

# Astral Travel



**Mushiba:** There are some who say that during their dream state, someone they know has visited them. And all too often, this occurrence is written off as imagination or wishful thinking. However, there are many who believe that Interdimensional Travel and Communication are at work here ~ and yes, what is sometimes called, *Astral Travel*.

Waith responded to a question regarding Astral Travel:

**Question:** “Would you touch on the subject of Astral Travel and why certain entities are allowed to do it?”

**Waith:** “*Astral Travel is not a situation where an entity is allowed to do ~ or not allowed to do. Astral Travel is one of the many lessons that can be taken into an entity’s path of growth ~ some entities choose it and some entities do not.*

*“If an entity chooses this lesson, then the same type of growth, learning and balancing that exists for all lessons, is true for Astral Travel. So, there needs to be abuses, on one hand, and non abuses, on the other hand. Most often the discussion of Astral Travel centers around the abuses of it and the challenges of control and power.*

*“As difficult as some may find the concept of the necessity of abuse in order to come to harmony and balance, it is the way that harmony is achieved. And thus, you will find entities who are using their abilities that they have learned of Astral Travel in an abusive way, and those who are not ~ and then, those who have balanced the ability that they have so that it is not even known that there is Astral Travel occurring.*

*“Those who have completed the learning of this particular lesson, simply move about interdimensionally ~ Astral Travel is one of the many components of the overall ability to travel interdimensionally.*

*“There are entities who may come to you through Astral Travel. They may be doing it harmlessly, for they may be testing their abilities ~ they are learning, and thus, they must try out what they have learned. Or, they may be very deliberate in a way of attempting to impose themselves upon you, or to control or manipulate.*

*“Understand, however, that there are more entities who either do not make a big deal out of their interdimensional abilities as well as those who are quiet and non abusive in their development of this particular ability.”*

As Waith points out, the skill of Astral Travel can be abused. It is this potential abuse that emphasizes the importance of asking for protection before going to sleep, whether it is through a focusing within Self, a prayer or any other way that brings our attention to being surrounded by the Light.