

The Astral Witch

By Kesenia Ashland

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Foreword

This work represents almost thirty years of my personal experience with the Astral Plane, and it is to be taken as that. To my knowledge, the Astral Plane does not have a group of scientists dedicated to its study, nor does it have an official body of work from which one can draw vocabulary, beyond the work of Madame Blavatsky, dream journals, and the many works of storytellers. In this work, I attempt to build a foundation of my experiences and understanding, then supply my personal methods of Astral Craft, all without trying to shroud it in mysticism or conjecture. The purpose of this work is to contribute to a hopefully growing body of expertise, so that if/when humanity becomes more naturally inclined toward the exploration of the Astral Plane, it can rely on the work of those who were privileged to explore that plane before them, to guide their first steps.

What IS the Astral Plane?

The Astral Plane is one of the Planes of Existence that is defined in Esotericism, directly neighboring the Physical Plane and precedes the Emotional Plane. Some terms that are believed to be synonymous with "Astral Plane" are 'Thought Realm' and 'Mental Plane'.

Dreams, Thoughts, Art and Time

Of all the other Planes of Existence excepting the Physical Plane, the Astral Plane is the one that is most easily accessed while in a physical body. We could say that the Astral Plane overlaps the Physical Plane, but it is also a lot larger and more complex. While there are no barriers that keep the majority of us humans from accessing the Astral Plane, perhaps its most effective 'protective measure' (more accurately described as a sequestering) is the unwillingness of our majority to 'believe in it'. The Thought Realm itself is made to be a faerie tale, not because it isn't real, but because it's a source of power that [they] don't know how to control yet.

Astral Equivalents

Everything on the Physical Plane has an Astral equivalent. Every leaf, every rock, every living thing. However, there are so many beings and things that do not have a physical equivalent, whether they weren't channeled into the physical realm yet, or they were divorced of their physical forms through breakage, death or return.

Material objects and people on the Physical Plane don't need to be described; it's all around you. Pick something up. Look across the room. Use what you see and/or feel to experience physical objects. In the Astral Plane, objects and people are very differently composed and observed. There, you can see all sides of an observed object simultaneously, even the inside. More baffling is that one can see that object from the time it became that object until it becomes something else, depending on how specific the viewer intended to view those objects.

For example, if I see a teacup on the Astral Plane, I can see it in various states of wear, but I can't immediately see it transform into the shards it breaks into at the end of its teacup-ness, nor the lump of clay it was before it was a teacup. I can see it before it was painted, and I can see the cracks that might inform where it will break. Most of the time, I will see the version of the teacup that received the most attention, be that attention from the constant observation of one person, or the casual awareness it received from many beings. This is because the astral equivalents of physical objects are imprinted into the Astral Plane itself; before, during or after that object came into being in the physical realm.

Likewise, when you see someone you know, you will likely see them in the way that feels more familiar to you.

In the Astral Realm, reality is highly subjective and interpretive. The objects, the place and the people in that space are each subject to presenting in states and times that could differ from what they are in the Physical Realm at the moment you go there astrally. Likewise, two viewers will see different scenes in the same space without coordinating key specifics beforehand (or linking telepathically).

People on the Astral Plane

Most of the people you see here will be the astral equivalents of the living, and an overwhelming majority of them will be entirely unaware of an astral traveler. Seen from this perspective, the equivalents of the living will have varied degrees of definition and aura colors. It is my experience that those who have a more clear astral image receive more attention on the physical plane, be that from others' observations and/or speculation on oneself.

The other people one can find on the astral plane are actively traveling there, consciously or not. These include other practitioners, dreamers, people belonging to neurodiverse populations, and other beings who are native to the astral plane. I also have the suspicion that there are exceptionally skilled practitioners who were able to cast some of their consciousness into the astral plane before they died.

I have seen some sources that claim that the dead also reside in the Astral Realm, but I have only encountered projections of people who have passed on. Even as some of these projections can be very complex and carry a lot of story, they don't seem to have enough of a sense of self to be truly responsive. In my experience, these projections are a bit like animated gifs or Instagram Reels, playing on repeat. In most of these cases, I find these projections at sites with strong morphic resonance. For me, this means that there is an entirely different (and utterly inaccessible) plane upon which the conscious dead reside, if they reside anywhere at all.

I also have a teacher whom I have only seen on the astral plane, and only when he sees fit to provide another lesson. We're always just starting a lesson when I become aware of him, and there are almost always other people learning from him at the same time. This means that I've never had the opportunity to find out who he is, whether or not he exists on the physical plane, or even if he is human.

Astral Geology

On the Physical Plane, everything is made up of matter. The makeup of everything on the Astral Plane is what I call "Intentional Energy". On the Physical Plane, matter orients itself to other matter via gravitational and electromagnetic forces. On the Astral Plane, Intentional Energy orients itself to Experience via Awareness and Belief.

Atlantis and Lemuria

With modern technology, we have seemingly been able to disprove the existence of a land bridge or a continent that was called "Lemuria" between Madagascar and India, but what if there was a 'land mass' composed of very dense Intentional Energy that lemurs and other animals could cross? What if that bridge was simply a portal that connected the two physical spaces, and it never existed physically?

Your Astral Body and Its Senses

I don't personally know anyone who has been on the Astral Plane more than myself, and I still feel like I have so much more to grow into my ability to sense there. The five senses that we were all taught about actually have very little to do with how we sense in the Astral Realm, and I still find myself trying to use them. Luckily, the one that I would train a student to use first is very closely related to that of eyesight.

Many of us who consider ourselves spiritual, eclectic, or esoteric, are familiar with the concepts of auras, chakras, and energy. In brief, the aura is our astral body (or spirit), and the chakras are the sense utilities native to that body. Energy, for the purposes of this work, will be the shorthand for Intentional Energy.

Here is a brief rundown of the senses that your astral body is equipped with, correlating with the chakra associated with its theme.

- **Base:** The sense of belonging.
- **Sacral:** The sense of self. (Feels most like touch.)
- **Solar Plexus:** The instinctual sense.
- **Heart:** Emotional awareness.
- **Throat:** Fine social sense.
- **Third Eye:** Intuition. (Feels like the act of seeing.)
- **Crown:** Passive, broad communal awareness.

The chakras are also reciprocal in nature, in that they sense and they also broadcast.

How To Gain Access

Again, the Astral Plane isn't isolated from the experience of the Physical Realm; we interact with the Astral unknowingly (and unskillfully) our whole lives. We do so in dreams (in both sleeping and waking contexts), drawing from our imaginations, while doing art, reading, meditation, and like activities. From my experience, there are four ways that I cross the veil into the Astral Realm, and I distinguish them into two categories that have historically been synonymous with each other: Astral Travel and Astral Projection.

Astral Travel

In the effort to distinguish between multiple ways of entering the Astral Realm, I use the term Astral Travel to describe the act of disrobing my physical body, and moving about in my immediate area solely with my astral body. I most often use this method when my physical body is present in or nearby to the area that I wish to explore.

While, for the last decade, I've been using astral tools to cross over more effectively (which I will provide instructions for building later), I find it prudent to describe the steps in longform to initiates who haven't yet crafted their own tools.

- **Relax.** A relaxed body is absolutely crucial for spending any amount of time on the Astral Plane. Without relaxation, I have found that the body transmits signals to the mind that can pull the astral body back to the physical one in worse cases, or become a distraction from the intended exploration in minor cases.
 - Lay prone or on your back, whichever is most comfortable to you.
 - Starting with your feet and going to the top of your scalp, do your best to release all the tension in your muscles.
 - If you feel tension return to parts that were earlier in your process, go ahead and continue to your scalp and scan back down toward your toes.
 - Early in your practice, you might fall asleep during this step.
 - If you 1. maintain consciousness or 2. sleep and come back to consciousness with your body still relaxed, proceed to step two.
- **"Disappear your body."** Scan up from your toes to your scalp, phasing your physical body out of your awareness. The idea is to shed your skin and leave behind the astral body, instead of trying to rise out of a physical body that your astral body is still aware of. I have found that doing this ensures the ability to explore longer, and with fewer distractions from the physical plane.
- **"Remember the room you're in."** If you've gotten this far in your practice, you will feel like you're dreaming and conscious at the same time, and in the room where you started your practice. You are ready to explore!

Astral Projection

For me, Astral Projection is literally like hurling my consciousness away from my body, either to 1. Random places infinitely far in any direction, or to 2. A far away place that I have been to before, or to a target that has been prepared for me by a trusted associate.

Follow the first two steps for Astral Travel: Relax, and Disappear your body.

The third step, to project, relies on the target, if any:

1. **To project randomly**, I have done so with great success by either
 - a. Shrinking infinitely small, to a light far between two atoms, and passing through that light, or
 - b. Growing unfathomably large, enveloping whole galaxies, and allowing my consciousness to snap to the focal point it has chosen.
2. **To project to a place you've been to before**, remember a specific feature of a place that you know is still there at this current moment. If that feature isn't there, you will likely 'go back in time' and enter a lucid dream state instead.
3. **To project to a target in a location you've never been to**, you will need an anchor set up for you before your practice begins. I have had the greatest measure of success using what I call an Astral Cube (*see Astral Craft, Thoughtforms*), but you can use anything that you can hold in your mind through the relaxation and skin-shedding techniques.

Astral Craft

In this section, we will explore the crafts that I know how to execute in the Astral Realm. In order to craft here, there are some critical features you need to be aware of, as they will play a direct role in the success you experience.

Foundational Energy: Much of my time on the Astral Plane has been spent in observation, watching how Energy responds to me and how it feels. From what I've experienced thus far, I have noted a kind of hunger toward my awareness in every object I've interacted with. It's like a gravity or a suction, and when my attention is offered, there's a sense quite like that which I get from a suckling baby, a very deep sense of belonging.

"Contracts": I have gotten a truly exceptional experience from things that are either MADE for a specific function or PURCHASED to provide a specific need. Chairs have a desire to be sat on. Pens want to write, draw and color. It is truly noteworthy to specify that objects of greater power have much more potency in their longing, like money and weapons. Making or purchasing a functional object will create a contract between you and that object, and in many cases, those objects need to be used incrementally to slake that object's hunger. Failing to relate to that object in the way that it was designed has consequences that are determined by the object toward the owner, like strong urges and frustration. Some objects will even revolt and search for people who will supply that relationship, causing that object to get stolen.

Channeling: Some very specific astral forms will seek out people to bring about their physical forms, or in the case of music and stories, will appear as inspiration to the artists that are capable of bringing them into the Physical Realm. In this way, once an artform makes its way onto the Physical Plane, it becomes its own entity.

Elementals

In a word, elementals are modified astral forms. Elementals are essentially objects imbued with the most basic level of sentience for one purpose. They're tools and helpers that can be exceptionally useful in the right circumstances.

Before crafting an elemental, one needs to first consider the complexity of the astral form that one is working with, and if the existing features of the form are conducive to the desired effect. I very highly recommend making this check every time you want to craft an elemental, due to the chance that seemingly innocuous objects might already have been

modified, or may carry other unexpected qualities. Below are some examples of candidates that might not be ideal.

- **Coins:** Money carries a very specific energy, such as a tendency to gravitate to other money. They can also have a lasting effect on your own finances if used improperly.
- **Someone's lucky rock:** That rock's person will likely be the only human it'll allow to modify.
- **Made or Purchased Objects:** These already have directives and will be very difficult to modify, unless you made the object for the purpose of it becoming an elemental.
- **Simple/Complex Machines:** The more complex the machine, the higher chance it will have a sense of purpose that borders on or becomes sentience. Sentient things cannot be made into elementals.

To Craft an Elemental

1. Choose or make your object. Sigils are a superior option. I like to have the object I want to modify in my hand before I cross over.
2. Cross over into the Astral Plane.
3. Focus on the object and check its Energy for qualities, both innate and unexpected.
4. If the object's Energy is satisfactory, conjure feelings related to its new or additional purpose and project those feelings into the object.
5. Reenforce the feelings you're embedding into the object with simple statements and visual content. Multiple statements and visuals will increase the elemental's potency and ability to trigger in appropriate circumstances.
6. When the elemental feels full (it shouldn't take long), give the elemental some closing statements, such as "This is your purpose, this is your longing, go and find your satisfaction," etc.
7. Come back into the physical realm.
8. Seal your elemental. I like to write statements like the closing statements I said to the elemental on paper and fold it around the elemental, storing it until I need it.

A warning about elementals:

When elementals execute their purpose, they draw the energy they need from the one who created them, and the cost is at the discretion of the elemental. Small purposes have small costs, and large purposes, well, you know.

Astral Healing

It is common knowledge that there are several methods of energetic healing that are available to humans. Perhaps the most common of those is Reiki, which is meant to clear or reset energetic pathways that exist along the meridians of the human body. My investigations into the astral plane have allowed me to discover a way to treat psychic attacks, be those from the actions of a malevolent being or through repeated psychological abuses.

Preparation

Before you set out to begin healing psychic damage, you must gain consent. The more specific the agreement that exists between you and the person you're healing, the better. In fact, it would be better to think of this work as a joint effort as opposed to a service.