

ASTRAL PHENOMENON

Besant, Annie, and Added Author: Leland, Kurt, *Invisible Worlds: Annie Besant on Psychic and Spiritual Development*, c2013, 411 pages.

Dr. Annie Besant (1847-1933) was an outspoken feminist and social reformer advocating for the rights of women, children and workers as well as a crusader for India's political independence. She was an inspirational speaker and writer on spiritual and psychic development and how to prepare oneself for its potential dangers. Kurt Leland who introduced and compiled this collection has been called one of the world's foremost experts on out-of-body experiences. He has helpfully divided Besant's writings into four parts – Occultism-Light and Dark, Higher Life Training, the Investigation of Different Worlds, and the Science of the Superphysical.

T B463 IW

Besant Annie, *Man and His Bodies*, c1923, 124 pages.

As second International President of the Theosophical Society, Dr. Annie Besant was a deep student and a popular exponent of Theosophy. This book helps the reader to understand man's complex invisible nature. In this small volume she describes in detail the relationship of man's consciousness to his physical body, his etheric double, his astral body and the mental bodies.

MINI T B463 MB

Besant, Annie, *The Seven Principles of Man*, c1979, 103 pages.

In this book Annie Besant describes the seven planes of consciousness and the principles by which they operate. She clarifies some of the Sanskrit terms heard in Theosophical teachings that describe these levels of consciousness. She also explains the Theosophical concepts regarding man's nature as a divine being and how human beings function at these different planes of existence.

MINI T B463 SPM

Besant, Annie, *Thought Power: Its Control and Culture*, c1988, 122 pages.

Annie Besant addresses the growth of thought through awareness and the habit of observation of Self. She describes methods of concentration and meditation through which we can develop the powers of clarity and focus and train the mind away from unhealthy habits of thought. She also discusses the power of "Thought Work" in helping others on our own or as combined group thought as practiced in contemplative orders of Christian, Buddhist or Hindu faiths.

T B463 TP 1988

Crookall, Robert, *The Study and Practice of Astral Projection*, c1960, 231 pages.

In this classic work from 1960, scientist and lecturer Dr. Robert Crookall has collected case studies and vivid personal testimonies of some 160 out-of-body experiences. They are divided into those that arose from natural causes, those that were enforced if unintentional and those induced intentionally by hypnosis. There are many inspirational and beautiful descriptions of those experiences as well as testimonies of the person viewing events going on far away from their location or being seen by someone distant as proof of their having traveled away from their body. There are several appendices related to the Theosophical philosophy and the understanding of these experiences.

133.82 CRO SPA

Deveney, John P., *Astral Projection or Liberation of the Double and the Work of the Early Theosophical Society*, c1997, 84 pages.

This volume is a collection and analysis of various letters, publications and journal entries by early members of the Theosophical Society relating especially to their understanding of the value and practice of astral travel. There are testimonies of early experimentation with astral travel and with understanding the astral body and its possible separation from the “physical sheath” during life. There are many comments on early interaction with the Masters and instruction from them regarding these practices as exercises in spiritual development and progress towards being an “adept”.

T B614Z DEV AP

Leadbeater, C.W., *The Astral Plane*, c1941, 183 pages.

This little book was referred to by Leadbeater as “a detailed investigation...of the Astral Plane as a whole in a manner similar to that in which a botanist in an Amazonian Jungle would classify its trees, plants and shrubs”. He describes the levels of the astral plane and the environments that overlap one another as well as the experiences of the inhabitants. The last chapter describes various types of astral phenomenon and how to interpret them.

MINI T L469 AP

Leadbeater, C.W., *Clairvoyance*, c1968, 226 pages.

C.W. Leadbeater, himself a highly developed clairvoyant, offers an in-depth discussion of the extrasensory perception known as clairvoyance or “clear seeing”. The beginning chapter describes the motion and structure of astral particles and how they interact with man through his “chakrams”. He explains how these can be perceived depending on each individual’s abilities and practice. He then goes into detail within three categories: Simple Clairvoyance, Clairvoyance in space and Clairvoyance in time. In a later chapter on Intentional Clairvoyance in space, he describes the projection of thought-forms and occasions where the astral body travels to another location away from the body. Lastly, he discusses methods of deliberate development especially emphasizing the value of meditation.

T L469 CL

Leadbeater, C.W., *Dreams: What They Are and How They are Caused*, c1918, 63 pages.

At first Leadbeater describes some of the mysteries of man’s make up before discussing his experience with dreams. He identifies the physical body and brain, the etheric double, the

ego which reincarnates and accumulates expansion and growth, the astral body and how each of them reacts during the state of sleep. He also discusses types of dreams such as the true vision, the prophetic dream, the symbolic dream, the vivid and connected dream and the most common type of dream: the confused dream. His advice in conclusion is to train your thoughts as you prepare to sleep into resonating with the highest level you are capable of. Consequently the light within will burn brighter until you may achieve a state of continuous consciousness, learning and service towards the evolution of humanity even while asleep.

MINI T L469 D

Leadbeater, C.W., *Invisible Helpers*, c1928, 238 pages.

In *Invisible Helpers* C.W. Leadbeater discusses the realities of the “superphysical life”. The person, either living or dead, who becomes adept at traveling in their astral form, can develop the ability to relieve suffering and bring inspiration to others. He details the necessary qualifications to do this work as single-mindedness, self-control, calmness, knowledge, unselfishness and love.

T L469 IH

Leadbeater, C.W., *Man Visible and Invisible: Examples of Different Types of Men as Seen by Means of Trained Clairvoyance*, c1925, 126 pages.

This is an extraordinary text explaining the growth of man through the levels or planes of nature and the change and growth of his physical, astral and mental bodies as he develops his inner or “causal” being through many lifetimes. There are numerous colored plates depicting the human aura from primitive man to the most developed adept. Awareness of these invisible aspects of our nature encourages consciousness beyond what we can see and, therefore, the development of our eternal nature.

T L469 MVI 1974

Leland, Kurt, *The Multidimensional Human: Practices for Psychic Development and Astral Projection*, c2010, 302 pages.

Kurt Leland has written on astral projection, near-death experiences, and the transcendent possibilities of music. In this book he explains that we exist simultaneously on several planes and in several bodies. These bodies range from the familiar physical to the astral body experienced in dreams as well as energy bodies that can access higher realms and states of consciousness. Kurt Leland provides insight and knowledge as well as thirty-two simple practices that can be done in ordinary waking consciousness for developing our inner senses. By mastering these inner senses, we learn how to use our energy bodies to experience the bliss of higher states of consciousness.

133 LEL MH

Muldoon, Sylvan Joseph, *The Phenomena of Astral Projection*, c1969, 222 pages.

This book is a groundbreaking work on astral projection by two pioneers of psychical research, Sylvan Muldoon and Hereward Carrington. They discuss the basics of the “doctrine” of astral projection, man’s spiritual body and the nature of the astral world itself. The second part of the book is the recounting of many cases of astral projection caused by various circumstances such as drugs or anesthetics, an accident or illness, and at the time of

death. They also share testimonies of experimental experiences caused by hypnosis and spontaneous projection during sleep.

133.82 MUL PAP

Nizida (pseudonym), *The Astral Light: An Attempted Exposition of Certain Occult Principles in Nature; With Some Remarks upon Modern Spiritism*, c1889, 181 pages.

This is an early influential Theosophical work exploring the nature of Astral Light including its character, powers, effects and universality. Nizida describes the presence of astral light on the various planes of man's experience based on both eastern and western traditions and discusses the importance of our own mental clarity, awareness and willpower.

T N657 AL

Panchadasi, Swami, *The Astral World: Its Scenes, Dwellers and Phenomena*, 2000, 94 pages.

This is Volume 2 of the Occult manuals by Swami Panchadasi, a pseudonym for William Walker Atkinson, a prolific writer on occult knowledge. He reveals the seven planes of existence within the astral world and the experience of traveling between them. He offers a detailed understanding of the higher planes and some astral entities that dwell only in the astral plane such as nature spirits.

133.8 PAN AW

Powell, Arthur E., *The Astral Body and Other Astral Phenomena*, c1965, 273 pages.

This book is a true study guide to the subject of the Astral Body and the stages of life relating to the astral realm based on the writings of C.W. Leadbeater, Annie Besant and H.P. Blavatsky. He has references to those primary works throughout the text that can be researched for more information. He also includes wisdom regarding the mastery of emotions, the development of astral powers and relationships with invisible helpers.

T P871 AB

Powell, Arthur E., *The Etheric Double and Allied Phenomena*, c1925, 140 pages.

The Etheric Double is the less dense body of man consisting of four levels of fine grades of physical matter. Powell offers a study based on C.W. Leadbeater and Annie Besant's writings regarding the nature, appearance and function of the Etheric Double. He also explores its connection to and effect on birth, vitality, methods of healing and death.

T P871 ED

Powell, Arthur E., *The Mental Body*, c1967, 322 pages.

This is the third volume in Powell's series dealing with man's bodies. The first two are the Etheric Double and the Astral Body. He again offers references throughout to the writings of Annie Besant and C.W. Leadbeater for students of Theosophy. He describes the mental body as the vehicle through which the Self manifests as concrete intellect, memory and imagination and which in later stages of man's evolution, serves as a separate and distinct vehicle of consciousness.

T P871 MB

Steiner, Rudolf, *The Work of the Angels in Man's Astral Body*, c1972, 40 pages.

In this lecture given in Zurich in 1918, Steiner discusses the fourfold constitution of man consisting of the Ego and its sheaths: the physical body, etheric body and astral body. He then describes how the spiritual beings of higher Hierarchies have not only been a part of creating those sheaths for the spirit of man but also consistently interacting and benefiting man with wisdom and purpose.

T ST35 WA

Video Recordings

Leland, Kurt, *Invisible Worlds: Psychic and Spiritual Development*, c2014, 1 videodisc, 70 min.

Kurt Leland has over 40 years of experience with out-of-body and consciousness research. He has written on astral projection, near-death experiences and is a National Lecturer for the Theosophical Society in America. He is also a classical musician and composer. In this presentation at the Theosophical Society in Wheaton he gives an overview of Annie Besant's teachings on the Third Object of the Theosophical Society, which involves the exploration of unknown laws of nature and the spiritual powers latent in humanity. Based on Madame Blavatsky's esoteric teachings, Besant developed a set of principles designed for safely pursuing this goal and she provides guidance and support for whichever path we may be called to follow.

DVD 0491

Astral City: A Spiritual Journey, a film by Wagner De Assis c2011, 1 videodisc, 102 min.

This tale of a spiritual journey after death is based on a bestselling book by medium Chico Xavier. It tells the story of Andre Luiz, a successful doctor who embarks on a journey of self-discovery and transformation after he dies and wakes up in the spiritual world. With stunning art direction and special effects and featuring a beautiful score by composer Philip Glass, this film brings to the screen what life is like in the Astral City that hovers above the planes of earth.