

# **Astral projection, Peace, Meditation, Yoga?**

**The Bible talks about meditating on the word of God. What does that look like?**

**Meditation** is a practice where an individual uses a technique – such as being still, removing distractions, mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm state. Often used with the aim of reducing stress, anxiety, depression, and pain, and increasing peace, perception, self-concept, and well-being. Meditation is under research to define its possible health benefits in the psychological, spiritual, neurological, and cardiovascular effects.

Centering our mind, body and spirit, being still, breathing deep, deep thoughts, and focusing are good by anyone's definition. Calmness, clarity, and concentration are healthy.

**Religious “Spiritual” practices can often take it to a whole other level.**

The repetition of a mantra for the purpose of reaching a heightened level of spiritual awareness might include worldly unbiblical notions about self improvement and universal awareness. Biblical repentance is the beginning of conversation with God. Being aware of our sin and asking forgiveness is usually not a part of secular meditation.

**Hindu swami, Yoga posturing, and Buddhist monks :**

Yoga is the practice of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "yoga" in the Western world often denotes a modern form which includes the physical practice of postures called asanas. The chief aim of "uniting" the human spirit with the Divine - the word 'yoga' means nirvana, the condition of Siva, or altered state of consciousness.

**Astral projection** is a term used in esotericism to describe a willful out-of-body experience (OBE) that assumes the existence of a soul or consciousness called an "astral body" that is separate from the physical body and capable of travelling outside it throughout the universe. It can be associated with dreams, and visions. Often these bodies and their planes of existence are depicted as a series of concentric circles or nested spheres, with a separate body traversing each realm.

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The “trans like” state of altered consciousness is an unhealthy extreme of abusing simple meditation. It can be often induced through various hallucinogenic and hypnotic means (including self-hypnosis). Some use drugs to hallucinate and “expand” your mind.

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## **Healthy Biblical Meditation –**

Psalm 1:2 – but whose delight is in the law of the LORD, and who meditates on his law day and night.

Psalm 19:14 – May these words of my mouth and this meditation of my heart be pleasing in your sight,

Ps 104:34 – May my meditation be pleasing to him, as I rejoice in the LORD.

Ps 119: 97-99 – Oh, how I love your law! I meditate on it all day long. <sup>98</sup>Your commands are always with me and make me wiser than my enemies. <sup>99</sup>I have more insight than all my teachers, for I meditate on your statutes.

Ps 119:148 - My eyes stay open through the watches of the night, that I may meditate on your promises.

Gen 24:63 – He went out to the field one evening to meditate, and as he looked up, he saw camels approaching.

Isa 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Josh 1:8 – Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Matt 6:6 – But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. <sup>7</sup> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Phil 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Rom 8:26,27 - In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God

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## **Visions and Dreams in the Bible –**

**Daniel interpreted dreams, Joseph interpreted dreams and saw visions,**

**John saw the revelation...**

Prophetic “SEER” - *“I will stand my watch... to see what He will say to me...”*  
(Habakkuk 2:1) *“Most assuredly, I say to you, the Son can do nothing of Himself, but **what He sees the Father do**, for whatever He does, the Son also does in like manner. For the Father loves the Son, and shows Him all things that He Himself does...”* (John 5:19, 20)

**Visual images or impressions:** Sometimes when praying or prophesying over someone, the Holy Spirit will reveal an image. For example, I might see a scripture written like a banner over someone's head, or get a mental picture that gives direction.

**Dreams:** Dreams enrich your life by giving encouragement, direction, insight for intercession, and revelation. I get much of my personal prophetic revelation through words rather than pictures, yet I also get many spiritual dreams and visions. Unless you hold the office of a prophet, most dreams are likely for your personal benefit. (See Job 33:14-16.) For God does speak—now one way, now another— though no one perceives it. <sup>15</sup> In a dream, in a vision of the night, when deep sleep falls on people as they slumber in their beds, <sup>16</sup> he may speak in their ears

**Visions:** This category would include things like open visions, audible messages, angelic encounters, open heavens, trances, being caught up in the Spirit, and heavenly visitations.

Acts 2:17 - "In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams.

2 Cor 12:1- I will come to visions and revelations of the Lord: <sup>2</sup> I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God knows—such a one was caught up to the third heaven. <sup>3</sup> And I know such a man—whether in the body or out of the body I do not know, God knows— <sup>4</sup> how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter.

Acts 10:9 - About noon the following day as they were on their journey and approaching the city, Peter went up on the roof to pray. <sup>10</sup> He became hungry and wanted something to eat, and while the meal was being prepared, he fell into a trance. <sup>11</sup> He saw heaven opened and something like a large sheet being let down to earth by its four corners. <sup>12</sup> It contained all kinds of four-footed animals, as well as reptiles and birds. <sup>13</sup> Then a voice told him, "Get up, Peter. Kill and eat."

<sup>14</sup> "Surely not, Lord!" Peter replied. "I have never eaten anything impure or unclean." <sup>15</sup> The voice spoke to him a second time, "Do not call anything impure that God has made clean." <sup>16</sup> This happened three times, and immediately the sheet was taken back to heaven.