

AWAKENING UP



The Path to Projection

A GUIDED JOURNEY IN VORTEX BLOOM
the complete program · headphones · nightly practice

AWAKENING UP

The Path to Projection

*An eleven-week practice for learning to recognise
the states of consciousness, to stay aware as you cross
into them, and finally to step through.*

Headphones required · Best used at night, before sleep

The Path to Projection

An Awakeningup program.

Published by RoloTech LLC · awakeningup.com

The Vortex Bloom is the proprietary method of Awakeningup and RoloTech LLC.

All rights reserved. No part of this book may be reproduced or transmitted in any form without written permission from the publisher.

This book accompanies the eleven-track audio program of the same name. The audio is required for the practice.

First edition.

Contents

PART ONE · THE PRACTICE

Welcome	5
How the Program Works	6
The Vortex Bloom	8
What the Body Does at the Door	9
Sleep Paralysis	11
The Full Program	14
Important	15

Welcome

Astral projection begins at one very particular place: the point where the body has fallen fully asleep but the mind stays awake. Reaching that place, staying there, and then stepping out of it are skills. Like any skill they are learned through practice, not forced by will.

This program teaches those skills with sound. Each session uses brainwave entrainment, gentle rhythms delivered through headphones, to guide your brain toward a specific state, then holds you there long enough to learn its feel from the inside. You work through the states one at a time, a week on each, until you can find and hold them on your own, and the final week gives you the techniques for the exit itself.

Be honest with yourself about what this is. The audio is a cue and a companion, not a button. It opens the door and steadies you at it, and it hands you the methods for the threshold. What happens when you walk through is yours to discover.

How the Program Works

The program is eleven weeks. Nine carry a track; one, Week 8, is a rest week with no new session; and the last, Week 11, is the exit. Take them one week at a time, in order, and do not rush ahead. The point is not to hear the sounds once but to let your brain grow familiar with each state, night after night, until finding it becomes easy.

Listen before bed. The ideal is simple: put the session on as you lie down for the night, let it entrain you, and then let yourself fall asleep. You are training these states at the very doorway of sleep, which is exactly where the work happens. Each track also carries its own tone, descending in pitch as the program deepens, so the weeks feel like different rooms rather than the same one relabelled.

- ◆ Use headphones. The core effect forms across your two ears and does not exist on speakers.
- ◆ Find a dark, quiet place where you will not be disturbed.
- ◆ Lie on your back, comfortable, warm, and still.
- ◆ Keep the volume soft. It should be present, not loud.

THE ELEVEN WEEKS AT A GLANCE

WK	SESSION	FREQ	STATE & FOCUS
1	Intro to Bloom	chakras	the descent, and syncing in
2	Awakening	full range	a first taste of staying awake
3	The Sentinel	16 Hz	beta, building the watcher
4	The Focus	10 Hz	alpha, relaxed clarity
5	The Ground	7.83 Hz	Schumann, grounding
6	The Door	6.31 Hz	upper theta, the doorway
7	The Threshold	4.21 Hz	theta, the threshold itself

8	Integration	rest	consolidate, return to Ground
9	The Deep	3 Hz	delta, deep water
10	The Stillness	1.5 Hz	deep delta, the floor
11	The Crossing	4.21 Hz	the exit, stepping out

The Vortex Bloom

Most brainwave audio holds a single fixed tone and leaves it there. The Vortex Bloom does something different, and it is the heart of everything in this program. Rather than sitting on one steady beat, the Bloom fans each sound open into a fuller field and sets that whole field slowly turning around your head, so what you hear stays alive and always moving, a space you are inside of rather than a tone played at you. Over a long session, that living movement is far easier to stay with than a flat, unchanging pulse, and it is what lets the deeper states hold without your attention sliding off.

The shape of that movement is built on vortex math: the doubling circuit of one, two, four, eight, seven, five, and the three, six and nine at its centre. It is the same spiral that turns in a galaxy's arms, in the curl of a seashell, in a snake gathering itself to move. The Bloom fans and turns along that pattern, so what you hear moves the way the pattern moves. Whether that connects you to something beyond the sound is yours to feel in the practice, not ours to claim for you.

You do not need to study any of this to use the program. It is simply the ground the work stands on. The Vortex Bloom is Awakeningup's own method, and you will find it in no other library.

What the Body Does at the Door

THE SIGNS, AND THE TESTS

Projection is not a rare event. It is a nightly one. Consciousness makes this journey every night of your life; you are simply not awake for the ride, and so you file the whole thing under sleep and think nothing more of it. This program does not teach you to do something new. It teaches you to be present for something you already do.

What changes, once you start staying awake for it, is that you begin to feel the machinery. The body has a sequence it runs through when it lets consciousness go, and you were never meant to be conscious while it runs. It can be strange. None of it is damage.

THE VIBRATIONS

A buzzing, a roar, a current running the length of you, sometimes strong enough to feel alarming. For most people this is the first unmistakable sign that the threshold is near. It is not a symptom. It is the door opening. Do not grab at it, since excitement is a movement like any other, and it will collapse the whole thing.

THE ITCH

An itch will arrive. Your nose, your cheek, an ankle, the middle of your back. It will be maddening and it will feel completely ordinary, which is exactly what makes it effective. Do everything in your power not to scratch it. Do not move at all.

This is the body's last check. It is asking whether anyone is still home before it commits to letting go. Scratch, and you have answered yes, and the descent resets from the beginning. Let it burn instead. It passes, always, usually inside a minute, and what waits on the far side of it is the state you came for. (An ordinary itch is still an ordinary itch. A bite is a bite. But the one that arrives precisely as the body goes heavy is not that, and you will learn to tell them apart.)

PHANTOM MOVEMENT

You will feel an arm lift, a leg bend, your whole body roll over. Look, and nothing has moved. This is not imagination and it is not a twitch. It is the second body testing its range while the physical one lies still. Let it move. Do not correct it, and do not follow it with the muscles you can actually feel.

PARTIAL SEPARATION

A hand somewhere your hand is not. A foot hanging down through the mattress. The distinct, disorienting sense of being half out and half in, often with a feeling of being anchored at a single point in the chest or the back of the head. This is normal, and it is a very good sign. Do not lurch for a full exit; grabbing at it is the surest way to lose it. Lie in it. Let it lengthen on its own.

PRESSURE AT THE BROW

Many practitioners report a pressure, a warmth, or a dense point of gathered attention behind the centre of the forehead as the threshold nears. The tradition places the doorway there, at the pineal, the third eye, and understands much of this work as waking it up. Take that as the tradition's map of the territory, which is what it is. You do not need the map settled to walk the ground. What matters here is only that the sensation is common, that it is not harm, and that it fades.

THE ONE RULE

Every one of these is the same question asked in a different voice: *are you still awake?* A scratch answers yes. A flinch of excitement answers yes. A swallow, a correction, a grab at the exit, all of them answer yes, and the door closes politely and waits for another night.

So the whole skill, in the end, is a very small one. Be present enough to notice. Be still enough to give nothing away.

Sleep Paralysis

THE DOOR YOU ASKED FOR

Read this before you need it. This program asks you to lie on your back and hold yourself at the edge of sleep, night after night. That is, almost exactly, the recipe for sleep paralysis. If you practise seriously, there is a fair chance you will meet it, and it is far better to meet it having read this page than not.

WHAT IT IS

Every night, as you enter dreaming sleep, your brain switches off your voluntary muscles. It has to; otherwise you would act out your dreams. Sleep paralysis is that switch staying on for a few seconds after your mind has come back. The body is still asleep. You are awake inside it.

Read that last sentence again. *The body asleep, the mind awake.* It is the definition of the state this entire program is built to reach. If it happens to you, nothing has gone wrong. You have arrived, by the back door, at the place Week 7 spends a month teaching you to find on purpose.

WHAT IT FEELS LIKE

You cannot move or speak. There is often a weight on the chest and a sense that you cannot breathe. You are breathing; the muscles that keep you alive are never switched off, only the ones you would move on purpose. Many people feel a presence in the room. Some see figures, shadows or movement, or hear footsteps, voices, a roar or a buzzing. There is frequently a wave of fear far larger than anything actually happening.

Sleep science calls those figures hypnagogic imagery: the dreaming apparatus still running while your eyes are open. The projection tradition reads them differently. The two accounts disagree about a great deal, and agree completely about the one thing you need at three in the morning, which is that nothing in the room can hurt you.

IT ALWAYS ENDS

Episodes last seconds, occasionally a couple of minutes. They end on their own, every time, without exception. Roughly one person in twelve has at least one in their life without ever going looking for it. Nobody has ever been harmed by the state itself, only frightened by it.

WHAT TO DO

- ◆ **Do not fight it.** Straining against the paralysis feeds the panic and drags the episode out.
- ◆ **Breathe, and slow the breath.** You are in no danger. Your body knows this before you do.
- ◆ **Name it.** “This is sleep paralysis. This is the threshold. I asked for this.” Recognition takes most of the fear out of it.
- ◆ **To end it,** move something small: a fingertip, a toe, your eyes, your tongue. The lock tends to break from the edges rather than the middle.
- ◆ **Or stay, and do the work.** Stop trying to move the body and try to move the other thing. This is precisely the platform The Crossing is built on. The roll-out, the lift-out, the rope, the step. See Week 11.

Curiosity over fear, always. Fear snaps you back to the body, and it is also what turns the imagery from strange into ugly. The state answers to the mood you bring into it.

IF IT FRIGHTENS YOU

It frightens most people the first time. That is not weakness and it is not a sign you are unsuited to this. Take a night off. Sleep on your side, which makes an episode much less likely, and come back to the work when you want to. The program will wait. Nothing here is worth doing while you dread it.

WHEN IT IS NOT JUST THIS

Speak to a doctor if episodes are frequent and distressing, or if alongside them you have heavy daytime sleepiness, sudden muscle weakness when you laugh or are startled, or dream imagery flooding you as you fall asleep. That combination can point to a sleep disorder rather than a practice, and it is treatable. The same goes if you are badly sleep-deprived or under sustained stress: both make sleep paralysis far more common, and neither is a state to be

doing this work in.

Sleep medicine calls it a lapse in the timing of muscle atonia. The tradition calls it the threshold. They are describing the same doorway from opposite sides of it. What you do while you are standing in it is the subject of the rest of this book.

The Full Program

WHAT THIS SAMPLE DOES NOT CONTAIN

What you have just read is the ground the practice stands on: what the states are, what the method is, what your body will do at the threshold, and what to do the night it frightens you. It is yours, free, and it is genuinely useful on its own.

It is not the program. The program is eleven weeks and eleven sessions, and it is the audio that does the work.

WHAT YOU GET

- ◆ **Eleven tracks.** Forty-two minutes each, in Vortex Bloom. Intro to Bloom, Awakening, The Sentinel, The Focus, The Ground, The Door, The Threshold, The Deep, The Stillness, and The Crossing.
- ◆ **The eleven-week course.** A chapter for every week: what the session trains, exactly what is inside it, how to practise it, and what you are likely to notice.
- ◆ **The preparation.** The Lumen breath, the intention practice, and the nightly method.
- ◆ **What helps.** The visualisation drill, the colours, the star, and the flash.
- ◆ **The exit.** Week eleven, and the four techniques for stepping out.
- ◆ **A journal.** Seven nights of pages for every week of the practice.

awakeningup.com

The Path to Projection · the complete program

Important

Awakeningup and The Path to Projection are tools for relaxation, focus, and inner exploration. **They are not intended to diagnose, treat, cure, or prevent any disease or condition.** They are not a medical device, not a medical treatment, and not a substitute for professional medical or psychological care.

If you have a medical condition, are pregnant, or have any history of seizures or epilepsy, speak with your physician before using brainwave entrainment audio. Do not listen while driving or operating machinery.

Astral projection and related experiences are personal and subjective. Nothing here is a promise of any particular experience or result. The frequency-to-feeling pairings throughout this book are traditional and experiential, offered as what the practice reaches for, not as a claim.

WHAT IS EXPECTED

Inside a session, at the edge of sleep, with your eyes closed: heaviness, vibration, pressure at the brow, itching, phantom movement, drifting images, sounds or voices on the threshold, partial separation, and the paralysis described in Part One are all common. Expect them. They pass on their own, and none of them are harm.

AND WHAT IS NOT

Outside that window, treat the same experiences completely differently. Stop the program and speak to a doctor if you have any of the following.

- ◆ A headache or head pressure that persists after the session ends, or that keeps coming back.
- ◆ Sleep that gets worse across weeks rather than better.
- ◆ Voices, visions, or a sense of presence that follow you into waking life, that persist, that distress you, or that tell you to do things.
- ◆ Any episode that leaves you frightened for hours afterward, or that you cannot shake.

These are not the practice. Whatever they are, they will not be improved by pressing on, and several of them improve a great deal by talking to someone. Stopping is always available, it costs you nothing, and the program will still be here when you want it. Nothing in this work is worth your health, and no state is worth reaching at the expense of the mind you would reach it with.



AWAKENINGUP

awakeningup.com