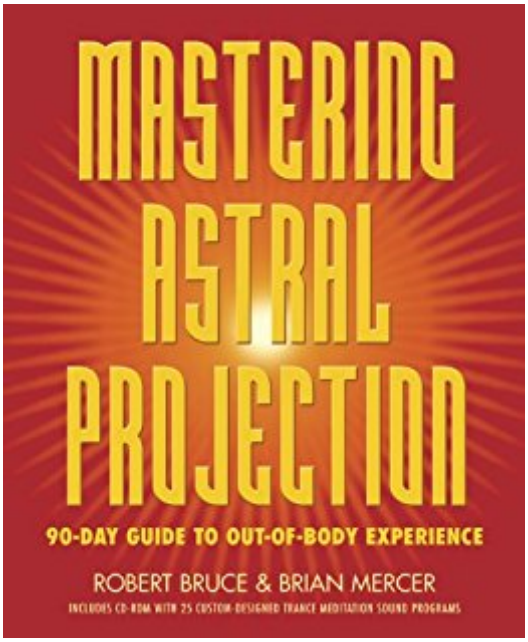
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Mastering Astral Projection: 90-day Guide To Out-of-Body Experience



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Synopsis

Projecting out-of-body requires a delicate balance of mind, body, and spirit. Mastering Astral Projection offers everyone the opportunity to explore nonphysical dimensions and learn more about their spirituality. This practical guide to achieving conscious out-of-body experiences is based upon Robert Bruce’s extensive knowledge of astral projection, Brian Mercer’s methods for personal success, and valuable feedback from volunteers who have tested this program. Presented in an easy-to-follow workbook format, the thirteen-week program introduces astral projection methods and provides daily exercises that progressively prepares and trains readers for this incredible, life-changing experience. 2005 Coalition of Visionary Resources (COVR) 2nd Runner Up of Interactive Sideline category

Book Information

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Customer Reviews

It’s tough to write a review for something that may not be the author’s fault if you didn’t achieve the desired results. However, I followed the procedure to the extreme. I even created a video blog about the experience on youtube because I was so involved in "mastering" this art. The book is pretty well

written and laid out. It’s easy to follow it day by day although you should be ready for repetition. I know from reading the astral dynamics forum that some people had experiences more interesting than mine. I would have to say tho, that after doing this whole program and still not having an astral projection or OBE, I was pretty frustrated. I spend as much as 2.5 hours a day working on this stuff and I hardly got anywhere. I posted to the forum only to find out that I’m not the typical case that "feels" vibrations of the exit experience. Great! What now? So, I’m not the typical case. They couldn’t offer me any advice. So, I guess the procedure can work if you meet a specific demographic. And for the rest of us, you might try Lucidology with Nicholas Newport. That’s what I’m trying now and vlogging the experience in comparison to MAP from my youtube channel. I think there are some valuable insights to learn from MAP, and if you’re the type of person that needs a day by day structured format, this might be for you; all 90 days. However, if you want to know more about Robert Bruce’s experiences and approach, just get the latest edition of Astral Dynamics. The first edition is WAY too dense. Or... you could try out the William Buhlman and Robert Monroe material. I kind of prefer Robert Bruce tho. He’s very down to earth.The extra material on the CD isn’t explained so I couldn’t tell you why they added most of it. The BrainWave generator was written so long ago that the application no longer works on modern Windows machines. However, because I’m a bit of a techophile, I was able to get it to work. If you look for earthcub on youtube, you’ll find my vlog and one of the episode descriptions of the 90 I created has the download link to the workable version that you can get to work on modern versions of Windows. There’s also a nicely recorded hypnosis induction from one of the homework assignments that they don’t give you on the disk that I felt was valuable. It did help me generate some interesting dreams. Oh... there’s also a nice hypnotic induction that I created to help you recall your astral projections, kind of like recalling your dreams. The book is really big on dream recall although I already have amazing dream recall so I couldn’t tell you whether it helps in that regard.

I’ve read several books by Robert Bruce and enjoyed them; this one is no exception, however I was disappointed that the included CD lacked the software necessary to utilize it. Since every lesson in the book references use of the CD, the book should not be purchased if one desires to use the CD.Even more disappointing was the response from Bruce’s Helpdesk - "Yes we know the disc is obsolete, but it’s beyond Robert’s control. We’ve contact the publishers and nothing can be done, since all the printed copies of the book are well over 8 years old now." The disk is not "obsolete," but rather the software is unavailable. A number of actions could have been taken. I purchased the book in part because of the CD, which is prominently advertised, thus Bruce’s response was very

disappointing.

The book is ok BUT, the CD appears to be incomplete, it lasts only 23-26 minutes and one program is supposed to last 120 minutes.

This is my favorite book on Astral Traveling. The authors focus a lot on energy exercises to prepare you for your travels.I find it extremely helpful. There is also an easy to understand guide on the different levels.Even if you are just curious about the subject, try the exercises for relaxation and rejuvenation.The body centered exercises keep me rejuvenated and my dreams are clearer.Have fun with it.

While I am a HARD skeptic about anything spiritual. I would almost call myself agnostic in my beliefs. I am starting to believe, while along side this book I am studying multiple subjects on religion and spiritual "things". I am currently on day 55 of this book and have really hit my limits and pushed my beliefs while reading/doing these practices. So heres my full review get ready its long: I don't like the size of this book it seems long and lengthy (definitely in the start)! Multiple stages to learning these techniques can seem worthless and make it seem like it will be impossible to remember while, "actually" practicing them (with your eyes closed and in a trace-like state). I don't like how it makes you read affirmations nightly and morning, to try and program your subconsciousness. let me tell you work work WORK! sometimes I fall asleep while entering into the trance and REDO the day after 30 minutes of practicing the day assigned, then redo following day blah.The days start around 15-20 minutes and head upwards to 45 minutes to an hour. So do the math easily 35 minutes average times 90 days. You'll put in your fair share of time and effort.... But after the day pass you remember these easliy. Although, while forcing myself clean the basement room full of trash to turn it into my mediation room had to get away from the wife dog and road traffic, moved my whole frame and bed downstairs and just a lamp in the room now. I love it, my room of nothing, ahhhh yaaaaa. I have noticed a little resistance with my wife in regards to me learning this. She seems to be interested but would dare try to even try anything. I find myself enjoying mediating and relaxing in my own room. I've learned that our western culture has us pre-programmed to constantly think, "go go go go" or have multiple things going on at once,Facebook, pintrest, youtube, texting, ect. Studies have shown the benefits of mediation and just slowing down, and I am also learning them first hand. I've learned to become a more mindful person to myself and others, it reflects on my attitude and diet. This book has taught me "astral downloading" of dreams and how to strengthen these skills.

Which sometimes our dreams or NDE make the biggest influences on our lives. I dream almost every night now. sometimes three times, not lucid all but dreaming and remembering, at least dream every other night. I have learned because of my belief systems I find myself stuck in my body and scared as they talk about around week 3-4. When I feel the heart,full body stuff and feel the weightlessness , i get scared of the unknown and everything else they talks about..... Feeling the double i come back and rip myself back in... Only in time i will get it! Astral noise of people talking and stray noises, these are harmless but still confront you with fear. I HAVE NOT OBEd although open my astral eyes a few times and projected my double once though not leet my body fully and not been able to open my eyes. The weightless-ness... the fear... the darkness, its all there and harmless but is still unusual and foreign. I have a bike heart beat monitor that i have worn during my practices and your heart charka will race with vibrations and pulsing right before the obe. Remember this is your energy center not your heart. Tried out recording my practice with my gear on. ends up they were right, pulse never raised. The vibrations are slightly pleasurable, and you can make it if you want...which they talk shortly about not recommended while practicing unless you make time for that, and become INTENSE! calm down now its not recommend but hey we all experiment around cough cough. Love doing my feet. Anyways i'm done ranting and raving. I love this book but its changing my beliefs and my life. trust me one step at a time, even one obe in the end is still a obe. its like trying to get a women/man in bed right? 90 days of no's..... and 1 yes.... is still a yes! Feel free to comment or ask more questions. I'm going to do my day now! Hope I was more helpful that some of the other reviews.

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