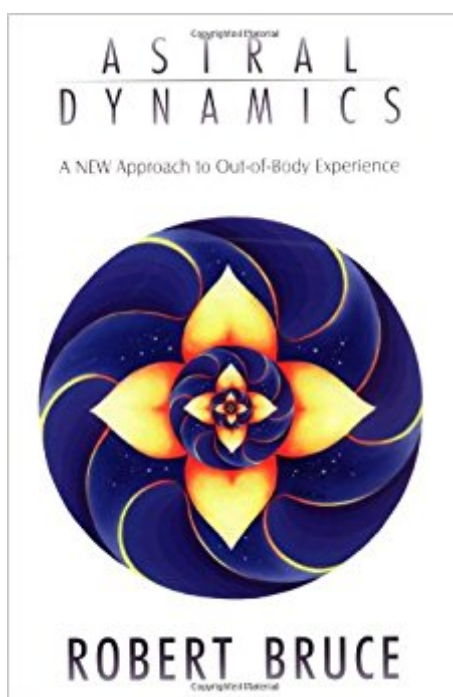


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Astral Dynamics: A New Approach To Out-Of-Body Experiences



Synopsis

Astral projection is the classic term for what today is more commonly called out-of-body experience or OBE. In this fascinating volume, Robert Bruce has drawn on his lifetime's experience not only traveling in the astral dimension, but teaching others to do so. Astral Dynamics provides, all in one 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. Astral Dynamics provides the intelligent and motivated reader with everything needed to put theory into practice: Elements of Projection--Bruce's mind-split theory of what actually goes on during projection New Energy Ways (NEW)--His stunningly practical method of raising awareness by using touch, which Bruce calls tactile imaging. Core Skills--How to succeed at the three tasks that are essential to success in astral projection. Projection Technique--What you need to know to stop reading about astral projection and actually do it. The Akashic Connection--Speculations on things seen and heard while traveling in astral realms. Written in an engaging, unpretentious manner, Astral Dynamics is already considered to be a classic.

Book Information

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Customer Reviews

Don't you love it when you pick up a book that immediately explains experiences you've had but had no explanation for when they occurred? This doesn't happen often, but it might with Astral Dynamics, Robert Bruce's straightforward how-to manual on astral projection. Perhaps you've had a spontaneous out-of-body experiences and didn't know it! This extensive tome teaches you

everything you need to know to accomplish successful, planned out-of-body travel; how to exit the body, how to get around on the astral plane, and how to get back in with solid, provable memories of the event. Bruce writes very clearly and uses down-to-earth terminology so that you learn not only how to create a "real-time double" to astrally project but also about the physics of the nonphysical world. Out-of-body experiences can be so confusing that enjoying them or employing them usefully can be a serious challenge. Fortunately, Bruce now brings his 25 years of interdimensional experience to the aid of astral explorers the world over, and everywhere else too. --P. Randall Cohan

A practical manual for those who want to learn how to leave their body and undertake astral journey's... -- Journal of Consciousness Studies, Vol.7, No.7, p.92 This is a basic book on Astral traveling. Robert has refined his teaching of out-of-body experiences by helping people learn over the web for almost a decade. The book is original and the material is thought provoking. What I liked was that Robert stated how easy it is for anyone to soul travel and remember it. I have had personal experiences with out-of-body experiences but personally felt they were something that rarely happen for me. So I have been reading this book each night before I go to sleep and practicing the exercises. Last night I flew out of my bedroom, around my farm, and to the tops of my neighbors tall poplar trees. The colors were beyond the normal spectrum of intensity and it was night time. I then crashed into a tree and instantly jumped up in bed with the vivid memory. I believe this book is revolutionary. I think the techniques of seeing smoke rings raise up your body, relaxing it, and the image of pulling your inner body out with a spirit rope as you fall asleep are effective techniques. -- Michael Peter Langevin Magical Blend--#68

Great book on the subject. Price is way lower than actually driving down to the library and renting it, that is, if you could find books on the subject at all. Both husband and I became interested in Astral travel and learning as much as we can about it (not to be confused with practicing it), and , as always is a great source of books on this subject. Decided on Astral Dynamics based mostly on the reviews, but there is a ton and ton of information in the book about everything we wanted to know, that makes us glad we decided on this book in particular.

Those of us who are fascinated with astral projection would probably accept that the best book written during the 20th century on this absorbing phenomena was Sylvan Muldoon's "The projection of the Astral Body". It was one of the most comprehensive attempts to describe in considerable

detail how to achieve an out of body experience and what to expect. Robert Bruce, who has for some years provided a spiritual service freely on the net, has finally produced a book which deservedly, in my view, will go down as the Millenium's worthy successor to Muldoon's effort. Robert goes into great detail concerning all aspects of astral projection, providing explanations for all the commonplace and, more importantly, puzzling phenomena that can arise during one's astral excursions. What has annoyed many projectors is the lack of knowledge concerning such aspects as "dual consciousness" and "lack of retained memory" concerning many out of body experiences. Robert Bruce has patiently and thoroughly investigated all these exciting although annoyingly common experiences and has provided the conceptual framework of "shadow memories" and "copies of consciousness" in the various inner bodies to account for them. What shines through is his desire to serve the enquirer and the whole text is written in a clear, coherent and eminently readable fashion which cannot necessarily be said for many well known primers on the topic. And this is so important - we need to have, not only the theory, but a practical guide in order to achieve full understanding concerning this spiritual activity which increasingly fascinates the general public. He also provides his "New Energy Ways" techniques in order to build up the necessary energy in order to achieve a prolonged and meaningful projection. There are also fascinating descriptions of astral phenomena; "Astral Wind", the "Astral Planes" and the huge amount of beings and perceptions which can occur (and confuse) the beginning projector. A particularly touching and absorbing description is of his contact with his late son Jeremy who tragically died when quite young. I have no hesitation in recommending this as a worthy successor to Muldoon's classic. Highly recommended.

An excellent book on both a description of higher levels of existence and methods about how to do out of the body astral projection. One of the best metaphysical books on the market.

It took for me more than a month to finish this book amidst all the other day-to-day activities. I am happy that the book kept things interesting all thru-out. Robert Bruce can be immediately recognized as one who has had first-hand experiences about the things he writes about. He is also frank in admitting that he does not know for certain about various phenomenon and gives plausible theories for them and urges the reader to find out the truth. This gives greater credibility to the author and his words and I thoroughly enjoyed the book. This book is a great companion (or in fact the primary partner) for Rob's other book: Mastering Astral Projection.

one of the most complete astral / metaphysical / out of body books i have read. best about it is that it is not tainted by any one belief system, but the simple, plain truth(s) about the incredible multi dimensional structure we live in. of course, some will put it off as utter nonsense of a madman. that's ok. when the time is right you will simply know that this book offers the truth. the only thing missing is the realization that the microcosm and macrocosm are essentially the same, and that we humans are walking universes in their own right.

great book very detailed. the step by step along with personal insight kept me going for more

This is almost an all inclusive book on the subject, I just wish it was hypen free...so many of them. I didn't have the patience to get past the first chapter but retained the volume.

Very well organized, thorough read. Alot of information and explanation. Happy with this purchase.

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