

Chapter 1 : Astral Dynamics - The Front Page

Learn how to harness Energy Work, Astral Projection, and Kundalini to ignite massive spiritual growth, with Robert Bruce.

He is a true spiritual pioneer of our times, dedicated to exploring the dynamics of all things spiritual, metaphysical and paranormal. Robert Bruce is constantly testing the boundaries of the greater reality through his day to day life. Robert began experiencing OBE at the age of four, and raised his Kundalini to its highest level in his early thirties, and many times since. He describes his life before Kundalini as a series of educational awakening events, leading to his spiritual rebirth in the Australian wilderness. His experience-driven approach to life has resulted in profound contact with his higher self, and other divine beings. Currently residing in Australia, he lectures internationally and conducts online workshops, teaching energy work, astral projection, spiritual and psychic development, manifestation, Raising Kundalini, and psychic security. You can find him on the World Wide Web at www.RobertBruce.com. Robert Bruce born is an English-born mystic author, currently living in Australia. Bruce is best known for his Tactile Imaging system of body awareness energy work, and his exploration of out of body experience , which first became public in the early 80s. His groundbreaking energy work system, Body Awareness Tactile Imaging, is the cornerstone of all his work. His first major book, Astral Dynamics, was first published in 1987, by Hampton Roads, VA, USA, and is now in its second edition, which has sold over 1,000,000 copies to date. Bruce also publishes articles for several magazines, including New Dawn Magazine. Energy Body Development Whilst prototyping a kinesesthetic-based visualisation-free method of astral projection "out of body experience" for blind people, Bruce discovered an easy new form of mental focus called tactile imaging, which is based on the sense of touch. Robert claims that the sensations caused by Tactile Imaging are caused by pre-movement neuron charging and discharging, and that this activity directly stimulates the human energy body and its Chakras. This finding is in accordance with the claims of Eckhart Tolle and the Taoist teachings of Mantak Chia. Where possible, Bruce avoids traditional Eastern terms commonly used for aspects of the human energy body, considering them barriers to Western understanding. By this reasoning, Western visualisation-based practices are largely misguided and ineffectual, whereas through explicitly working directly with kinesthetic visceral sensations, superior results are possible in a much shorter time. This additional intuitiveness over visualisation is claimed to allow noticeable results in a matter of a few minutes. Through exploratory manipulation of the human energy body with NEW, Bruce has mapped out energy centres and pathways on the human body beyond the standard 7 spinal chakras. Furthermore, Bruce claims that Astral Projection conscious OBE is actually very easy to accomplish, but that it is also very difficult to remember after the fact, due to complications with subtle memory storage and access by the awake mind. Practical Psychic Self-Defense Bruce has extensive paranormal life experience from an early age, experiencing and researching dark forces, including psychic attacks, poltergeist activity, and other such dark force attacks. This book provides many practical countermeasures for overcoming Neg attacks and influences. These practical methods require no prior experience and are easy to apply and very effective. This includes visiting the spirit worlds, which is where living beings go to after physical death. His work includes studying the afterlife experiences of both humans and animals. Robert plans to produce a major book on The Afterlife Experience. Activities Bruce has presented lectures and workshops internationally since 1987, where he instructs in methods to raise chi , shen , and ching energies for spiritual development, self healing, and Astral Projection. Bruce also provides tutorials and articles, and consulting services, on all his major topics through the Internet, including online training workshops for energy work and astral projection, Raising Kundalini, and spiritual and health problems, including psychic attack issues, through his websites and forums. Bruce took a hiatus from giving live presentations from 1995 to 2000, to focus on research and exploration of other aspects of his work. Bruce is also looking at giving seminars in New Zealand, and Bali. Bruce has created an extensive series of online video-based tutorial programs, including, Astral Projection Mastery, Raising Kundalini, and Manifestation and Self Healing. Another program will soon be released, called: Defense Against The Dark Arts.

Chapter 2 : Astral Dynamics Home Page

Astral Dynamics will teach you everything you need to know to accomplish successful out-of-body travel. It explores the physics of the nonphysical world and provides useful advice for astral travelers, including how to exit the body, how to get around on the astral plane, and how to get back to your body with solid memories of the event.

Or maybe a business partner, your boss or that new employee. Whoever you have in mind, a deeper understanding is possible by consulting an Astral Dynamics Astral Portrait of the individual. Calculations based upon the exact time and place of birth are performed by our computer, and the result is a very revealing and detailed "verbal picture" of the person in question. The average length of an Astral Portrait is words and some of the major areas depicted are: Response to our Astral Portrait has been quite positive. Frequently we receive comments like: Also, an Astral Portrait makes a great gift for that special person -- especially new mothers! Just fill out the convenient on-line order form below. If you are not satisfied for any reason, just return your Astral Portrait for a full refund. While no one may be able to foretell the future with complete accuracy, many of the events on your personal horizon are linked to influences which are quite predictable! Due to the very generalized manner in which these forecasts are computed, and the extreme space limitations of a newspaper page, the result is most often a highly abbreviated, inaccurate, and basically worthless prediction. In contrast, an Astral Dynamics one-year Personal Forecast will contain approximately 30, words and will be as accurate and detailed as is astrologically possible because: All astrological factors are considered -- not just a few. The forecast is computed for a specific individual -- not generalized for each sign. A highly accurate computer program is used to calculate each forecast thus eliminating human error. Our forecasts give you advance notice of influences which can affect you in the areas of love, friendship, business, health, moods and emotional swings, social engagements, travel, safety, personal finances, career opportunities, and more! The unused portion of any Astral Dynamics Personal Forecast subscription is refundable at any time. We know how important it is to you to have harmony in all of your relationships. Our Astral Dynamics Compatibility Study offers fresh insight to the causes of many "compatibility difficulties" while also shedding light upon the strengths of the relationship. Compatibility studies are prepared for individuals and groups involved in personal, business, or professional relationships. Often unprofitable business associations or troublesome friendships can be resolved or avoided completely with the knowledge and foresight contained in an Astral Dynamics Compatibility Study. Scientifically advanced techniques now make it possible to anticipate both harmony and disharmony in human relationships with astonishing clarity and accuracy! No Nebulous Newspaper Forecast: Many people have been turned off to astrology due to the typically vague and abbreviated "forecasts" that newspapers print. Our Compatibility Study is hundreds of times more accurate, as it is based specifically on you and your chosen relationships. This method results in a highly reliable, useful, and enlightening tool which can aid you in your creation of harmonious relationships and guide you through potential conflicts. By entering precise birthdate and location data into our computer, thousands of computations are done correctly, resulting in as complete and accurate a study as can be found. We regularly receive comments like: Your personalized compatibility study is compiled as a three section report: What brought you together, Section 3: Other themes in your relationship. Our compatibility studies are easily read and can be fully understood without additional assistance. Each study will vary slightly in length averaging 10, words and comes in a handsome folder. If you are not completely satisfied, you may return your study for a full refund of the purchase price. If for any reason you are not completely satisfied with your report, just return it within 30 days and your money will be promptly refunded. Personal Forecast subscriptions may be cancelled at any time and the balance of the subscription period will be refunded. Press the button on the right to be notified of changes to this page. This notification is provided as a public service by the URL-minder.

Chapter 3 : Astral Dynamics | Banyen Books & Sound

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.

Or, get it for Kobo Super Points! See if you have enough points for this item. 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. 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. You can find out more about the life and work of Robert Bruce on his websites at AstralDynamics. 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. 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 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. 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 raising Kundalini as a series of educational and 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. You can find him on the World Wide Web at www.

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Astral projection is a technique that lets your soul explore the universe while leaving your body behind. It's been a topic of endless speculation. If you've ever wanted to try it, Astral Dynamics is the perfect guide for you.

Astral Dynamics explores the physics of the nonphysical world and provides useful advice for astral travelers, including how to exit the body, how to get around on the astral plane, and how to get back to your body with solid memories of the event. First published in and now completely updated, Astral Dynamics provides an advanced guide to achieving and maintaining out-of-body states, exploring the hows, whys, and ways of nonphysical travel. The new edition includes new ideas, methods, and OBE experiences. 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. The book is divided into six sections. Section I deals with Elements of Projection such as the dynamics of the projected double. Encyclopedic in scope, and with a personally engaging and unpretentious narrative, Astral Dynamics is a troubleshooting guide as well as a hands-on manual to conscious out-of-body experience. He really helps readers learn how it all works. Also by Robert Bruce is Energy Work. Astral projection is a technique that lets your soul explore the universe while leaving your body behind. Astral Dynamics will teach you everything you need to know to accomplish successful out-of-body travel. It explores the physics of the nonphysical world and provides useful advice for astral travelers, including how to exit the body, how to get around on the astral plane, and how to get back to your body with solid memories of the event. The guide is written in plain language with commonsense terminology. Robert Bruce brings his twenty-five years of interdimensional experience to the aid of astral travelers around the world. Community Reviews Login or Register to post a review This title is in.

Chapter 5 : Astral Dynamics: The Complete Book of Out-of-Body Experiences PDF – ArchonMatrix

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'.

Many projectors report shooting at high speed through a tunnel of light when they project, then ending up somewhere inside the astral planes. Some people perceive the astral tunnel-type entrance structure as plain black and white with grid lines. Others perceive it as being multicolored or embellished in many other ways. It is, therefore, reasonable to suggest the tunnel of light may simply be another perception angle version of the same basic astral tube-type entrance structure. On the other hand, it is also possible that at times a brief tunnel-of-light effect can be caused by the initial blurring of stars as a projector travels at extreme velocity through the galaxy, until reality shifts and they enter the astral planes proper. By this, I do not mean that the astral planes have an actual spatial location in the physical universe. A sudden burst of great speed through the atmosphere and into outer space, however, can blast a projector quickly out of real time and straight into the astral planes, with simple disorientation causing the resulting dimensional shift.

Finding Astral Entrance Structures Many projectors, though able to operate well in the real-time zone, seem unable to deliberately enter the astral planes. They may occasionally slip into astral realms spontaneously, but they are unable to perceive any type of astral entrance structure at all, which makes astral navigation extremely difficult. Perceiving some type of entrance structure either tube-type or plane-type is necessary for projectors to explore and return to specific astral regions, or to find their way into higher dimensional levels. On the other hand, many projectors seem unable to operate in the real-time zone. They tend to slip directly into astral realms, while also bypassing any recognizable type of surface entrance structure. I spent many early years of conscious-exit projection stuck in the real-time zone. I found it difficult to deliberately enter the astral planes, although this did happen occasionally, until I learned a few tricks to overcome this awkward dimensional hurdle. The method I use and recommend for getting into the astral planes is this: Starting near ground level, aim midway between the horizon and straight up and take off. Fly at the greatest speed possible. Start moving upward and feel and become aware of the star-filled universe spread out before you. Fill your mind with the feeling of enormous distance and shoot for the stars. The incredible acceleration this causes makes your vision blur momentarily, and you may experience a brief tunnel-of-light effect. You will then either find yourself in a color-tinted area close to an astral plane-type entrance structure - which is most likely - or you may find yourself already inside an astral realm, which is slightly less likely. Even less likely, you may find yourself near or inside an astral tube-type entrance structure. This method takes a little practice, but does work and is fairly reliable. Once you get to an astral entrance structure, you should be able to find your way back there again. Simply hold the remembered image or the look and feel strongly in mind as you shoot for the stars. The rear cover art of this book gives a fairly accurate representation of what a real astral-plane entrance structure actually looks like. This is taken from my living memory and has been interpreted by an artist for this purpose. Look on this picture as a kind of astral mud-map to an entrance structure. If this method fails entirely, which is highly unlikely, you may find yourself on the other side of the galaxy, or in another galaxy. If this happens, enjoy space flight and explore. Nothing you might do can possibly hurt you, no matter how far or how fast you go. You simply cannot get lost in space. Do not worry about finding your way back to your body, either. Your physical body will pull you back if it needs to, or you can simply feel for your body and return to it.

Returning to an Astral Plane The colorful geometric pattern on the surface of each astral-plane entrance structure is distinctly different from that found on the surface of any other astral-plane entrance structure. This pattern appears to be a kind of dimensional color-coding, abstractly representing the internal components of each astral plane. The different color tinting found in the open-space areas near astral planes may also correspond with the level of the astral planes being traveled. Using the known spectrum as a basic guide can give projectors some idea of where they are among the astral planes. Keep in mind that there are many colors above the normal physical spectrum that can only be perceived while out of body. Some astral colors are impossible

to describe, there being nothing in the physical dimension with which to compare them. I suggest these be judged intuitively and by their beauty. It may be possible to use buffer zone colors to project to specific levels of the astral planes. This is a good start for new projectors, and definitely worth experimenting with, especially if you are having trouble getting into the astral planes. The success of this will depend on how well you can fill your mind with the chosen color during a projection. When you appear there, you must keep moving ahead in your original direction; hopefully, an astral-plane entrance structure will soon appear. The virtual reality projection method see chapter 24 can also be used for this purpose. If a poster of a single bright primary color is entered, as per the VRP technique, it may be possible to cause a dimensional shift directly into the astral level associated with that color. If the surface pattern of an astral plane can be re-created as a picture, this can also be used, as per VRP technique, to project directly to the surface of that astral plane. The rear cover of this book is, again, ideal for this purpose. Skull Rock

The following is an astral-plane experience of mine, showing typical astral plane-type entrance structures, as I perceive them. This projection happened at about one in the afternoon. I did no energy work, trance, or meditation before it, as I was intending to have a nap and not a projection. I was resting well, but although I was extremely tired I could not fall asleep - too much morning coffee maybe. I soon felt myself falling into trance and the first trickles of energetic movement and vibrations started spreading throughout my body. I began seeing into the real-time zone around me through my closed eyelids, so decided to go astral for a while. I exited using the instant rope technique see chapter 19 and staggered free of my body. I literally staggered, feeling weak and having little energy or directional control. This told me I was too close to my too-awake physical body and mind. I floated with some difficulty through the wall of my room to get away from my physical body. As I passed through the wall, I felt a tingling, electrical type of buzzing and heard a definite Velcro-like ripping sound. I saw the inside of the wall very clearly and brightly lit as I passed through it. I staggered away toward the main room like a drunkard, intending to give my nephew, Matt, a good dose of goose bumps by passing through his physical body. I had very little control and felt my physical body trying to drag me back to it. I was still too close to my physical body, and was probably further weakened by making too rapid an exit without any preliminary energetic work. I decided to get out of the house for a while, thinking this should fix the problem. I staggered into the spare room and fell sideways through the window and out into the front yard. I rolled and floated over the front lawn and dragged myself away from the house. I soon started feeling better. I skimmed across the road into the park opposite the house. Much stronger now, I flew toward the beach just over a mile away, feeling better now I was airborne and well away from the house. It was a glorious sunny day with a brilliant-blue sky and very few clouds. Picking a point well above the horizon, I reached out and felt for the star-filled universe hidden beyond the blue. I willed myself to hyper-speed, increasing speed dramatically. Everything blurred as I shot myself out into space through a brief tunnel of blurred starlight. I felt a dimensional shift and found myself somewhere in the astral dimension. After I flew through darkness for a few moments, a brighter area of deepest blue, like the evening sky, appeared all around me. I came upon a vast astral-plane entrance structure. Spread out several miles beneath me, its crisp-blue surface beckoned me, covered with spectacular grid-lined patterns. This was absolutely breathtaking to behold firsthand and I hovered a while, breathing it all in. Every square of its grid-lined structure was filled with the same spectacular, multicolored geometric pattern. This was the doorway to an astral plane, to other worlds within. It spread out beneath me as far as I could see in all directions, filling my every horizon. It is difficult to describe such an enormous spectacle as lay beneath me. In the physical world there is nothing with which to draw a fair comparison. I suppose skydiving from a great height over checkered fields of farmland would be the closest to it. I was excited and awestruck by this spectacular geometric beauty. Without further hesitation I swan-dived toward the surface. A tingling rush of energy flooded through my astral body and I screamed out joyfully, as loud as I could, "Geronimoooo As I neared the patterned entrance, I felt an almost tangible humming of power in the atmosphere around me. There was no sensation of impact, but the transition was dramatic. Visibility was extremely good, and I could see for hundreds of meters in all directions. For a moment I thought I was in another buffer zone. Then I noticed tiny bubbles and bits of matter all around me, indicating I was indeed under water. I headed upward at a slight angle toward a lighter area that I guessed to be the surface. A sparkling movement caught my eye. Angling

