

Conquering Fear

Version 1.0

by Joe Russa a.k.a. SUNEYE

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Conquering Fear - Version 1.0 by Joe Russa (SUNEYE)

We spent years of researching perfecting our methods for your benefit. If you find our research of value and if anyone you know is interested in finding more information about our methods, it would mean very much to our research team and I if you forward them to our site.

Introduction

Out-of-body experiences can be a very fun and exciting experience. It can also be a very scary one. We were able to collect a lot of the fears that people had through our research.

Some of the fears are:

1. Getting lost in space
2. Not being able to get back in your body
3. Being possessed by another being while out of your body
4. Another entity killing you out of your body
5. Being punished by God because these types of abilities are against his wishes
6. Finding yourself in hell when out of your body
7. Running the risk of having your silver cord severed (the silver cord is said to be a cord that runs from your physical body to your conscious body when you have an out-of-body experience. This cord is said to connect you and the physical body. At the moment of death from the physical body, the cord lets go of the conscious body.)

With all of these fears, why would anyone attempt to have an out-of-body experience?

Well, that is because many of us have found out that these fears are untrue and baseless.

If they were true, I would not be here writing about my experiences of 13 years and my researchers would be dying away. In the next couple of pages, I will try to explain these fears, their origins and untruthfulness.

FEAR IS IN THE EYE OF THE BEHOLDER

Believe it or not, aside from lack of a good induction method, fear is one of the main reasons failure occurs when trying to have out-of-body experiences. If you are currently facing fear when trying to astral project, you know the tremendous barrier that you will have to go through for success. This fear is so terrifying, it engulfs your whole body and soul. It intensifies tenfold the moment vibrations begin to set in. Fear will also make you see things in the astral that are not really there. Let me give you an experience I had facing fear.

One early morning, I decided to take a short nap, not really in the mood to leave my body. I was beginning to get drowsy when I felt that my physical body became paralyzed. I knew at that moment that I was about to project and decided to let nature take its course. I open my eyes, when all of sudden, I saw what looked like four black entities standing right in front me wearing long black gowns. Fear engulfed my whole being and I felt my heart skip a beat. I never felt scared in my life the way I felt at that moment. I forced myself to gain physical awareness to awaken. As soon as I awoke, I open my eyes real slowly to see if the entities were still there. I could not believe what I saw.

There are times when I am so tired, I do not get up to turn off the lights. In order to block the light from my eyes, I would put my hands over my head. What I thought to be four black entities was really my fingers in front of my eyes. If I had taken the time to focus and not let fear take the best of me, I would have noticed this.

Another time, fear took control of me again in the Paralysis State. I saw something crawl up my wall that looked like a giant crab. I kept telling myself that there is nothing to be afraid of and that I have complete control. All of sudden, whatever I saw crawling up my wall, disappeared.

What is it about out-of-body experiences that make us afraid? Well, I know that I did not fear astral projection until a pastor told me that I would find myself in hell during one of my sessions. Until then, I was able to induce the Paralysis State without any fear.

I was afraid that God would punish me harshly for experimenting. I was also afraid that I would be possessed while out of my body or that I would encounter some evil entity that would somehow find a way to kill me. The pastor was able to make all of the scary Hollywood fiction movies come to life. With so much to be afraid of, why would anyone want to take the risk and astral project? Let's look at some of the fears that people face and why we should not let them control us.

As you can tell from what I wrote previously, religion is one of the reasons people are afraid to have out-of-body experiences or lucid dreams. I will talk more about this in the next section.

Possession is another fear that people often ask me about. If possession was a fear that we have to worry about, then every human being in the world would have been possessed a

long time ago. The reason that I do not believe in possession when out of body is because of experiments that have been done in the past, shows that, our spirit exteriorize a couple of feet when we sleep. I have first hand experience of this phenomenon when I am about to fall sleep. I would awaken in a sudden jolt when feeling a sinking sensation as if plunging in a roller coaster ride. I could actually see my vision going down into my body. It has a very startling and ticklish effect.

I believe that for possession to take place - if it does take place at all – a person would have to have serious mental problems. If this were the case, it would happen at any time and not only when having out-of-body experience.

Beginners are always asking me if they could get lost when leaving the body. This is completely impossible because you will always be in tune with your physical body when projecting. One thing that you will notice when trying to project is that you will have a hard time controlling yourself from snapping back into your physical body. In an uncomfortable situation, your instincts will instantly pull you back.

When you are in a dream or a nightmare, do you feel scared that you will never wake up? Your mind automatically knows when you are having a bad dream and automatically wakes you up. The same thing occurs when having out-of-body experiences.

I will end this section by making a statement that will be detailed in the next two sections. Our astral body (conscious body as I sometimes call it) can never be killed or destroyed

because it is made up of energy. That is why you feel the harmless vibrations or surges of electricity before the moment of projecting. So, relax and enjoy the most exhilarating event of your life.

BECAUSE THE BIBLE TELLS ME SO

One of the major fears that halt a person's experimentation with out-of-body experiences and lucid dreams is the belief of their religion. Countless times I get asked if experimenting with these phenomenons are sinful. The people that ask these questions are usually of the Christian faith, which belief system is based upon scriptures from the Christian bible.

Before I continue, I would like to explain why I included this chapter. I was raised in a religious family and all of my life, attended Catholic schools. When my discovery of out-of-body travel and lucid dreams began, I made the mistake of consulting with a minister and a pastor about these experiences. These consultations almost halted my true spiritual growth.

By writing this chapter, I am not trying to convince anyone to my belief system, because a person's spirituality is based on personal growth. But if I could help an interested individual get passed this initial fear, then he/she can direct themselves to their own personal growth. My personal spiritual search has bought me much closer to God and has given me a peace of mind that I have never experienced in the Christian belief.

Out of all the religions in the world, Christianity seems to be the main faith that opposes experimenting with out-of-body travel and lucid dreams. There are other religions that

does not support experimentation, but overall, you could say that 70%-80% of the world population do not consider these activities as sinful, but a tool for spiritual growth.

For a person to understand the reason for Christian's opposing experimentation of these activities, we need to understand the tool that creates their belief system, the Christian bible.

Books divide the Old and New Testament in the Christian bible. Each book contains chapters and each chapter contains verses. Chapter 18, verses 10-11 of The Book of Deuteronomy in the Old Testament, is where Christians say God talks about experimenting with out-of-body experiences and lucid dreams. The verses in the King James Bible say:

9: When thou art come into the land which the LORD thy God giveth thee, thou shalt not learn to do after the abominations of those nations.

10: There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch,

11: Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer.

Before you start to assume what the verse is trying to say, there are a couple of things you need to be aware of that we need to talk about. They are:

1. Those verses were written in the belief system of that time.

2. There are different versions of the bible that changes from each other.
3. Out of all the different bible versions, from the first page to the last, none of them mentions that out-of-body travel and lucid dreams are evil or sinful.

Let's look at the first part. Many people seem to think that God actually said the words from the previous verses and wanted them to be law. If you look at other verses in the bible, you will start to notice that, if God actually said those words, then he must have been a very cruel, unforgiving God at that time.

Let's look at Deuteronomy, chapter 22, verse 5 from the New International Version:

5: A woman must not wear men's clothing, nor a man wear women's clothing, for the Lord your God detests anyone who does this.

If you are a woman who is worried about burning in hell because of experimenting with out-of-body experiences or lucid dreams, that will be the least of your worries if you are wearing pants right now. Another word for detest is hate. That would mean that God hates women who wear pants. If you look at Deuteronomy, chapter 22, verse 20-24 from the King James Bible, you will see how much God hates people that do not follow his laws.

20: But if this thing be true, and the tokens of virginity be not found for the damsel:

21: Then they shall bring out the damsel to the door of her father's house, and the men of her city shall stone her with stones that she die: because she hath wrought folly in Israel, to play the whore in her father's house: so shalt thou put evil away from among you.

22: If a man be found lying with a woman married to an husband, then they shall both of them die, both the man that lay with the woman, and the woman: so shalt thou put away evil from Israel.

23: If a damsel that is a virgin be betrothed unto an husband, and a man find her in the city, and lie with her;

24: Then ye shall bring them both out unto the gate of that city, and ye shall stone them with stones that they die; the damsel, because she cried not, being in the city; and the man, because he hath humbled his neighbour's wife: so thou shalt put away evil from among you.

If you look at verse 21, basically, it says if you are not a virgin when married, your husband has the right to take you to the city and have all of the men stone you to death because the wife did something illegal in Israel. Wow, this is not the loving, nurturing, and forgiving God that I am accustomed to hearing in the New Testament. This sounds like a God that has no mercy and will have you killed for disobeying his laws.

Well, if you look a little closer and read the whole book of Deuteronomy, you will see that these laws are not the laws of God, but the laws of Israel. God did not hand these laws to the Israelites; these were severe laws that were practiced by Israelites even before

the time of Moses and are still being practiced today. These laws were based from their beliefs at that time.

Virginity was and still is very important to the men of Israel; and because their beliefs were stated in the bible, it becomes a way of life for many people around the world. My mother's native country, Colombia, South America, believe that all women shall marry as virgins. If a man took away a woman's virginity, he was forced to marry her because no man would marry a woman that was not a virgin. If the man refused marriage, he ran the risk of getting killed by the father of the woman.

If you go to Israel today, and study their way of life, you will notice that women have no rights. Their strict laws on virginity are not based on unholy acts, but more like male machismo. It is ok for their men to have more than one wife, but a woman cannot have more than one husband?

The same situation occurs with the practice of paranormal activities. The people of Israel are very religious people. Anything evil for them had to be destroyed. In those days, any experimentation of paranormal activities was considered evil in Israel, not only because it was not understood, but also, the people who practiced paranormal activities at that time, used it for evil purposes. In other words, the people who practiced paranormal activities at that time have ruined the great benefits it provided for everyone through their evil practices.



Nahum, chapter 3:

4: Because of the multitude of the whoredoms of the wellfavoured harlot, the mistress of witchcrafts, that selleth nations through her whoredoms, and families through her witchcrafts

Wisdom of Solomon (Apocrypha), chapter 12:

4: Whom thou hatedst for doing most odious works of witchcrafts, and wicked sacrifices;

2 Kings, chapter 17:

17: And they caused their sons and their daughters to pass through the fire, and used divination and enchantments, and sold themselves to do evil in the sight of the LORD, to provoke him to anger.

I would bet that if paranormal activities were used for good purposes at that time, Christians might have accepted it as a tool for spiritual growth. The Israelites saw that bad things were being done using certain paranormal activities and called them evil. How they saw that these acts were evil, they preached that these acts were against God.

These and other beliefs of the people of Israel were deeply embedded in the Christian bible. Even if it would be wonderful to think that some great force wrote a book for us to follow, the fact is that humans wrote the bible. You could say that God inspired humans,

but no book has ever been written without the personal feelings or opinions from the author, the Christian bible being no exception.

In the Old Testament of the Christian bible, God was considered a harsh person that had no mercy, not because he actually was, but because the people at that time were taught to believe that anything considered a sin was to be destroyed by God's command. It was more of a way to control peoples' beliefs, behaviors, and establish control within the community.

Do you actually think that God is harsh enough to hate a woman for wearing pants? Should we murder a woman because she was not a virgin at marriage? This is more like the logic of a human being than an all-powerful loving being.

God sent his only son, Jesus Christ, to send a message that he was not the cruel God that people was so afraid of. He was a loving, nurturing God who forgave our sins. Through Jesus, we learned that any sin was forgivable. No matter what act we did, God was willing to forgive us like any loving, nurturing father would.

Christians today are trying to move away from the laws of the Old Testament because they are beginning to realize that a lot of it is stained from the beliefs of that civilization, which is too harsh for our modern way of life. One minister told me that he was planning to buy bibles that only contained the New Testament because there was no way he was able preach the Old Testament without having to skip a lot of the books it contained.

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Let's look at chapter 25 verse 5-12 from the Book of Deuteronomy:

- 5: If brothers are living together and one of them dies without a son, his widow must not marry outside the family. Her husband's brother shall take her and marry her and fulfill the duty of a brother-in-law to her.
- 6: The first son she bears shall carry on the name of the dead brother so that his name will not be blotted out from Israel.
- 7: However, if a man does not want to marry his brother's wife, she shall go to the elders at the town gate and say, "My husband's brother refuses to carry on his brother's name in Israel. He will not fulfill the duty of a brother-in-law to me."
- 8: Then the elders of his town shall summon him and talk to him. If he persists in saying, "I do not want to marry her,"
- 9: his brother's widow shall go up to him in the presence of the elders, take off one of his sandals, spit in his face and say, "This is what is done to the man who will not build up his brother's family line."
- 10: That man's line shall be known in Israel as The Family of the Unsandaled.
- 11: If two men are fighting and the wife of one of them comes to rescue her husband from his assailant, and she reaches out and seizes him by his private parts,
- 12: you shall cut off her hand. Show her no pity.

These verses show that the laws were of Israel and not of God our Lord. Misconceptions of the bible could have also occurred through the many different versions, which could have caused misinterpretation of the scriptures. This brings me to my second point.

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There are so many versions of the bible, there is bound to be some changes and confusion being made. Let's look at chapter 22, verse 20-24 of the Book of Deuteronomy in an old and new version of the bible to see if you could notice the changes and why.

King James Version

- 1: He that is wounded in the stones, or hath his privy member cut off, shall not enter into the congregation of the LORD.
- 2: A bastard shall not enter into the congregation of the LORD; even to his tenth generation shall he not enter into the congregation of the LORD.

Saint Joseph Edition

2. No one whose testicles have been crushed or whose penis has been cut off, may be admitted into the community of the LORD.
3. No child of an incestuous union may be admitted into the community of the LORD, nor any descendant of his even to the tenth generation.

Notice that the same verses on the Saint Joseph Edition starts at number 2. For some reason or another, they decided to add a different verse 1, which is not in any of the other bibles I have studied. I have noticed that new verses seem to be added and others seem to disappear in the different versions of the bible that I have studied. I was very fortunate to find an article on the Internet site by David Otis Fuller, who explains the confusion that different versions of the bible have created:

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“Over a number of months past we have been carefully comparing and checking, verse by verse, the modernistic Revised Standard Version with the King James Version of our Bible. We have noted by writing in the margin of the pages of the RSV, over 1100 (1138 to be exact), for the most part deliberate mistranslation, deletions, perversions in the RSV.”¹

There are more than 30 different versions of the bible. With so many different versions of the bible, there is bound to be mistranslation, misconception, and misunderstanding, which are some of the reason people question paranormal activities like out-of-body travel and lucid dreams. Yet, if we could take the bible at face value, believe in its completeness, and take it as fact, then you will see in all of the different bible versions, from the first page to the last, that none mentions out-of-body travel and lucid dreams as evil or sinful. This does not stop Christians, though, from adding ‘prohibited practices’ that were never meant to be in the bible.

Look once again at chapter 18, verses 10-11 of The Book of Deuteronomy. Out-of-body experiences and lucid dreams are not at all similar to the practices that are mentioned in those verses.

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Something beneficial as hypnosis is considered sinful to Christians, even though, it is not mentioned in the bible. Why? Because of the misconceptions people have of hypnosis.

Hypnosis received a bad reputation when people thought that you could take control of subjects through trance. They believed the subjects did not have control of themselves under this trance. This was immediately deemed sinful under Christian's eyes, even though, they never bothered to understand that the misconceptions was made from Hollywood movies and not from scientific fact. Until recently, we have learned that the zombie like trance perceived by Hollywood and stage magicians is completely false and that subjects have complete control of themselves during a hypnosis session.

Other things that are considered evil in some Christian sects are meditation, visualization, physical exercise, martial arts, anesthesia, etc. If you believe that God will punish you for out-of-body travel and lucid dreams, then you should feel even more worried if you ever will need surgery.

Take time in studying the bible and you will see that the bible is filled with beautiful out-of-body and lucid dream stories. One of my favorites is Ezekiel, which is filled with these phenomenons. Here is a verse from 2 Corinthians Chapter 12 Verse 2-5, which also mentions an out-of-body experience:

2: I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell; or whether out of the body, I cannot tell: God knoweth;) such an one caught up to the third heaven.

3: And I knew such a man, (whether in the body, or out of the body, I cannot tell: God knoweth;)

¹ God Wrote Only ONE Bible by David Otis Fuller, D.D. Grand Rapids, Michigan.

4: How that he was caught up into paradise, and heard unspeakable words, which it is not lawful for a man to utter.

5: Of such an one will I glory: yet of myself I will not glory, but in mine infirmities.

The God I believe in is a highly intelligent super spiritual being that created heaven and earth. A God that is very much a loving father/mother; that loves and nurtures us because we are his/her children. I do not believe in the God that is depicted in the Old Testament. I believe in the God in the New Testament that forgives us no matter our sins because he/she loves us.

If after reading this section you are not sure you should practice out-of-body travel and lucid dreams because of your religion, then you should not attempt practicing. Out-of-body travel and lucid dream is a personal experience for people that want to discover their true inner-selves. It is for strong-minded individuals that do not let anyone decide for him or her how they should experience their spirituality. That is what spirituality is - a personal experience, discovering who you really are; and no one can tell you or knows who you are except yourself.

You will notice that most people that have out-of-body experiences and lucid dreams are very knowledgeable of the bible. Yet, they have discovered that, in order to be truly spiritual, they will have to guide themselves and not let anyone decide for them how to experience their true inner-selves.

MIND OVER MATTER

When you are out of your body, your mind and emotions govern the actions that you take. The slightest thought that you have can become reality for you. You can create and do anything in the astral by using the power of the mind.

Many people say that, when projected, their astral body looks like a replica of the physical body. In my opinion, this is due to your conscious mind living in the physical body. It is used to living in a body that has hands and legs, which can walk and run. When you are in the astral realms, your mind is use to your physical body so you naturally take the form of that body. Your mind will not feel comfortable otherwise.

When people project in the astral realms, they tend to follow the same motions as if in the physical body. I caught myself walking when I could have easily floated. I clearly remember taking the stairs to go to the first floor, when I could have easily taken a shortcut, and gone through the floor.

In reality, your "astral body" can take on any form you desire. You could take on a form of a man, woman, animal, or an object. We are not dealing with mass or matter. We are dealing with mental energy. That is why some astral projection authors could leave their body through the third eye or any other part of their physical body. You can mold that mental energy into anything you like. We are all made of energy and our mind and emotions can make that energy behave the way it chooses because it controls it.

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How our mind and emotions are in control when we project, how we think and feel before projection will affect us when in the astral. Therefore, if you are feeling scared before you leave the physical, your fear can create a scary environment when projected, even though, it would take an intense fear to make this happen. If you are feeling happy and thinking pleasurable thoughts, you create that atmosphere for yourself in the astral.

Even though your mind can materialize your thoughts in the astral, not everything in the astral are materialized thoughts. The astral is full of different types of entities. The entities you may encounter are dwellers from that, or other realms. You may encounter other projectors from the physical realm that may have passed away or are still alive having an out-of-body experience.

Ever heard of the famous saying, 'like attracts like'? This saying is a law in the astral realms. Your mental energy is like a magnet and attracts similar energy around you. Depending on what your mental attitude is, will depend on what entities you may attract. If you project with an attitude of peace and courage, you will rarely come in contact with negative entities. If you project with a scared or negative attitude you may attract the like.

This is the same once you pass away. If you lead a negative life, you will attract the same negative atmosphere when you die. If you lead a positive life with love and happiness, you will attract the same. If you think about it carefully, this theory holds true with our daily physical lives.

Energy can be molded and changed, but never destroyed. There is no way that you can kill energy, you can only make it negative or positive. You might come in contact with a negative entity, but the worst they could do is giving you a hairy scare. That is why you hear some authors say that people with heart trouble should not attempt to project. These entities cannot kill or destroy your energy.

If you feel that your astral body was hurt. You must first realize that it is all in your mind. Then, think the opposite and it will go away. It is sometimes hard to think clearly in the astral if you think that you are hurt because of fear. How your mind and emotion increases in the astral, feelings are multiplied. Your fear will multiply drastically making you feel that you are seriously hurt. You can overcome this by going back to your body and breaking the trance. You will notice that there was nothing to fear from the beginning. Fear will turn into reality only if you accept it. Just know that you cannot be harmed.

Energy is like water, which you can not break or cut. Your mental and emotional attitude depends if your energy will be negative or positive. People that could see your aura can tell if you are mad or happy. They are reading the energy around you, which is what leaves the body.

Your thoughts or feelings cannot be hidden in the astral. Your true self is what projects and is not hidden behind a physical shell. You can automatically tell if something in the

astral is negative or positive. You can feel the vibrations and know the intentions of an entity in front you. Everything in life is a sea of energy, which we all connect to.

I do not want people to have the idea that the astral realm is infested with negative beings. You will rarely run into anything negative, and if you do, most likely it is because you projected with a negative attitude. Even with a negative attitude, it will have to be an intense one before you come in contact with anything negative.

Even if you encounter a negative being, you are in no harm from it. If you still have doubts, you should imagine yourself covered with white light or say a prayer of protection. You can also do these before go to sleep. This is great for two reasons:

First, if you convince yourself that you are protected, then the atmosphere that you create yourself is positive, and that is the vibrations that you will send out. You will feel less scared and therefore will not create illusions in the astral. Second, when I think of white light surrounding me, I automatically get into a very relaxed and peaceful state. You will assure attracting positive beings this way.

I also like lighting candles because the waves of the flames are very relaxing. It hypnotizes me into feeling that I am in a peaceful and blissful atmosphere. This is something that you may want to try. Light three tall white candles in a pyramid design and see what energy you receive from it. It looks very beautiful and will make you have inner-peace.

A lot of the protection techniques that I read from different astral projection authors are good, but are written for the wrong reasons. Authors will say that their protection methods will protect you from the evil entities that will harm and hurt you. Do not fall into that trap. The methods should be used to give you a positive attitude and atmosphere before you project, not to protect yourself from getting killed. Even if you projected with evil intentions, you still cannot be harmed. You will just attract negative entities.

Remember that you are not dealing with matter, but with energy. That is what connects us to each other and everything in this world. Many times before I project, I feel strong vibrations going through my body. It feels like harmless electrical currents. This is energy, changing its vibration, to enter a different dimension.

In the astral, you can do anything you want. You can create the environment you desire and can change yourself into anything you want. Our connection to the sea of energy that connects the universe gives us access to unlimited amount of information. Once you connect to that sea of energy through astral projection, you can get answers to all of your questions. Unfortunately, in our present physical form, we are limited to this field of energy.

You can never get lost when out of your body. Your astral body is part of your physical body. As soon as you think about returning to your physical body, you are immediately

there. If you ever feel uncomfortable in any of your experiences, you just think about your physical body, and you will instantaneously be taken there.

Conquering Fear

You understand why the fears explained are baseless; you will now need to go through the process of losing that fear. The three ways that have helped me were preparation, experience, and urgency.

Preparation

You would never try anything new without preparing yourself; the same goes with out-of-body experiences. The best way to prepare yourself is through visualization and self suggestion.

Write down all of your fears and review each one in your mind. Then, give suggestions next to each fear that will help alleviate it. For instance, if you are afraid of dying, you could give a suggestion saying that no one has ever died as the result of an out-of-body experience. If you are afraid that you will get lost, just give a suggestion that your physical and astral body are forever connected and all you have to do to return to the physical body is to think of it, or like Robert Monroe does, wiggle your toe.

During the whole time you are giving yourself these suggestions, visualize yourself bravely going through those fears and conquering them.

Experience

Only after you have gone through your first out-of-body experience, will you know what types of fear you will have. After your experience, immediately write down all of the fears that you had. Did you hear noises or feel different in anyway. Do understand that the astral realm is very different than the physical. You will notice that your 5 senses are sharp and clear. You could hear and touch something from far away. Write down all of the fear that you experienced and do the same exercise as you did preparation.

Urgency

Like I said before, with lucid dreams and out-of-body experiences, you may find answers to some of your major problems. The best way to face those fears is through urgency. For some reason or another, I have found that at times when I desperately needed to resolve a problem or when I felt that my life was so hopeless that I did not care what happened to me, I noticed that my fears of out-of-body experiences were immediately gone.

Is there something urgent that you need an answer to? Then, use it as a way to conquer those fears. After writing down those fears, think of the urgency at hand and give yourself suggestions that nothing will hold you back from trying to resolve this urgency. Visualize yourself finding the answer to your problems because you bravely conquered your fears.

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Finally, if you had any success with this manual, please, we would really appreciate it if you could leave your success stories in our 'Membership Testimonial' section of our website at <http://fly.to/suneye> .