



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

*By Robert Bruce*

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**Astral Dynamics: The Complete Book of Out-of-Body Experience** By Robert Bruce

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. Robert Bruce.

#### 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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### **Astral Dynamics: The Complete Book of Out-of-Body Experience By Robert Bruce Bibliography**

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