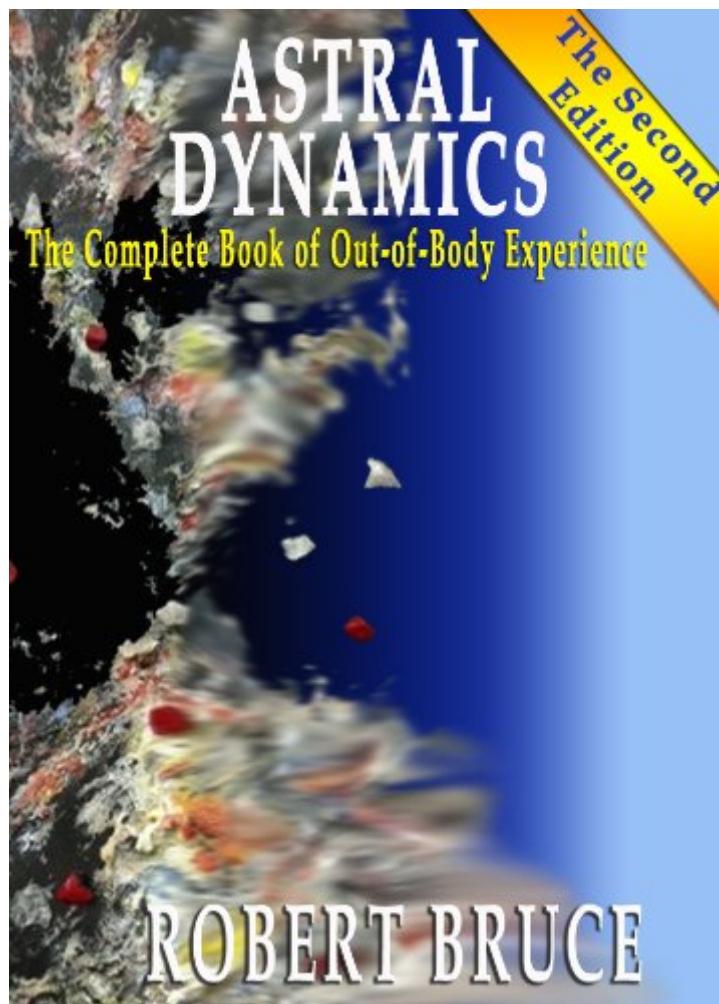


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Astral Dynamics: The Complete Book Of Out-of-Body Experience



Synopsis

This is the eBook version of THE SECOND EDITION ASTRAL DYNAMICS. Astral Dynamics: The Complete Book of Out-of-Body Experience - THE SECOND EDITION - is the best-seller in its field. Astral projection (also called Astral Travel, Soul Travel, or, Out-of-Body Experience) is a phenomenon that frees your astral body to explore the universe and the astral dimension. If you've ever wanted to try it, Astral Dynamics is the perfect 'How To' and 'Travel Guide'. Astral Dynamics teaches everything you need to know to accomplish successful out-of-body travel. It provides powerful techniques, advice, tips, and problem solving for astral travelers, including how to get out of body, how to get around in the astral planes, and how to safely get back to your physical body with memories of your amazing experiences. Everyone can experience this amazing state of being. Astral Dynamics provides in one slick package, a personal narrative, a "how-to," a troubleshooting guide, and a theoretical perspective. Whether you are a skeptic, a veteran astral projector, a novice or an armchair traveler--there is treasure here. The creation of this tenth anniversary 'SECOND EDITION' of Astral Dynamics has been a true labor of love. My continuing exploration of life and Out-of- Body Experience (OBE) has significantly improved my understanding of the greater reality. The idea for this tenth anniversary edition came from my editor, Frank DeMarco, between shrimp and salad, as we dined at a quaint little restaurant in Virginia Beach in early 2009. The idea stuck and soon became official. This new edition bears little resemblance to the original. It is more concise, with so much new content that it can be considered to be a completely new book. The energy work and training sections have been completely replaced. New ideas, methods, and OBE experiences are included. The illustrations and artwork have been upgraded to higher quality in full color. Of particular importance, new ideas and ways of working with your higher self are included. These utilize the manifestation process for the development and practice of OBE. Your higher self holds all the keys relating to OBE and psychic abilities. It is wise to work with this dynamic force, rather than against it. Aligning with your higher self solves many OBE-related problems and greatly improves results. This also eases many of the natural fears associated with OBE.

About the Author: Robert Bruce is the author of six groundbreaking books exploring such mysteries as the human energy body, the out-of-body experience, kundalini, mind's-eye vision, spiritual and psychic development, metaphysics, psychic security, spirits of nature, and manifestation. He is a true spiritual pioneer, dedicated to exploring the dynamics of all things spiritual and paranormal, and testing the boundaries of the greater reality. Robert began experiencing OBE at the age of four and raised his kundalini in his early thirties. He describes his life before kundalini as a series of educational awakening events, leading

to his spiritual rebirth in the Australian wilderness. His experiential approach to life has resulted in profound contact with his higher self that continues to grow. Robert Bruce currently resides in Australia. He lectures internationally and conducts interactive online workshops, teaching energy work, astral projection, clairvoyance, and spiritual and psychic development. When not writing or lecturing, Robert is often found diving enchanted coral reefs, seeking new guests for his saltwater aquarium, or exploring wild and lonely places in the Australian outback.

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Customer Reviews

Synopsis: Robert Bruce's book, *Astral Dynamics: The Complete Book Of Out-Of-Body Experience*, is the second edition of his groundbreaking book, *Astral Dynamics* published in 1999. Both books are veritable bibles of out-of-body experience and cover the subject in incredible detail. Bruce's book is about how to visit the astral planes and what one will find there, if "ethere" is the correct term. *Astral Dynamics* is a step by step guide on how to achieve a controlled out-of-body experience (OBE) that according to Bruce is achievable by virtually everyone. He not only tells you how to get there, Bruce guides you over the pitfalls and describes the wondrous sights ahead. **Basic Themes:** Bruce begins by describing the anatomy of consciousness and why OBE's are even possible. He describes the various zones that make up the other dimensions starting with the

â œreal-time zoneâ • which exists just next to the physical world and shares some physical traits with it. He goes on to the deepest planes in the Astral zones. The â œprojectable doubleâ • is Bruceâ ™s term for the part of us that actually does the OBE. Bruce provides a thorough anatomy of the human energy body and why we can have an OBE. His detailed description includes the three basic aspects of the projectable double. He goes on to explain that children and animals project regularly and naturally and that some people are forcefully projected in near death experiences. Bruce covers the mind split phenomena that occurs during an OBE and the difficulty of retaining a memory of the experience upon awakening. Astral sight is discussed in detail along with methods to control this sometimes difficult phenomenon. The issue of waking paralysis is covered.

Ever since I was 10 and read about Nostradamus practicing astral projection, the subject has fascinated me. Throughout my teens I read several books regarding the practice and always attempted - with little success to exit my body. The problem with these works was that for every 100 pages on theory there would be 1 page of technique, which said little more than 'imagine standing outside of your body'. When I found Robert Bruce's work, those figures were reversed and all written content was what you needed to do and why, in concise step by step points. This work was Astral Dynamics, and is imo the greatest book there is on OBE's. Robert brings OBE's out of the esoteric and into the logical and scientific, and explains in simple terms what one needs to do in order to leave their body. Deep physical relaxation, a clear mind, and an exit technique Bruce says are key, and he takes you through these necessary skills in a down to earth, non-mystical way. On top of this, Bruce developed a unique energy development tool not unlike the ancient systems of the east, but much more modern, accessible, and without the baggage of thousands of years of tradition. New energy ways, or NEW as he calls it, is something anyone can try and feel results with in 5 minutes, and whether one's even into OBE's, NEW is something they could benefit from, by connecting to the subtle layers of ones being usually reserved for yoga masters or high level martial artists. Its exactly the kind of information our materially-driven society needs. Several weeks of practicing NEW bought me a gamut of fascinating experiences from body vibrations, deep states of trance and strobing lights behind my closed eyes; all of which furthered my understanding of how natural a thing OBE is.

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