DAY 7/2

Tasks:

Morning
- Log Significant Dreams in Vision/Dream Journal
- Recite Morning Affirmations

Evening
- Energy Work: Raise Energy (Full Body Circuit) - 15 min.
- Practice Trance State (Ladder) (See Notes)

Night
- Evening Affirmations
- Walk-thru (Astral Perspective) 3 min.

Affirmations:

Morning
- My mind remains calm and quiet throughout the trance state. My consciousness successfully balances between sleeping and waking reality. I ignore astral noises and other tactile distractions. I recognize that these sensations are merely signs that I am closer to my goal of exploring the out-of-body state.

Evening
- In the morning and throughout the day, I recover memories from my nightly astral projections. I use key questions to provoke OBE memories. I attract people and situations that trigger memory fragments to surface.

Notes:

- **Ladder**: Imagine that you are on a ladder. Re-create body-awareness feelings of remembered arm and leg movements, and slowly begin climbing down. Move one awareness foot and its opposite hand down another rung. Then move the other foot and its opposite hand down another rung. If this is too complex, imagine you are holding on to each side of the ladder gliding easily through your hands. Continue down the ladder one rung at a time. Feel your body moving down the ladder. Imagine a rock face or brick wall in front of you, close to the ladder. Imagine this textured face moving upward past you as you climb further and further down the ladder. Feel yourself climbing downward and falling deeper and deeper into trance with every downward step you take.