a dream that my body was pure energy. That was after taps. Taps is 10 o'clock. You're supposed to be in your bed in your room, not out and about.

So I was out and about and I ran into this kid who was also out and out, this fellow student, and we said: 'What are we going to do?' We were trying to hide and there was the Assistant Commandant, he was about to catch us. And my body felt like pure energy. And I woke up the next morning and I realized that was just a dream. I wasn't out after taps; I wasn't in trouble. I went to that kid who I'd talked to and I said: 'What did you dream about last night?' And he said: 'I dreamt about you.' And I said: 'Well, what did you dream?' He described it. We were behind the bus, we were hiding from the Assistant Commandant, we were about to get in trouble. I realized then that I had been successful at astral projection. So I've been refining my techniques ever since and just learning it and teaching it.

Darius: Fascinating. And it gives me chills, because I started down this journey about 8 years ago and one of my mentors taught me about astral projection as well. He said that he would go and project and meet people out of the body in the astral plane and that they would hang out and do things and discover things. He said there were soda fountains and these sort of like hangout spaces in the astral realm that these bodies would go to. So that kind of reminds me of that.

Maybe what we should do for those that are new to this idea and trying really understand what it is, what is astral projection?

Steve: Well, it's based on the idea you are a soul inside a body, sort of like a driver inside a car. So the car would be your body and the soul would be you, the driver. And so you are separate. That's why when we quote-unquote 'die' we don't really die. Our soul moves away from that body and eventually it can take on a different body.

So what we have to realize is that we are spiritual beings inhabiting a body and it is perfectly natural for us to leave that body every night as we sleep. Our soul wanders about in what we call the astral plane, which is the higher dimension in which our soul exists, not this three-dimensional everyday existence.

So once we realize that and we also realize that we can do that consciously - because we do it subconsciously and we think that it is a dream. You know, there's dreams of falling or flying; those dreams where we're meeting someone and they

have the same dream. So these things are actually happening. Those are examples of astral projection - just our soul doing what it does, exploring every night as we sleep.

So we can harness that natural ability we have and do it consciously. And so that's really what astral projection is what all about: getting you to do what you already do while you're sleeping consciously.

Darius: And let's say you're exploring this astral plane or you're outside of your physical body so your astral body is travelling around. Why would someone want to do this and what would the benefits be for someone that maybe understands that?

Steve: Well, a lot of people get interested in it because, you know, like me they were trapped. They were trapped in a military school. Some people are trapped by their circumstances. When I first got into it I was in military school, so I was trapped by that. And then when I went home from military school for summer I was still a kid living in his parents' house. I was kind of trapped by that, by their rules and so forth.

So one of the advantages is that it allows you freedom. Another reason is, you know, some people like the voyeuristic aspect of it. You get to float around and see things. But I always say never go to places where you're not invited. So if there's someplace you're normally not invited, don't go there in the astral realm. But some people will want to do it for curiosity. They want to do it for sightseeing. They want to do it for free travel, because if you can be anywhere in a blink of any eye, you know, you just saved a trip to Paris which would have cost you a lot of planning and a long flight and so forth. So there are lots of advantages to it.

Darius: Wow. Okay. That's amazing, I love that. And I want to talk a little bit about a few things coming in. Mary has just written in. She says: 'I've been leaving my body since I was an infant with many, many memories and things that I could never have known.' So it seems like Mary has been using it to actually tap into extrasensory perceptions and different knowledge outside of the physical realm. Is that possible, Steve?

Steve: Oh, absolutely. When I first got into it I was also very much into developing ESP, seeing auras, clearing my chakras, all sorts of metaphysical exercises that I was doing. Astral projection really enhances them, because once you're pure spirit, once you've left your body and you're just dealing with your spirit, everything becomes easy. Seeing auras becomes easy, because you just naturally see them. It's like communication becomes easy, because you don't have physical mouth with which to communicate so you communicate psychically. That's just how spirits communicate. So all of those abilities instantly become enhanced.

Darius: Yeah, this is how it was taught to me through my mentor as we sort of used... We'll talk about kind of the launching pad for this, which you use – the same launching pad. But as we used it we opened up other abilities like being able to heal, being able to see auras like you said, being able to remote view, being able to move through walls and all different sorts of things, because we're actually opening up to other dimensionality through this and the sky's really the limit.



Quick question coming in from Jolene. She's asking about the chakras. How do the chakras play a part in this? How are they involved? What are the chakra's role in this?

Steve: Well, the best way to astral project in my opinion is through raising your Kundalini energy. Your Kundalini is known as the serpent force that resides at the base of your spine in the root chakra. It has to move up to the chakras and then go out of the top of head through the crown chakra. So in order to have it move properly you need to clear your chakras, the seven major chakras, the energy centers. Start at the base of the spine and the last one is the top of your head, and they are all correspond to different aspects of us, you know, our communication, our love, our spiritual understanding. Each chakra corresponds to something different.

And we can have blockages in these depending in how well we've developed our communication abilities, our ability to love ourselves and others, our ability to tap into the psychic powers. Depending on the blockages we have, that'll correspond to a blockage in particular chakra. So if you think of the Kundalini flow as the flow of water in a garden hose and if you think of the chakras in potential pinching points where the water's pinched off, we realize we've got to clear those chakras as potential pinching points before we can allow the Kundalini energy to flow. And the reason the Kundalini energy must flow is because that is the gasoline, if you will, that's going to power the astral body for a conscious astral projection.

Darius: Fascinating. I want to ask about one of the techniques that I noticed in the program called The Body Cylinder Technique. Are you familiar with that?

Steve: Absolutely. The Body Cylinder Technique is a way to cleanse yourself. It's a metaphor. So you think of your body as a cylinder – a jar or a glass is great. So think of your body as a glass and imagine filling that glass from the top just like you'd fill a glass with some sort of liquid - water, whatever you choose. So as it pours in it fills you up from your feet all the way up to your head.

When you do that just imagine that liquid absorbing all the negativity in your body. And given time, just in a few minutes, let it pull all the negativity out and it gets absorbed into that liquid. And then imagine that at the bottom of that cylinder there's a valve that gets opened and all of the liquid drains out, but by that time it's all murky, dirty, dark. It drains out, and after it does it leaves you in a pure state, because you have allowed that liquid to remove the impure thoughts, the negativity, I can't's, the I shouldn't's, the I'm not good enough. All that nonsense has been absorbed by the liquid and taken out through the drain.

Darius: When doing something like that and that negativity leaves, is that how the Kundalini energy is able to just literally rise and with that lightness begin to go out through the crown?

Steve: That's one way. It's all part of the preparation. So that's one step in the preparation.

Darius: Okay.

Steve: Then you would do a course that's clearing the chakras and then you're able to raise the Kundalini.

But the Cylinder Techniques allows you to sort of step a stage, sort of like a prepping the area before you begin a procedure.

Darius: Okay. Okay. Very interesting. I want to read this, because to me I believe like the imperfections that we deal with our physical body, the challenges, the emotional things, they're not imperfections of our spiritual body. Like our spirit is pure light. We are pure energy. We're pure love vibration. And when we go into that space we begin vibrating at a higher rate. When we bring that back into our physical body, I believe that's where the vast potential for healing can begin to take place.

I was reading through some of the different people that had gone through some of this astral projection as you teach it, Dr. Steve, and one person, Roy, said: 'I used the explorations to practice healing in my body. I have experienced an 80% increase in my vision along with number of other improvements. I have more enthusiasm. I'm doing things for a definite goal and purpose and it looks like that I will succeed in my goal'.

So it's really interesting. How do you see healing and removal of blocks and low energy as it relates to this whole astral process?

Steve: Well, I see the process of getting better as something that usually happens from within. Of course, if you have any physical challenges you should first consult a medical doctor, but even working in conjunction with the medical doctor it's really your body and your mind that gets you better.

Darius: Right.

Steve: The doctor might have sort of things to help you along the way or tell you to rest or so forth, but what that really has to do is getting your body back doing what it's supposed to do, which is fighting infections and repairing itself or restoring itself, rejuvenating itself.

So astral projection gives you the ability to get out your physical body, look at your physical body, and if you understand how to see auras and understand what you're looking at you can see certain parts of your body which have challenges, because they show up as darker energy.

Darius: Wow.

Steve: So once you see that, you can send healing energy to that part or bring that to the attention of a healthcare professional. But I always emphasize, Darius, if anyone thinks that they have any sort of ailment whatsoever they should always first consult a medical doctor.

Darius: Yeah. I agree with that and we do believe that. We also believe in utilizing the energy work as well in conjunction. So it's really one and the other.

Really quick. Can they actually also in that space be able to see, let's say, energy blockages in other people? Because one of the big things, Dr. Steve, that I was taught is when we enter this type of higher realm, we can see things that other people can't. We can even see things in our pets, in others that may not be at their

level of vibration that the average person can see.

Steve: Oh, absolutely. When you are in astral realm you are seeing things at a higher vibration. You're see things that are of a spiritual nature. So don't be surprised if you do see ghosts or if you do see people who are recently departed.

These are things that exist in astral realm in that higher vibration, but what also exists there is, yes, this energy that people... which you can look at them and you can see that in them as well. You can look at their body. You can see certain parts of their body that are having challenges. You can also see their emotions. Their emotions and these physical parts of their body are displayed in the astral realm in the spiritual level as colors. So you're able to see how bright the color is. You're able to see how dark the color is. A darker color in the astral realm, meaning a dimmer color, is indicative of lower energy or a brighter color is indicative of higher energy. So you can really see what's going on with people both physically and emotionally.

Darius: I want to hear what people are feeling and sharing. We have a ton of people writing in very excited, a lot of people who've been moving into these realms by accident, maybe through an experience in their childhood, something happened and they didn't know to get back and they've wanted to. So we are going to be talking about that. We're also going to be talking about protection as well and protecting you from the astral realm.

Now, one of the things that I'm excited about that I learned through to my mentors is there's a way to make this actually very replicatable. And, Dr. Steve, you actually use hypnosis to move people and project into that astral realm. Tell me about that as the launching point or why it is used.

Steve: Okay. Well, one thing I noticed when I was a teenager... I was kid in high school, in military school, when I first started getting involved in this. One of the biggest stumbling points for me, the thing that was holding me up the most was lack of belief that I was actually going to do to able to do it. So I'd get all my astral arm out or an astral leg out, and then it would go back in. I thought: 'Oh my goodness, I won't be able to do this.'

I also started studying hypnosis at that time and then followed up with academic study, of course, and now I teach hypnosis. But I realized that if I used hypnosis in conjunction with it as sort of a preparatory movement, then I would be able to set the stage for success. What I mean by that is simply that I could hypnotize myself to give myself more confidence to be able to make this work.

Darius: Right. I love that. Fantastic. And the other thing I want to ask about – and Mary's asking - what does it feel like to have that astral experience for you? I've experienced it. To me it was the most liberating thing in my life. I actually used it quite a bit when I was having some serious challenges back down here on earth or in this third dimension to really see a different perspective. For you what does it feel like?

Steve: Well, it was amazing for me. You know, my first experience with it was when I got my head out - astral head out of my physical head - and there I am lying on my bunk



bed in military school - with two other roommates, by the way, who were thinking: 'Oh my goodness, Steve's lost it now. He's lying in his bunk bed doing this.' I told them what I was doing.

So we all went to sleep - except for me of course. They'd joke with me about it and so forth. I would stay up for an hour or two working on this. That's when I had breakthrough, that quote-unquote 'dream' I had.

But my first experience was consciously getting my head out and being able to see 160 degrees all the way around. So I was suddenly able to see all around my head and that just kind of blew my mind, because I'd never experienced that before. I thought that sight was governed by your eyes and your eyes are in the front of your head, because in humans are designed as predators with the eyes facing the front, and that's really the only way we're supposed to be able to look. But I was able to see all the way around.

So it's really difficult to describe, but I felt like I was maybe floating in space. I guess that's the best way I can describe it. And I wasn't just able to see what was around, meaning like my color. I was able to see infinitely in all the directions and it was just, I don't know, it was just like the moment of the movie when they finally get above ground and they've been underground their whole lives and the ending of the movie is them come above ground and they see the sun for the first time. It was eye-opening like that.

Darius: Did it give you a different perspective about yourself or your future or what you would be doing in this lifetime?

Steve: Yeah, it did, because I realized then what I wanted to do. I mean, I was not into engaged in school. That's how I got to military school. I failed in 9<sup>th</sup> Grade algebra because I was talking this girl named Suzie next to be me whole year. So I didn't pay attention to class. My parents were having disciplinary challenges with me. My dad had just remarried. My stepmom and I didn't get along. So I got sent away to military school and I was thinking: 'What I am going to do?' You know, I'm sent to military school. I had no direction.

This gave me direction. I realized: wow, I can use this and I can use hypnosis to help people and I learned a lot of it through a psychological class I had in high school, which was really great. But I realized I'm developing skills that nobody else that I know has. I'm sure people have them, but none of my fellow students had them. These are skills that really can help people. They can really open their eyes to the fact that there's a lot more going on in the world than we see in our everyday existence.

Darius: Yeah. Oh my gosh. It's so exciting. What I want to do... I think this will be very helpful. We're going to be taking a quantum journey probably in a little bit.

I want to talk about the seven steps, because I think these are going to be really, I guess, very illustrative of how this process works and actually how your consciousness works. So if we can let's go through them, Dr. Steve.

One of the first things is... The first thing that people need to do is relax by practicing proper breathing and then also cleansing yourself spiritually using the Body Cylinder Technique. That would be one and two. Tell me about that and what people need to keep in mind when doing that.

Steve: Well, first of all breathing is great, because that's the way that you can relax in any situation. I work with a lot of smokers to help them stop smoking. A lot of times when they take a smoker's break they're just really coming up with an excuse to go outside, break away from everything and to take deep breaths. What they don't realize is they don't need to inhale that smoke during that time.

So breathing deeply rhythmically is relaxing. So it's just a matter of breathing in and out steadily. So breathing in to the count of four, holding it to the count of four, breathing out to the count of four - or whatever works for you. In another words breathing into the count of three - 1, 2, 3 - and breathing in now and holding it to the count of three. Now I'm breathing out to the count of three.

That's what we call rhythmic breathing. You're doing it the same structured way every time. That slows you down and allows you to focus on just letting go. It also detaches you what you were doing just a moment ago. Now we're focused on breathing.

Darius: Very powerful. And then we talked about clearing ourself spiritually with the Body Cylinder Technique. The third step that I'd like to talk about that people actually are going to get to learn is actually protection, protection from lower vibration or darker energy using what's called a white light. Let's talk little bit about low vibrational energy or darker energy. Does it exist?

Steve: Absolutely. And there are these entities in the astral world that are sort of like dogs or cats and, you know, kind of like pets in this world that we call elementals. Elementals are essentially kind of mindless in a sense that a dog or cat is, meaning that they don't have a plan or a career; they're just kind of hanging out. They don't exactly mean bad or good; they're just doing their thing, sort of like dogs or cats.

Darius: Okay.

Steve: And they can scare people, but also like dogs and cats if you get into the astral world and you frighten one of them, they can come at you. Now, they cannot actually hurt you. You have to realize that. They can't hurt you. But they can scare you. When they do, they can scare you back into your body.

So surrounding yourself with white light is a way of protecting yourself from the elementals, also any disembodied spirits or any entities at all that might actually mean you harm. Now, when I say mean you harm, they are not able to kill you or anything like or cause any kind of mental illness. They just want to sort of mess with you for lack of a better expression. So you want to block them out. So it's a way of surrounding yourself with a protective sphere.

Darius: I want to also ask about calling in angels. I know that's one of the things that I was taught to do. And then also the cord that we have... The way that I was taught was we do have a cord connecting us to our body. Any thoughts on those two points?

Steve: Yes. Well, angels are great for people who are religious and who do have a connection to angels. Even if you aren't religious you still have a connection but you just may not be aware of it.

Darius: Right.

Steve: So if you're comfortable with that just call them in as protective entities similar to the protective sphere around you. It's sort of like an insurance policy. It can't hurt, you know. Why not? Why not call in as much protection as possible, especially when you're first starting out, when you are really not sure about it when you're just starting out.

Now the silver cord that you mentioned connects from your umbilicus to the umbilicus of your astral body, in other words from your belly button to what would be the equivalent of your belly button on your astral body, to that region.

Darius: Yeah.

Steve: And the importance of the silver cord is that while you are alive, meaning you are inhabiting a physical body, that pulls you back to it. So you don't have to worry about how far you get away. Sort of like a diver in the olden days when they had an oxygen hose going down to them. They're going to be able to pull you back up with that no matter what happens. So that's like your silver cord. It's able to instantly pull you back to your body.

Now, when you end this lifetime, the silver cord becomes severed and you become free of that, if you will. But during this lifetime you're always connected to your body by a silver cord, so you don't ever have to worry about not being able to get back.

Darius: Yeah. Very, very, very interesting. Okay, now, after we've... let's say we've done that. We've made sure we know where the cord is. How do we actually project? I mean, what do we actually need to do? You talked about raising that Kundalini energy. What would be the some of those steps?

Steve: Well, not to be confused with the silver cord, there's something called the rope technique that I really like. Now, the rope is just something that you imagine, but it works well.

Lie down in your bed at night is what I recommend. And you know what I find really works well is if you have a nap in the daytime. For some reason that works really well. I think it just kind of gets you in the right frame of mind somehow. It makes sure that you still have the mental alertness for this.

But even if you haven't had a nap at daytime, that night when you lie down to go to bed just close your eyes, make yourself perfectly still. Feel free to scratch if you want. So feel free to move a little bit if you need to. Don't feel that you have to be perfectly still. But be as still as you can. And imagine a rope overhead. In other words a rope that if it were actually there you could reach up and pull yourself up that rope to you ceiling. Just imagine that rope there.

Darius: Right.

Steve: Now, what I'd like the person to do next who's doing this technique is just imagine yourself reaching up to that rope. Now, you have to use the term 'imagination' at first, because your mind is going to have a little bit of difficulty. It's sort of like in *The Matrix*. They don't free anyone after a certain age because their mind wouldn't be able to really comprehend it and wrap around it. We're so used to our physical bodies that it becomes difficult for us to comprehend that we're actually a soul inside our bodies. So we use this word 'imagination', but actually it's part of what you're actually doing. But you're imagining that you're reaching up - without moving your physical body. Imagine that you're reaching up to that rope and grabbing on to it and pulling yourself up very slowly.

What this allows you to do is it allows your brain to be okay with your astral body actually coming out from your physical body, whereas normally you would find that hard to comprehend. So you're pulling yourself out. This is a technique that works really well for a lot of people.

Now, before that what I recommend doing maybe for a few nights before you do that, let's just work on getting an arm or a leg out. Just imagine that you're lifting your left arm without actually lifting your left arm. And the way you know that your astral body is out as opposed to you just imagining it is that it will feel like energy. It will feel as if your left arm is rising up and it's pure energy.

Darius: I love that. I love that technique. That sounds extremely powerful. And what I'm getting is - and this is what someone wrote in to me about, was really this idea that a lot of the challenges we face with these, we're so stuck in the third dimension and we don't think there's anything else. When we are able to do this we actually connect to another realm and can actually access information and knowledge and awareness beyond our five-sense reality, correct?

Steve: Oh, absolutely. I mean, you're tuned into the astral realm which is infinite. We don't realize how limited this three-dimensional world is until we take a little look out of it and then we realize - wow. You know, the rest of the reality, the bigger part of the reality is infinite.

Darius: We've got a question from Shelly. She's asking about the akashic records. Can somebody while they're projecting go in and access these akashic records? Is that possible?

Steve: Oh, absolutely. We should first explain what the akashic records are.

Darius: Right.

Steve: They are records of everything that ever has happened and everything that potentially could happen. So when we're accessing the akashic records it's a very special place, the Hall of Akashic Records, because you are gaining access to things that could happen.

So just as in the movie *Back to the Future* where Michael J. Fox was tempted to use his knowledge of the future to bet on sporting games and then Biff got the book telling all the outcomes of the sporting games for the next two years - you know, that kind of thing. If you have negative intentions like that, you're going to be banned

from it. You're going to be barred from being able to access the akashic records.

So first of all let go of all of those thoughts about winning lottery numbers and all of this other stuff and predicting real estate trends and anything like that might make unfair gain. And instead focus on what you can get from seeing the potential future and how that can affect your action now. So, for example, if you're thinking: well, should I be a doctor or lawyer? You can look at the potential future for both of those and you can see your life, okay, here's my life as it would be if I went with that path; here is it as it would be if I went with this path. And you can make a logical decision based on that. That's the kind of thing you want to do.

But the akashic records are that the level of higher vibration and that's all they simply are is a record of what has happened and what potentially could happen.

Darius: I've got another question that is coming in from Tim. He's asking about a fear of dying. He has this huge fear of this being the only reality and when this is done that's it. I've got the feeling... I mean, some of my out-of-body experiences have relieved me of that fear forever. Is this something you've seen with people as they understand exploring these astral realms and what the nature of our essence is that some of these fears leave?

Steve: Oh, absolutely. Once you realize that you are eternal... I mean, you're not just something that's temporary and is going to be buried and that's the end of it. You are not your body. You are a soul temporarily inhabiting a body. And all of the religions are based on that. Every religion is based on that idea that you are a soul. I don't know of any religion that just says: 'Hey, you're here and then you go and that's it.'

You are eternal. That's not even in question. When we have religious wars and so forth, they're never fighting over that question. That's just understood. So when you astral project you really get a realistic upfront view of that. You get to see that your body is separate from your soul. You get to see other people in there separated from their bodies as they astral project. Most of them are sleeping and not aware of it, by the way, which is interesting. But you really get a perspective on what I like to call the bigger picture.

Darius: I agree. I love that. Very, very powerful. We've had another question come in. I love taking people's questions, because this is a topic... it really is the first time we've covered it.

How can we really break down and just sort of like release and remove the fears of astral projection? We're getting quite a few people asking about: 'Oh well, this sounds really good. This could be the path to really getting past those blockages and things I'm stuck with. But I am scared. I'm not sure. Can I get help? Can I get a guide?'

How do we get past some of the fears?

Steve: First of all surrounding yourself with the white light is great. Calling in angels, as you mentioned, is great. That's sort of like if you're going into a warzone you want to go inside a tank or surrounded by troops or with something that's going to protect you.



So you're not really going to warzone; you're just going to a place where unknown and things could frighten you just because you don't know any better going into it. But that's the way is to surround yourself with protection.

The other way is just through knowledge. I find that once people are educated about it, which we're doing right now – educating people about this - once they know that it's going to be okay, that their silver cord is still attached; there's nothing that can actually hurt them... Once they know all of that then they tend to be more peaceful about it. So protection and education.

Darius: Mary from Eagle, I guess, Colorado is also writing in. She says: 'Yes, yes, yes. Everything Dr. Steve is saying is accurate from my experience. It's so validating to know that this is something so many people have already experienced in a similar way, including the silver cord. Seeing others travel out of the body and tracking them while on their journey reminds me of a kite string. I have also seen and worked with those passing and I've watching them leave their body and this cord detach at death.'

I mean, this, folks, really is opening up... You know, we talk about the spiritual realm and this really is feet to the ground or feet to the dimensions and really soul to the other dimensions connecting to this and experiencing really, really firsthand.

Steve: Absolutely. And once you see it yourself you're blown away.

Darius: Well, I want to hear this comment with Raven. I want, Dr. Steve, to hear about this, which is pretty interesting. Raven says: 'I first left my body in my early twenties when I met my soulmate. While making love for the first time, we found ourselves in the stars together. Neither of us had ever experienced it before, and we had no sense that we controlled it at all. It just happened.' She at one point was able to leave her body but now she's not been able to – not as easily. So tell me about this idea of leaving with like your lover or soulmate. Is that possible?

Steve: Oh, absolutely. And astral sex, astral intercourse has become very popular. And it's not intercourse in the physical sense.

Darius: Physical, right.

Steve: It's spiritual. And a lot of times when people are intimate together they can feel the physical intimacy but the lack of spiritual connection. They kind of wish they could enhance that somehow, and astral projection allows you the ability to do that because both people can astral project. They can get into their spiritual bodies where they are... They don't really need to get into them but they need to pull themselves out of their physical bodies and they can intertwine their spiritual bodies in ways that they wouldn't be able to do in the physical bodies. And they can do this at the same time if they want to. Physical and the spiritual at the same time.

Darius: Yeah. This is what I wanted to bring up and it's an interesting thing, because there was a time in my life after my first marriage ended and I was really dealing with a lot of emotional issues – fear of intimacy, fear of really connecting to somebody; was actually very lonely, and I would do a lot of astral projection just to figure out what my next step in my life would be; how I really was able to start again.

And I remember one day I was sitting outside and it was real sunny and I had my eyes closed and I was projecting out of my body. All I remember... I wouldn't say it was astral sex but it was almost an intimacy that was taking place between my spirit body and another spirit body. And it was like this beautiful and harmonious exchange of love. And I remember it was almost like... you know, in our community we have this circle of energy that's sort of going around. It's like a rainbow color. And that's what I remember was just this circular like tumbling of our spirits just connecting and this full expression of love. And it went on and on for about 20 minutes and it was really blissful. And I think that to me was this recognition that I can love again, that there still is that part of me.

And I remember coming home and writing one of my friends and said: 'Man, I don't know what happened but I think I just had astral sex.' That's what it felt like. It was incredible. So I do have some experience of what that is. It is a little different but it's very powerful.

Steve: Yeah, and a lot of people do discover it spontaneously like that. It happens to them and they think: 'What in the world was that? I wish I could do that again.'

Darius: Yeah. I haven't been able to do it again. It was very interesting, but it was a full feeling and expression of love. That is a very interesting thing, especially if you're in a place where you haven't felt love in a while. You can feel some very profound love.

Let see. What I want to do is see what other questions we've got. We're actually going to be doing a quantum journey. We're not going to be doing astral projection on the call. Originally I thought we could, but as we went deeper into this and we really looked at the things needed to make this safe and do it right, we're going to actually be taking quantum journey. So you'll be getting some different feelings and sensations and it may not be astral projection, so I just want to share that.

One quick question came in from Sandy. She says: 'I've been channeling,' so she's channeling energies and entities and knowledge, but she's not actually astral traveling. Maybe for everyone here, what's the difference between channeling and astral traveling?

Steve: Well, channeling is bringing in information from spirit guides, from other people, from your own higher self. That's the idea of channeling. So people go to psychics, for example. Psychics – the ones who are legitimate – they channel. They channel things from loved ones who have passed on, from their own higher selves, from the higher selves of that person they're talking with. Sometimes people go in and they're not able to get the messages from their higher self. Their higher self, by the way, is sort of like... almost like the puppet master, if you will. It's the part of us that doesn't come to this three-dimensional existence. It sort of stays in the higher realms but sends us in to get the experience and the knowledge in this three-dimensional world. And that higher self every now and then sends us messages through intuition and so forth. So people who channel can tap into that.

Astral projection is different from that, because it's the idea of getting your soul out of your physical body, so it's actually a completely different process.

- Darius: Yeah. I mean, the channeling is like getting these little breadcrumbs of information coming in to the third-dimensional realm, into your awareness, whereas astral projection is actually going out of this third-dimensional awareness through your astral body and be in that state of higher vibration and psychic awareness and everything else. It's really peering your head out into that unlimited different reality.
- We've got a few other questions coming in. One question is: How can this help me get past the challenges that I'm facing right now? This is from Terry in Nebraska. And Terry, I'm not sure what challenges you're facing, if you want to share those, but, Steve, what have you seen? I mean, have you used this as a therapeutic or as a healing methodology for people?
- Steve: Oh, absolutely. The benefits are tremendous. One of the real benefits it gives is what a person was talking about earlier about not knowing if this is everything there is – we're just born and we die and that's it. It gives you the peace of mind to know that you in fact eternal, you are a driver inside a car and you're really just leasing that car. So you get that perspective.
- You also get this perspective that your challenges and everything that you think is a big deal, meaning, everyone who's listening to this, everything in your life that you think is a big deal and it's really a big quote-unquote 'problem'. It's really not. It's really a very small thing compared to the rest of reality. So once you see that you're going to get a new perspective, plus, as I mentioned, the ability to see certain things that are going on physically and emotionally and with others, certain challenges they're facing. That's tremendous as well.
- Darius: Amazing. Ad I think there's a higher vibration you plug into and when you're able to control that vibration and bring that back down into this reality, it can change quite lot - at least that's what I found for me. It's kind of like Neo in *The Matrix*. You realize what we really are here and how powerful we are.
- Steve: Yes.
- Darius: Yeah. What I want to do... Let's do some of this quantum journeying that we can begin. If possible, Steve, can we do something like that?
- Steve: Oh, absolutely.
- Darius: Okay. Cool. So what instructions...? Now, this is not going to be astral projection, but what are we going to do, Dr. Steve?
- Steve: We're going to do a quantum visualization. For some people it will be a quantum journey. And what that is... It's sort of like when I mentioned that I was first able to get out my astral head out of my physical to see 360 degrees around. I want people to have an experience similar to that. I want you to get a little taste of it.
- So it's going to be different for everyone. Whatever you experience is fine, because that's the degree to which you're allowing yourself to experience at this point. And I want you to get just a taste, a glimpse of the astral world. So whether it's just a visualization - which is awesome, by the way - or in fact some sort of journey, it's okay, because our goal here is only to introduce you – sort of like have an hors

d'oeuvres – and there's not the pressure of having a full astral experience. I just want you to get a glimpse of this astral world.

Darius: Wow, I'm excited. Okay, everyone, if you're driving, operating heavy equipment, in a place that may not be safe to do so, then obviously, you know, do this at your own discretion, but I would avoid doing this if that's the case – you're driving or something like that. And, Dr. Steve, I'll let you take it away.

Steve: Okay. Great. So what I'd like everyone to do is... Yes, as Darius said, if you are driving something – a motor vehicle - if you're bicycling or if you're jogging I don't want you to do this now, because it's something that requires you to be in a quiet place lying down with your eyes closed.

So if you are doing this thing, you can listen but just don't do this. Just listen to what I'm saying and do this later. I'm going to give you some very straightforward techniques that you'll be able to remember that you can do later on. But if you are in a quiet place where you can lie down and no one's going to disturb you, go ahead and do that now. We'll take about 15 minutes or so doing this.

I want you to just close your eyes and we're going to do a little bit of hypnosis here because that's the way that I would like to work, because I am a hypnotist, so I help people relax with hypnosis. But I'm just going to just put you in light trance state so that you can get relaxed enough to be able to participate.

So you're going to remember everything that happens and all I'm going to have you do while under this light state of hypnosis is just open yourself up to this experience of quantum visualization and potentially taking a quantum journey.

With your eyes closed let's go ahead and practice our rhythmic breathing that we talked about. So I want you to pick a number that works for you. I want you to breathe in to certain count. Perhaps it's one, two, three, four, breathing in. Hold to that same count. If it was four you hold to the count of four - one, two, three, four – and exhale to that same count.

Now, the number doesn't matter nor does the speed at which you're counting. It's just the idea of getting things even. So you're breathing in to certain count, you're holding it to that same count, and you're breathing out to that same count. That's called rhythmic breathing.

So I want you to do that for about a minute as I am talking. That's going to allow you to relax. Now, make sure you're breathing at a pace that's comfortable for you. I don't want you to overdo it. I don't want you to hyperventilate or anything and I don't want you to under breathe. Just breathe at a pace that works for you, but make sure it's rhythmic. Breathe into that count, hold it to that count and exhale to that count.

And as you're doing this for the next minute I want you to visualize yourself on a beautiful island. This is your island. You're alone and safe, and no one and nothing can disturb you. And as you continue relaxing, allowing yourself to drift now and float, I want you to realize just how peaceful you are on this island.

And I want you now you begin walking down toward the water's edge, and as you do notice that every step you take relaxes you even more. It is a beautiful, peaceful day on this island and you can feel warm, soft sand beneath your feet as you walk. Feel the relaxing breeze between the warmth of the sun and the gentle breeze. The temperature is just right.

As you continue walking and relaxing, you hear the waves as the water rolls in and the rolls back out. Perhaps you hear a few birds in the distance, And I'd like you to walk very slowly down to the edge of the water and just feel the water as it rolls in. Feel it around your feet and ankles. And then it rolls back out. Really immerse yourself in the idea of being there on your private island at the beach, relaxing and winding.

And as you continue to prepare for your quantum visualization, I would like you to now move towards a dry place, a safe, comfortable, dry place on that beach, where you can watch a beautiful sunset, because in just a few moments the sun is going to slowly set. So I'd like you to just find a safe, dry, comfortable place from which you can watch that sunset.

Before that happens I'd like you to just imagine a white light surrounding you now, and that white light is an emanation of the energy that's coming to you from the sun. It's as if the sun is sending energy to the top of your head. It's going in through the top of your head and then radiating out through the center of your chest to form a protective white light around your body – a sphere, if you will, around your body, protecting you, relaxing you even more.

That's right. Just continuing to relax. I'd like you to imagine that white light now changing into the form of a cylinder, and the cylinder is filling up now with liquid sunlight. That's right. The light that was pouring in through the top of your head is now taking the form of a liquid that's going to fill that cylinder that you are in. You are safe and protected in that cylinder.

But as it slowly fills up with the liquid sunlight, notice it absorbing all of the negativity from each part of your body as you sit on that beach, facing the sun, looking out over the water, bringing an energy from the sun which turns to liquid energy. It pours into that cylinder that you are in. You are safe and protected. And it slowly rises now, rises to the level of your abdomen, to the level of your chest very slowly. You are safe the whole time. It just continues rises and as it does it's absorbing all of the negative parts of your thinking, all of the negative words that you associated with yourself. Just feel all of those draining from your body and from your soul right now into that liquid sunlight, taking those negative parts away.

All that negativity is draining out now. It's being taken out into the liquid sunlight, which continues to fill that cylinder. And once it reaches the top it takes the last little bit of negativity from you and the water, the liquid, is very murky now. As a drain opens in the bottom of the cylinder it begins to slowly drain out, all that murky, filthy liquid now, because it has absorbed all of the negativity from you that you've built up for years. It's now being taken out through the bottom of that cylinder. And as it is, you are left with a sense of calmness and peace, and as the last little bit drains out, that cylinder again takes the form of the protective sphere around you, protecting



you from anything that might be outside.

You are relaxed and safe. You are cleansed. You are comfortable, sort of like a newborn baby, pure, relaxed, happy.

That's right. Now, what I'd like you to do is just relax, and as you do perhaps you can focus on a specific part of your body, realizing that every part of your body has a corresponding part in your soul. You are a soul inside a body, and your astral body - meaning your soul - looks identical to your physical body. So you have astral arms, astral legs, an astral torso, an astral head, an astral chest.

And I would you like to focus on a particular part of your body now, but rather than focusing on your physical body, focus on your astral body and notice that that part of your body is a pure energy. And as I'm talking perhaps you'll be comfortable enough to allow that part to move outside of your physical body. But as I'm talking I also want you to focus on opening up your vision, allowing yourself to see completely around you 360 degrees. And as I continue talking perhaps you'll notice that in your mind you're able to see infinitely in every direction - above, below, behind, every direction. But this happens very slowly as your vision opens up.

You have always suspected that you are an infinite person, that you are more than your physical body. And the more I talk the more your vision opens up and you allow yourself to see around yourself, above and below. Rather than questioning what you're seeing, realize that in the astral world there are certain structures that you do not see in the physical world. So perhaps now you're seeing things. Rather than questioning those things I just want you to be in the mindset of acceptance. I want you to accept what you're seeing now.

Depending on how comfortable you are with this process, perhaps you want to move further out of your body. If you do, that's fine. If you just want to do this in your mind, that's fine as well. Because perhaps now you can imagine yourself at some distance from your physical body, perhaps a few feet, perhaps a few miles, perhaps many miles. Perhaps you want to imagine yourself outside of your physical body right now. Perhaps you want to realize this right now outside of your physical body.

Now, it's important to realize that sometimes when we visualize, what's actually happening is that we are giving our mind the ability to be comfortable with something that's actually happening. So whether you want this to happen in you mind or whether you want this to happen in reality is up to you. You are in control here. Perhaps you just want to look around yourself with 360-degree vision. Perhaps you want to raise out an arm or a leg. Or perhaps you have decided that you want to imagine yourself as being separate from your physical body.

So whatever your level of comfort is I invite you to go with it during this time, and in just few moments we're going to wrap up this brief exercise, this introduction to you, to your real self, to your spirit self, to your soul, but for right now I want you to take this time to do anything that you want to do, whether it's look around more or move around. I want you to be free to explore and realize that rather than there being a right or wrong answer it's whatever you want to do, whatever you're comfortable with.

Because the idea here is that you're being introduced to a much, much larger world. You're being introduced to reality. So however much reality you want to take in right now is up to you. But I want you to realize that you can revisit this at any time. I also want you to realize that your ability to do things like this is going to improve with practice. It's going to improve over time. So no matter what your experience is right now, with practice and time it's going to become enhanced. You have begun a journey which is infinite, because rather than there being a limit to what you can do with your soul, instead it's infinite.

Alright. Now, as we end this brief look at the real you, I want you to finalize whatever you're doing. I want you to come back into your physical body. If you've just imagined yourself outside of your body, I want you to imagine yourself coming back in to your physical body. If you're visualizing all the way around your head, above and below, I want you to now come back into your physical body with the awareness that your physical body would have, which is looking straight ahead. And as you do this, I want you to slowly open your eyes, realizing that the experience that you had is correct for you. It's what you were supposed to experience. It's the degree to which you were comfortable with the experience, and that's okay.

And now as you slowly open your eyes, just come back to full realization of this three-dimensional existence of where you are, because you're here to learn things, you're here to experience life. And as you come back to your three-dimensional existence, slowly opening your eyes, you come back to full awakening consciousness. I'm going to count to three now. By the time I reach that final number you will be wide awake, full of natural energy, believing in yourself, and ready to learn more, learn more about who you really are as a spirit.

Alright. Now coming into full awakening consciousness. One... coming up, feeling very good, full of natural energy. Two... beginning to move now, beginning to stir, becoming more and more aware of your surroundings, more and more aware of where you are. At the count of the last number you will be wide awake, full of natural energy. Alright now, three... Eyes completely open and wide awake.

Darius: Wow. I'm here. Boy, that was incredible. I am very excited to see what other people felt and experienced. I'll share my own. Let's definitely share. Let's open up the dialog of sharing, because the more that we, I believe, take note and chronicle and document the experiences that people had in these other realms or just in a different level of awareness, the more that we can open up to humanity the truth that these awarenesses, these realms, these areas of the existence are real. So share with us at [youwealthrevolution.com/now](http://youwealthrevolution.com/now).

Dr. Steve, that was incredible. I really, really, really... I kind of popped up really in a different realm. I don't think I actually left my body or anything like that, because I was trying to get an answer to something that was a big question that I had actually this whole week. And I got some wisdom that came in when I was in that space that actually gave me pretty much the answer. I'm processing it right now but I think I've got the answer. So it was very, very powerful.

Quick question. Doing that exercise, what happened? What did you get people to do? Why did the answer come to me, for example, during that exercise?

Steve: Well, I gave people the ability to experience astral projection to the degree to which they were comfortable with it. So for some it was just getting the vision all the way around the. For some it might have been getting an arm out.

Darius: Right.

Steve: Some people may have actually had a full astral experience. Some people may have gone across the room. I didn't want to limit anyone though, so I wanted them to be able to experience it to their degree of comfort and the degree of acceptance that their mind has of it at this point.

The reason that answers come to you very easily during this time is first of all it's very meditative. You're rhythmic breathing. I also used hypnosis at the beginning. So you're able to be in that state but you're also in your spirit. We're always in our spirit but we're usually attached to our body as well. So when we're pure spirit, even if we're still in our body we're focusing on our spirit and so we are raising our vibration at that higher vibratory rate. We're tuned into higher level answers which don't come from logic. They get so caught up in 'how do I figure this out? What's the math behind it? What's the right thing to do? What's the logic thing to do? What do people want me to do?' And once we tap into spirit we realize what our over-self wants us to do, what the greater part of us really want to do. And we already have those answers.

Darius: Wow. You know, at first we started we call and it was 'this is about astral projection and moving to other realms'. I mean, what I'm really feeling now as we've done this is this is really about connecting to your true essence, your true spirit, that true part of you. And whether you want to go in different realms or whether you just to be connected to that and be in bliss or get answers, there's something here for everybody. And this is coming in from a lot of different people, a lot of different experiences. So keep sharing them.

Joe said... He's is in New York. He said: 'This was energetically cleansing. I feel rejuvenated spiritually.'

Carol said: 'I was floating.'

Another person said: 'I feel cleansed. I feel relaxed. I feel happy.'

Another person said – interesting question: 'How do we know if this was real or this was in our mind?' I guess the question: is there a difference?

Steve: Interesting. Yea, I mean, it gets down the question of what is reality. We get back to *Matrix* stuff.

Darius: Yeah.

Steve: A lot of times things we will, as I said, attempt to make it logical, because we have difficulty grasping the concept that we are a soul. That's we have dream of falling and flying when in fact we're astral projecting.

Darius: Fantastic. Fantastic. I have another question. One person's asking: 'I had difficulty moving out of the physical realms. How do I get stronger in doing this?' This is from

Esther in Charlotte, North Carolina. How do we get stronger? What's some of the work that we can do, Dr. Steve, in this area?

Steve: Well, the basic way to get better at anything is, like my dad used to say: practice, practice, practice. That was his advice for everything and it's really true here as well. If you want to get better at this, get more comfortable with it, get more skill at it, really just taking what I've shared so far and doing that on a regular basis. Anyone who had any degree of success with what we did today realized that that may very well have been your first experience with that, so give yourself a pat on the back for getting as far as you did on Day One, Lesson One but realize that it gets better with time. So really practice is where it's at, just repeating this process on a daily basis.

Darius: Okay. I want to share some other interesting updates that came in. Sienna Flower from Hawaii said: 'I went jumping, tumbling and flying. I was laughing and laughing. As I came back to my body I shed tears. I was thinking I always knew that I had wings.' She connected to a part of her that she always knew existed, that greater self. Sienna, that is beautiful.

Another person – Cindy... Actually I've got to read this one, Dr. Steve. This is amazing. She connected to a friend that has passed away ten years ago She connected in the astral plane. But it wasn't anything that scary or frightening. She says: 'This was very powerful and lovely. I went to Maui and easily saw all around me and stepped out of my body. I brushed off and leapt down to the water. I swam way out in the ocean. I saw the turtles swimming around me, the fish, the starfish, and we swam, zooming with energy. We went to another small island and I met up with a friend that had passed 10 years ago. We played in the water and swam together. Then I came back reluctantly back onto the breach. We bid goodbye and he jumped back into the water and swam away.'

Beautiful. So that is from Cindy in California.

Steve: Very nice.

Darius: Yeah. Amazing. Well, a few people are asking, okay, how do we practice this? How do we get better? And I know that you actually not only in having your own hypnotherapy practice and professional clinical hypnotherapy school and having authored so many amazing programs, you actually have an explorations learning program that helps people scientifically apply this, apply this step-by-step and learn to put astral projection into the life as a tool. Tell me little bit about some of that and what they can do.

Steve: Well, the tools that I've put together are simply by request. You know, people over the years have said: 'Hey, can you teach me this? Can you show me how to do this? Can you share this with me?'

So I took the time to put it into an extremely comprehensive program, which has many hours of training going into a lot of detail about astral projection, a lot of things that, of course, we don't have to time to go over in an interview, that are really going to help people and make sure that they have success with it.

I think a lot of people get into astral project and they attempt it, they quote-unquote

'try it' – which to try is to fail. Rather than doing it they're trying it and they don't have success.

So this is designed to just streamline all of that and make sure that people understand all of the components of it, what to watch out for, how to have success, so that they can do it in the shortest period of time.

Darius: I'm going to share where it is. A few people are asking and it actually goes through the seven steps to astral projection and a whole lot more. It's actually a beautiful page with a lot of detail and an interesting news article as well on astral projection or what they're calling people having out-of-body experiences. It's at [youwealthrevolution.com/steve2013](http://youwealthrevolution.com/steve2013).

A quick question, Dr. Steve. As you talk about this and we go through this, there's different parts. So the first module's about getting started. What do people need to know as they get started in Module 1?

Steve: Well, it's important to understand that confidence is really going to save the day. You have to be confident that you're going to be able to do it. So really getting is all about setting that groundwork for making sure that you have the confidence necessary to have conscious astral journeys.

Darius: Okay. And then in Module 2 you actually go through the art of breathing, basic and advanced breathing methods to help people. Tell me a little bit about the breathing and what that does in our journey and even before our journey.

Steve: Well, breathing... I've shared the simple version here with us today, the rhythmic breathing, counting in to a certain number, holding to a certain number, exhaling to a certain number. There are some advanced breathing techniques which we didn't have time to go into here today that really enhance and streamline your astral experience. So I feel that a lot of times what makes the difference between someone being relaxed and focused and being distracted and nervous is proper breathing technique, breathing technique that's solid, that allows you to have success.

Darius: Yeah. Very powerful. And then in Module 3 you actually go through and work with energy. And you say here your energy level must remain high so that you can move through the astral. So people actually learn how to cleanse their body and mind of distractions, cleanse of negative energy, and actually restore energy so you can have sort of more vibrance to move into that plane. Tell me about that.

Steve: Well, you've got to raise your energy vibration up. I mean, we know this for everyday lives. You know, simply applying the law of attraction. If you have a lower energy you're going to attract lower energy; a higher energy will attract higher energy.

In astral projection that energy becomes a quantifiable thing that's actually going to lower your astral body, that energy that you use, that Kundalini energy we talked about. So creating a vibration actually really pays off in the moments, because you're able to have the astral journey itself.

Darius: Wow. Interesting. Yeah. It's fascinating, because here it's like we think: okay, this energy's real but I can't really touch it, you know. And some people feel like: well,



yeah, maybe it's not, maybe it is. But in the astral... Everything is energy down here in the third dimension but in the astral everything is at the level of energy, because it's not the dense reality. So that is the rocket ship that powers you in that space instantly.

Steve: Absolutely. Yeah, it's what's going to launch you, and without it you will continue to astral project but only when you sleep at night, which is what most people do. But if you want to do it consciously you've got to get some fuel and that fuel is the energy, the vibration that you naturally have that you can enhance.

Darius: Wow. Wow. Okay. I want to say this. Robin wrote in and she said: 'I left my physical body and I flew across the beach that Dr. Steve had us staring off at. I've taken this flight many, many times before, but then again I've used Dr. Steve's program.' So she had some great experiences.

A lot of people had felt some very powerful things. If you want to go deeper into this type of work and really explore it but also get the benefit of what your energy and clearing your chakras and understanding how your energy can be used to better your life but also move through the difference levels of awareness and astral projects, it's at [youwealthrevolution.com/steve2013](http://youwealthrevolution.com/steve2013).

You also in Module 4 actually do a clearing of the chakras Now, I know we talked about that, but there's something called Fixing Your Emotions. Tell me about that. What is that process about?

Steve: Well, a lot of times what hangs up people in the Kundalini flow of their chakras is their emotional connection to themselves and others, and that usually originates at the level of the heart chakra, the chakra that corresponds to the heart, which also corresponds to our ability to love ourselves and others.

So once we open that up we find that there are greater flows in our lives. We're more accepting of love, more accepting of praise, we're more giving of love, and so things really open up in a bigger way for us. So this is something that has benefits even outside of the astral projection. But getting our emotions cleared up with ourselves and others is a big part of this work.

Darius: Okay. There's a few more very cool things about this whole program I want to share. One of them is once you get the astral projection done and you're there and you've mastered it, there's about 12 modules on making sure that you actually can do this. So how do you communicate with other entities on the astral plane; how do you avoid getting distracted in the plane and do maybe some work you want to do in the plane like reading the akashic records. But beyond that there's some advanced things that you may want to do. This is really just amazing. I want to share where it is, because we're going to be going through these. It's at [youwealthrevolution.com](http://youwealthrevolution.com).

Module 13 is about experiencing astral sex. Any thoughts on that particular module?

Steve: Well, yeah. As we spoke about earlier, that's what a lot of people want when it comes to a connection with their Significant Other in relation to themselves. They want to be able to have that give and take but we're so limited by the physical body. I mean, physical intimacy only goes so far. A lot of times people who are in love and

they make love, they... Say their partner or someone... it's common for them to say: 'You know, I wish I could be inside your soul somehow, just have a deeper connection.' And they long for that.

Well, it really happens at a soul level. So once we realize that that deeper connection only comes when we're dealing with the spirit, then we realize it's really all about astral projection. If your soul can intertwine with that person's soul, then you have that level of connection that you want.

Darius: Yeah, that is incredible. That is incredible. Yes. And, you know, going back to my experience, there wasn't a physical act taking place, but my soul intertwined with another soul in the astral realms and I guess that's what both of our souls needed at the time. I never met that person but our souls connected from a vibrational standpoint.

Module 18 and 19 - the akashic records - actually show you how to understand the records when you're in the astral; how to understand the rules – you talked, Dr. Steve, about the rules of the akashic records – and also how to predict the future to see where you'll be in 10 years, who you'll be with and peek into your future. You've got to tell me more about 18 and 19. I mean, that just sounds amazing.

Steve: Yeah. When we look at the akashic records we're looking at the potential. So, as I mentioned, if we're thinking of medical school or law school or thinking of career, we can look at the potential. We can also do it in terms of potential mates and we're thinking: what if I went with this person versus that person? Or places to live. What if I moved here versus moving there? And you can look at the potential for the future using the akashic records.

So as long as you go in with the best of intentions... You know, your attention needs to be higher. You're not just benefiting yourself but you're attempting to make the decision that's going to benefit the most amount of people. So when you do that you're able to see the akashic records and see a glimpse of what might happen. Now, I always say might and I say potential, because you create your reality moment to moment. So just because you see in the akashic records does not mean it's going to happen. That is the potential for what might happen if you continue to follow that path. So it becomes a very practical thing in that regard.

Darius: Okay. Okay. Fantastic. I'm going to keep going through this because there's some just neat points that keep coming out as we go through this work. I want to see what other questions people have. A bunch of questions coming in. One person's asking is there an age limit to doing this? This is from Mary. She might be at advanced stage and she's wondering: am I too old to do this?

Steve: Okay. Well, no, there's no age limit. You are able to astral project at any age. In fact, I believe we had someone writing in earlier saying they've been doing it since they were a baby. You're able to do that from the moment you're born until your physical body is no longer of use to you it.

Darius: Okay. Okay. Fantastic. Now, the other piece that I think's really neat here is reading

auras. So in Module 20 and 21 you actually show people how to read auras and through the astral projection be able to instantly read auras. So if many of you have been wanting to activate that power in you, this is the way to do it. Reading people. What do you mean by reading people, Dr. Steve?

Steve: Well, people's intentions show in their auras. So it's the same as seeing an aura. You can see their emotions. Sometimes people say one thing but they mean another thing.

Darius: Right.

Steve: So the first is being able to read body language. For example, if someone saying: 'Yes, I'm happy to see,' but their arms are folded and they're facing the door away from you, you know they're really not that happy to see you.

Darius: Right.

Steve: So it's sort of like that when you're able to see colors of the aura. You're able to see how bright they are when they say certain things. And it happens every day. We're picking up on auras without realizing it. Sometimes people light up when they talk about their passion and we're seeing their eyes get bright, but we're also seeing on a subconscious level their aura getting brighter. So this puts it right in front of you. This allows you to actually see it clearly as it's happening.

Darius: Wow. So you'll know... Once you really master this you'll know when someone maybe has a bad intention or maybe this isn't someone that really is interested in me as a person or really loving me as a person. Maybe they're after my money or just my body or just out to do me harm. You can develop that innate ability to understand and know that.

Steve: Yes, absolutely, and knowing if someone has the best intentions or if they're operating at a higher vibration. It can be helpful, because that can help you separate the people who are, as you said, into you for the right reasons versus those who are...

Darius: Yeah. Okay. There's a lot here so I'm going to talk faster. I know we're going along... It's at [youwealthrevolution.com/steve2013](http://youwealthrevolution.com/steve2013).

And the reason I'm just so excited is there's so much here that's being offered. Modules 22 and 23 are about awakening your psychic abilities. And remember I said that the process of mastering this energy and moving that Kundalini energy in and clearing the chakras, all of that being the launching pad for higher abilities. That's how I was taught this, Dr. Steve, as well.

Dr. Steve, opening the psychic abilities. Tell me about Module 22 and 23. How is that possible from this program?

Steve: Well, any time you're able to be just pure spirit, pure energy, you automatically have access to that. So as you mentioned earlier, some people spend a long time attempting to develop these abilities. These abilities happen naturally once you are consciously in your astral body. You're able to see auras. The mode of

communication is through psychic communication. You don't have your vocal chords in your mouth in the astral world because your astral body does not have that. It has a corresponding part of that but it's not the same mechanism. You're not moving air through vocal chords; you're just spirit. So the way of communication in the astral world is psychically. So you don't have to worry about spending years developing ESP or the ability to see auras. That's just the way things happen in the astral world.

Darius: Yeah. Yeah. And I believe those people that have those abilities – the ones we call psychics, forever – they're just somehow naturally tuned into that or they had an experience where they connected to it and they haven't really left. But that's something we all, I believe, can develop. So certainly this would be a big step for people that want to do that.

There's also a few bonuses I want to run through really quick. There's four of them. One of them is *Astral Projection Secrets*. Another one is *Astral Viewing Revealed*. So that's really more the remote viewing program. Dr. Steve, why would someone want to remote view versus astral project?

Steve: Well, sometimes people don't want to really take that journey even though you can do it instantly in your soul. Some people just want to get a glimpse of something that's far away. So in that part of the program and that bonus... I just included that for those who just want to glimpse something but they don't want to actually travel in the astral world.

Darius: Wow. Wow. So they could see into different areas of the world, see into somebody's living room. I know one of my teachers would go visit his mother and actually would say: 'Mom, you were wearing that pink bathrobe.' He lived in Florida and she lived in New Jersey and she would always say: 'Stop looking at me!' All these things are possible.

The other two bonuses are some extended advanced astral projection modules with theta audio and also binaural tones. Tell me about those two bonuses.

Steve: Well, these are audios that people can use when they're astral projecting. They are tones that are designed to relax you, to put you into a relaxed state, in this case theta, which is actually a hypnotic state. As a hypnotist I'm very much into getting people to be in a hypnotic or meditated state – they are one in the same, by the way – a hypnotic state and a meditative state.

Darius: Right.

Steve: So it actually works for you. Rather than trying really hard to get into this perfect meditative state, you let go of all that. You let the recording do that for you. It synchronizes your brain into that state automatically.

Darius: There's a lot of catches here to make sure people succeed. There's a lot of failsafes here to make sure people can do this. For the person that said 'I've been trying for a long time; haven't been able to...', what would you say to them?

Steve: Well, I would say that you need thorough training. That's the secret to anything. A lot of people, you see them attempting to do this and that and what I find is that they

just have not been properly trained. With proper training I'm convinced anyone can do anything. I mean, anyone can become a cardiac surgeon with the proper training. It sounds daunting to be a medical doctor and a cardiac surgeon, but anyone could with the proper training learn how to do that. It's the same thing with astral projection except it's not nearly as difficult; it's something that you do naturally anyway. You're just learning how to do consciously something that you're already doing subconsciously.

Darius: Wow. Well, I want to say this. It's being offered here at a 50% discount and there's several packages if it's something you want to go deeper in. I know we've already had a lot of people wanting to go deeper.

There's a silver package for only \$97 where you'll get all of this online. There's a gold package which has some additional bonuses and things on it and that is \$147. And there's a platinum package which is also \$147. It has the physical collection and also the digital collection.

This is something you can have right now. There's even an installment plan. If you want to pay \$48 twice you can have digital version. All of that is at [youwealthrevolution.com/steve2013](http://youwealthrevolution.com/steve2013).

Dr. Steve, thank you so much. I mean, I'm looking at this. There's *The Breathing Mastery*, *The Chakra Meditation Mastery*, *Kundalini Activation*, *Delta Level Mind Navigation*, *Barrier-Shattering*, *Astral Timing*, *Astral Separation*, *Dream Interpretation Mastery*, *Akashic Understanding And Prediction*, *Aura Reading*, *Aura Shielding*, *Protection*, *White Light*, *Intuition*, *Interpretation* and much, much more. And this is just phenomenal stuff. I'm excited.

Any final words?

Steve: Absolutely. I'd like to leave everyone with this. You know, astral projection is not something that you're going to master by reading a book. I remember when I first got it I thought: I'll just read a book and master it. I wasn't able to actually master it until I had professional exercises, which I myself put together over the course of a long time, but if I'd had them back then I think that would have been just outstanding. And this was a precise way to do this. As I mentioned, any training is always very powerful.

So the goal with the Explorations programs of course is to put astral projection in the hands of as many people as possible. It's something you're doing as you sleep at night anyway. You might as well be doing it consciously.

So I believe we're really as humanity at a tipping point. More and more people are waking up this ability. So if you consider this a stage in human evolution, you're realizing that you can take part in it. So it's not something that I want people to pay \$800 or \$600 or \$300 for. I really want people to have this. I want them to have the 23 modules, you know, multimedia home training for, as you said, as low as \$97 for the digital version. And that's an investment that I think is really going to pay off.

So it's a popular program. I haven't done this before, and so this 50% discount offer, as you mentioned, I think is the way to go. It's a way to take part in this evolution to



really get out there, to really explore who you really are.

Darius: Yeah, I agree. Very, very cool.