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## INTRODUCTION

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What is dreaming? Where do I go when I sleep? Why can't I control my dreams? These puzzling questions have a logical answer in this illuminating and practical book that was transcribed from a one-day course given in South Africa by Ferdie Rossi - mystic, clairvoyant, teacher and *conscious traveller* on the subtler levels of existence. He has the wisdom and experience to guide you in your quest to 'awaken' to the fact that you are a multi-dimensional being. Your present awareness is only one tenth of your totality, and you are always sub-consciously looking for your other selves. What other selves? You will find the answer to this question as you practice the exercises given, and you could eventually experience the supreme joy of bringing the many parts to yourself that are presently scattered together once more, and then finally awaken!

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## The Field and the Knower of the Field

Let us use the intellect and perform a major splitting up process. See yourself as the knower of the field - and see everything outside the self, here where we are, as the field itself. To understand this reality here, imagine that you're going to sleep, and that you're dreaming. When you dream, you are lying in bed - now what part of you is dreaming? What exactly is causing the dream? Are you a part of the dream, or are you an onlooker? You're always somehow a part of it: you're always experiencing something in the dream.

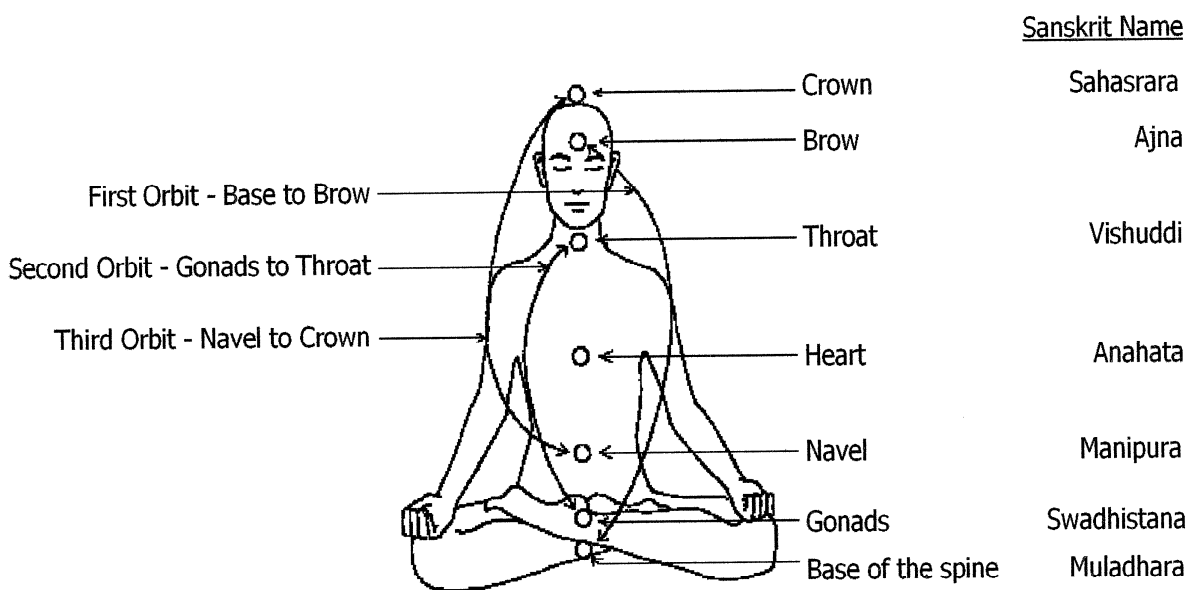
Now very often something like the following happens: Should two people have the same basic problem, even though they are located in two different places. Because of the problem a resonance is created between these two people who are asleep - and they start tuning in to each other's dream. What then happens is that two people start dreaming one dream, with the result that the dream seems very, very real, it is remembered for a long time afterwards, shining out as a 'reality'. Have you experienced a dream like that? This happens when two people dream the same dream.

Exactly the same thing happens in the here and now. Somewhere somebody is asleep, and who is dreaming you and every other face or object that you perceive. It is the same as when you're asleep and dreaming - you are doing the dreaming, correct? How many dreamers are dreaming, right now, here where you are? As many people as you see. They are entities that are asleep somewhere else and dreaming. You are the expression of that self. It's the same when you're asleep and dreaming. It is actually you who are in that dream, - isn't that so? But there is a very big difference between the 'you' in your dream and the 'you' that is sitting here. What is the difference? When you are dreaming, it is as if only *a part of you is* in that dream - you are either in your emotional self, or wilful self, or afraid self, or some other self. You are not the totality of yourself when you are asleep and dreaming. Only a part of you is in that dream. Exactly the same thing is happening here. You are only a part of the dreamer that is somewhere dreaming, and expressing you. He is snoozing, while you are working busily away, here on earth! Can you understand how this reality is really a dream? Why is it so very solid? Because we are all sharing one dream, and in doing so, the reality that all our dreamers are dreaming is so incredibly strong, that everyone is part of this gigantic dream. That is why this world here is so very solid, so much a reality.

Therefore, you are not really what you think you are - there is by far more to you than you think. The spiritual path is the awakening of the dreamer, the one who really expresses you. *Therefore the sleeper must awake.* When the sleeper awakes here on earth, you become your dreamer - you become the totality of what you really are, and then you are capable of reaching perfection here in this dream. That is the aim. The dreamer and the dream = the Field and the knower of the Field. At this stage, think carefully, so that you really understand this basic knowledge that somebody else is dreaming you here. This is the essence and basis of astral projection. Work through this.

The dreamer is not your higher self. The dreamer is responsible for every action that your life is taking. He is dreaming all the events in your life, and all the things with which you have to come to terms. The higher Self is still one step further. He is dreaming the dreamer. The dreamer is on his way to becoming God. Here on earth we are only a tenth of what we really are. To expand consciousness, is only to gain a bit more of the Self. Therefore you do not need to expand your consciousness. You only have to regain what is already there.

## THE CHAKRA POINTS OR BODIES



There are seven heavens. In your body you have seven chakra points, each of which is a point of power in the body. It links you to a specific reality, or universe type, and has certain functions.

1. For instance, the chakra point at the base of the spine is known as the Muladhara chakra. This links with your physical body, which is heaven number one. It is actually hell!! There is no universal type lower than this one here where we are. Therefore there is no place of brimstone and fire down deep in the centre of the earth. This physical body here on earth is heaven number one, the first reality. You may see yourself as living in your own base or Muladhara chakra. This means that this reality here where we are is the Muladhara chakra.
2. There is a second chakra in your body - the Swadhistana or spleen chakra. It deals with the etherical body. Therefore you have a body higher than the physical, which already exists in the second heaven.
3. Then you have a third chakra, the Manipura chakra, dealing with the astral body which already exists in the third type of universe. The totality of your here and now awareness is the sum-total of these three bodies.

4. The 'higher you' exists from the fourth to the seventh universe. You live in all these universes already. The expansion of consciousness is the process when your here and now awareness, which is trapped here - as we are all very much on this earthly plane of awareness - is expanding up to the fourth heaven - and then it cannot go higher. Then the father and mother come down unto you. So you have different bodies already living in different realities.

## Body consciousness

Let us begin with the physical body. It has an awareness and consciousness of its own. It is a living entity that is somebody else. Let us demonstrate this point. If you see a piece of fruit cake on a plate, a part of you, a feeling within you, will say "Eat it, it is going to be lovely!" Then, as you are almost ready to reach out and eat it, another feeling deep within will manifest itself, and say "Thou shalt not eat fruit cake, thou shalt get *fat!*" Then you, in your here and now awareness will decide whether you are going to eat it or not! Usually one compensates by eating only half of it.

We all have these two voices. The origin of the first one is the consciousness of the body. It has an awareness of its own. You can drive your car, and think of many different things, while your body is doing the driving. When you go and sit down naturally, without thinking about *how* you are going to sit, you sit comfortably. But when you choose a chair to sit on, you find it uncomfortable. The body's decision without you being involved is a comfortable one. We do not trust our bodies enough.

The first important thing when astral projection takes place is *that your body will see itself. You are a multi-dimensional being.* The true you lives on seven different planes of existence. So never fear that you are going to die when you astral travel. Let us take a look at the etherical body. It is the second universal type, divided into many universes, many realities. It is the major one with which we are going to start.

How does the dreamer dream the universe here? How can he create that building there if he is dreaming it? Or dream this plant here, or the tape-recorder? He is creating everything that you see, your very own dreamer who is sleeping. A very wise old china-man said once that he fell asleep and dreamed he was a butterfly, and that he was flying through the air, and then he dreamt that he flew down, and the butterfly fell asleep. When he awoke, here he said that the butterfly was dreaming him!

We will move into another region so as to understand this, but know that it cannot be understood logically - only by means of the intuition will you be able to understand fully what I tell you.

Logic means limits, but the world that we are dealing with, specifically in this other reality, has no limits. God the creator is dreaming the dreamer and into the dreamer flows a million volts of power, flame. The dreamer is sleeping, but he is dreaming, and out of him you are projected as you are now. But as he is dreaming, and as that power diffuses through him like

white light diffuses through a prism, it is split apart. He is creating every image that you see in your world, or your reality with this diffused light. Do you understand this?

### **The subconscious mind**

Let us search for the subconscious mind. Where do we find it? First look at what is known of the sub-conscious self. We know that it is a type of battlefield within you, within the self.

Let us imagine you are a yogi and you are looking for God. You go and meditate for a long, long time. You know that the only way to reach God is through your own sub-conscious mind. After many years - one day as you are exploring within yourself - you feel a movement within you - a motion or pulse, and then something starts to happen outside of you. The moment you felt this pulse, you feel the wind blowing - then you feel another motion through you, and then someone comes to you, and suddenly you discover where your sub-conscious mind is - and then you look at this world with new eyes, because you find yourself to be *living in your own sub-conscious mind!* Everything that you perceive has a specific symbolical value, and everything stands in a specific relationship to everything else. Forever you are an onlooker unto the self! You are living in your own sub-conscious mind. Look at your life - everyone lives in his own world, his own reality - your dream is not my dream - we are all surrounded by our own sub-conscious images and some are stronger than others. We all have specific problems - money, or relationships or whatever. Now let us take this one step deeper.

If you look down from the fourth type of universe (this is what we are aiming at in astral projection) and you look at what is happening in this reality here, you will see a lot of bubbles drifting in nothingness - like a child's soap bubbles. All these bubbles are interlinked with infinite *lines*. *When we look into each bubble, we see a flame in the centre of that bubble.* When we look at where we are here, *you* are that flame. The totality of you is that flame. The concepts we have of space, time, depth, distance are all a projection out of the self - it means that somewhere within us there is this flame, and it is creating this whole world - it expresses the totality of everything that you are perceiving.