

COLLECTED ONLINE WORKS OF

ROBERT BRUCE

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from: www.astraldynamics.com

Main Subjects Include:

Astral Projection and OBEs in general

Lucid Dreaming

Energy Work (Chakra Works)

Healing

Viewing Auras

Psychic Self-Defense

and more



Short Biography of Robert Bruce

by unknown

Robert Bruce is an internationally respected mystic, hands-on metaphysical researcher and arcane experimenter. He has provided an altruistic consulting service to the global Internet community since 1993.

Robert is a true spiritual pioneer of our times. The experiential depth and scope of his knowledge is quite remarkable.

For over 30 years, Robert has actively explored the mechanics, energetics and dynamics (*how things work*) of all things considered paranormal -- especially OBE; the human energy body, energy work, clairvoyance, healing, and psychic self-defense.

While disliking labels, Robert is best called a Metaphysicist. Somewhat of a recluse, Robert was rarely seen in public until 2003, when he began accepting invitations to present workshops and lectures internationally.

Robert is the author of the bestselling books, Astral Dynamics, Practical Psychic Self-Defense, and coauthor of Mastering Astral Projection with, Brian Mercer. Robert currently has several books and tutorials underway.

Born in England in the year of the Horse, under the star sign of Cancer, Robert currently resides in The Land Down Under, Sunny Australia, with his children.

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TREATISE ON ASTRAL PROJECTION

VERSION 2

BY ROBERT BRUCE

This version has been completely rewritten and updated with thought to all the feedback it has received since it was first released on the Internet in 1994.

- A quality Spanish translation is available here:
http://www.astraldynamics.com/download/TRATADO_OOBE.pdf

Introduction

Robert Bruce

This version has been completely rewritten and updated, with thought to all the questions and comments received since its first posting. I have tried, by applying my experience as a projector and mystic, to solve some of the basic problems people are having with projection. This has become an interactive work thanks to all the constructive feedback and experimentation it has inspired on the Internet.

There are certain aspects of the astral dimension and the projection process that are very complicated. Much of it is misunderstood and it can all be very confusing at times. This series of articles attempts to shed a little light on the subject, and hopefully, explain what its all about. The theories and conclusions in this Treatise are largely drawn from my own projection experience. It is the goal of this Treatise to develop greater understanding and new, simpler and more effective techniques for projection. The ideas, theories and techniques discussed here are constantly under development and are subject to modification and change as new discoveries and insights come to light.

Part 1

Robert Bruce

What is the Astral Dimension?

The astral is the closest dimension to the physical. It overlays and permeates the world like a huge mind net, catching and holding all thought. Its contents are created by the collective consciousness of the world mind. It contains all the thoughts, memories, fantasies, and dreams of every living thing in the world. In it, the laws of sympathetic attraction, or like attracts like, causes this ocean of mind stuff to strata and settle into layers or pools. These pools of thought are more commonly called astral planes, astral worlds, astral sub planes or astral realms.

The astral dimension is composed of astral matter and is aptly described as mind stuff. It is extremely sensitive to thought and can be moulded into any shape or form. These creations can be so perfect as to be indistinguishable from reality.

The best way to explain this, mind stuff, is to draw a comparison between astral matter and unexposed, high speed photographic film. When this film is exposed to light, focused by the cameras lens, a perfect image of reality is instantly burnt into the film by the chemical reaction of the film to light. When astral matter is exposed to thought, focused by the lens of the mind, a perfect image of reality is instantly formed out of astral mind stuff by the reaction of astral matter to thought. The complexity and durability of any creation in the astral dimension depends largely on the strength of the mind doing the creating.

Dreams

This is how the subconscious mind creates dreams: By tuning into the astral dimension during sleep, it can create any scenario it wishes. This is the subconscious mind's way of solving problems and of communicating with the conscious mind. It creates a series of complex thought form scenarios and projects them into the mind stuff of the astral dimension, where they become solid. The conscious mind then lives through and experiences these created scenarios in the dream state. In a way its like a movie projector (subconscious mind) projecting onto a movie screen (astral dimension).

Thought Forms

Any new object in the real world is assimilated into the astral dimension over a period of time. A thought form representation of it first grows in the lowest part of the astral, close to the physical dimension, becoming more and more permanent as time goes on. As with all thought forms, the more attention paid to it the quicker it grows.

The higher up in the astral dimension, or the further away from the physical, the less thought forms, of the physical world, as we know it, are found. Physical things have to soak in to it for a very long time before they take shape, and are found, in the higher astral.

Have you ever tried to move around a strange house in the dark? You bump into everything, right. But as you become familiar with it though, a mental picture of your surroundings forms in your mind, and you can find your way around it better. The longer you spend in this house the stronger this mental picture becomes. This

is similar to how things are assimilated and grown, as thought forms, in other dimensions.

The generation of thought forms in the astral also works in the reverse. If a physical object has been around for a very long time, it will have grown a lasting thought form impression in the astral. After the object is destroyed or removed, its thought form still endures. You may, for example, in the astral, find furniture in your house you don't have, jumbled up with your own. This is caused by the decaying thought forms of old stuff, belonging to previous tenants etc, still being there, years after the originals have gone.

Old thought forms do not follow their physical counterpart around when they are moved. New ones begin to grow in the astral wherever it is while the old ones slowly decay. The longer a thing is in one place, the stronger the thought form will become in that place. This also applies to buildings, structures and geological features. You may project into a park and find a house, bridge, stream, hill etc that you know is definitely not there. These may have existed in times past. The higher up in the astral you go, the older the thought forms are, or the further back in geological time you appear to be.

The rate of growth of a thought form depends largely on the amount of attention paid to it. For example, a famous painting; loved, viewed and highly thought of by millions, will have a much stronger thought form than that of a common painting that hangs in someone's bedroom and is only viewed by a few. The number of thought forms you find in the astral also depends on how close you are to the physical dimension. If you are very close, as in a real time projection or OOB, very few thought forms, if any, will be found. In a real time OOB you are not

quite in the astral dimension but are existing as an astral form in the buffer zone between the astral and the physical dimensions.

Astral Vision

In the physical body we have 220 degrees of vision, i.e. we can only see in front of us, but not behind, above and below at the same time. In the Astral body we have MORE than 360 degrees of vision and can see on all sides at once. This is Spherical vision. During projection, habit forces us to focus our attention in one direction only, where we feel the forward part of our vision is. The view behind, above, below, left and right is still there, and seen all at once, but it can not be assimilated by the brain, all at once. This goes against the brains lifelong habit of frontal vision. Spherical vision is like being one huge multi faceted eye that can see in all directions, up, down, left, right, front, back, but all at once!

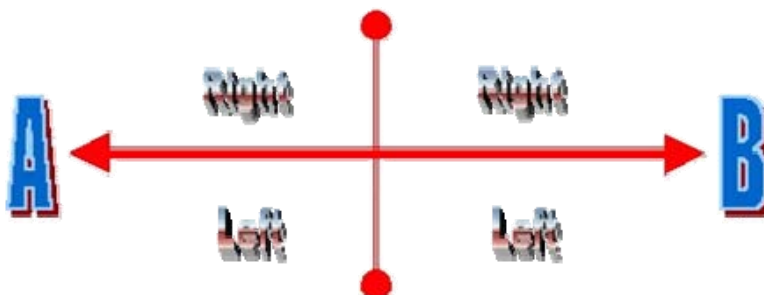
In the astral body you do not have any physical organs, i.e., eyes. You are a non-physical point of consciousness floating in space. You are also unaffected by gravity and other laws of physics. In this state there are no ups or downs, backs or fronts, left or rights. It is only lifelong habit that tries to force this perspective on you during projection.

It is important to understand spherical vision, if you are to operate competently in the astral. This is especially so when you project, in real time, close to the physical dimension. Spherical vision will often cause you to think you are in a mirror image dimension, or a reversed copy of reality. This means your house, for example, will appear to be reversed, back to front. This is caused by you losing your original natural viewpoint during projection.

At some point during the projection you have become disoriented and taken a different viewpoint from normal, i.e., you have rotated or turned upside down or inside without thinking. This reverses your natural left right, up down viewpoint. This tricks the subconscious mind into reversing the place you are in so your conscious mind can function properly.

As you don't have a physical body in the astral, if you want to look behind yourself you don't have to turn around, or move at all. You just change your viewpoint to the rear. This, when done without moving, causes the mirror image effect, in a way its like looking in a mirror to see behind.

The diagram below illustrates this reversal of viewpoint without turning, note left and right do not change:



That is, if viewpoint (A) becomes viewpoint (B) without turning, then Left and Right are not reversed. This causes the subconscious mind to use its creative power to correct the view by reversing it, or parts of it. This is easier and causes fewer problems for the conscious mind than if it had to try and accept a reversal of left and right.

A similar effect can be had by lying down and looking above your head, or standing on your head and trying to pick the left and right sides of things. This causes a slight confusion in your sense of left and right, i.e., you have to

consciously calculate which is left and right from your reversed position. This slight confusion is all that is needed to trick the subconscious mind into creating something easier to accept.

Your brain is unable to assimilate this reversal and thus gives you a new perspective according to what it feels is left and right at the time. Once you consciously notice this anomaly it is too late to reverse it. The brain cannot accept a conscious change of left and right.

If you understand spherical vision though, and happen to get reversed sometime during a projection, it is no longer a problem. You can take it into account and function normally, rather than thinking you are wasting your time in some strange mirror dimension, i.e., if you had plans to do something in the astral you still can. All you have to do is, take your left right coordinates from the building or structure around you, and ignore your own sense of left and right completely.

Everything you see while you are in the astral dimension is directly perceived by the mind. It is a simple matter for the subconscious mind to twist or reverse, all, or even part of, your conscious perception of reality during a projection.

Note: This reversal of viewpoint can happen many times during any one real time projection.

Creative Visualisation Power

The subconscious mind has VASTLY greater powers of visualisation than the conscious mind. It is like comparing a super computer to an child's calculator. In the astral dimension, during any conscious projection or lucid dream, where the conscious mind is aware, this difference can cause great confusion. The

subconscious mind simmers beneath the surface during any projection. All that creative power is just bursting to get out, to create, and it will do just that any chance it gets. This difference in creative power, combined with the lifelong habit of normal frontal vision, is the cause of the "Alice In Wonderland Effect." Let me explain....

Take these together:

1. The incredible creative power of the subconscious mind.
2. The weak creative powers of the conscious mind.
3. The sensitivity of astral matter to thought.
4. Spherical vision.
5. Left, right sense reversals.

And you have a recipe for total confusion.

The Alice In Wonderland Effect

You project your astral body and look around your room. Everything appears normal, but suddenly, you notice the door is on the wrong wall? While looking around, you have seen this door with your rear vision, confusing your natural left, right, brain perspective. The brain can't assimilate this because your frontal perspective, and the position of the furniture, pictures, windows etc, are normal; but the view behind you is reversed. This tricks the subconscious mind into creating a door where it thinks it should be. When you look at this door, it appears real, even though you know it is in the wrong place. Once it has been created, it will not be uncreated, as that would be unacceptable to your conscious mind. i.e. solid doors don't normally have a habit of vanishing before your eyes.

When you turn to where the door really should be, you will, usually, find the door there as normal. Now you may have two, or more, doors where there should only be one. If you go through the real door, you will find the rest of the house as it should be, hopefully. But, if you go through a false door, the mind knows its false and won't accept it opening to a normal part of your house that it knows can't possibly be there. So, if you open this door you will find something else. It is usually a corridor or passage, you don't have, leading off into other parts of the house you don't have either.

From then on, if you go through this door, you are in Wonderland, where everything is possible, just not very plausible. What you are doing, in effect, is entering the astral dimension via uncontrolled creation, through this door you don't have, but now do. Once the subconscious mind starts creating like this it continues to do so at a geometric rate. It has to, for the conscious mind to assimilate the abnormal situation it is in. At some stage, in this creative maelstrom, the subconscious mind loses it completely and starts tuning in to other parts of the astral. At this point of the projection, all semblance of reality is lost and you fade into the astral dimension proper.

There are many ways this "Alice" effect can happen during a projection, the above example is just one variation. It has been noted by many projectors that at sometime during a projection they seem to lose control of it. Objects appear, disappear, and generally everything gets a little strange. This is caused, basically, by the subconscious mind's vast creative ability being triggered. It starts making and unmaking things, and tuning into other areas of the astral and generally making everything difficult for the poor projector.

To avoid the above problem: Concentrate on what you are doing while you are projecting and don't let your mind wander. The vision reversal problem can be minimised if you concentrate on your forward vision during projection, i.e., focus in one direction at a time. When you turn, follow the room around with your vision and don't allow it to flit from one view to another. The astral is not a good place to relax if you have serious plans.

The vast creative power of the subconscious can, however, be utilised. It is an extremely valuable tool if you know how to use it. I will outline ways to do this, in the third part of this series, under the heading: "Virtual Reality Projection" where I will outline how to custom create your own personal astral realm.

Melting Hands

When you project the astral body close to the physical world you do not have a body as such. But, the mind cannot accept this and so provides a thought form one made out of etheric matter. If you try and look at your body, say your hands, you will find they start to melt very quickly. They look pale and odd, and in a couple of seconds your fingers start to melt away like ice under a blow torch. They shorten into pale stumps, then the rest of your hand and arm starts to melt away too. This melting effect only seems to happen when you deliberately try and observe a body part or consciously create something.

Deliberately observing an astral body part like this, uses the conscious mind, which, having poor creative powers, can't hold complex shapes together for very long and it is this that causes the melting effect. If you happen to notice parts of your body, in passing, during projection this melting effect will not be seen.

Created Thought Form Objects

You can use your conscious mind to create objects while projecting. The duration of these, thought form, created objects depends on the strength of your creative visualisation ability. It also depends on how much time and effort you put in to a creation.

This same melting phenomena happens with any conscious creation done in the astral dimension. If you create for example, a sword, it will appear in your hand just as you imagine it, briefly, and then melt away just like the hand did. If you concentrate on it you can hold it in shape, but as soon as your concentration wavers so does the creation. This is similar to any other visualisation you do in the real world. It is difficult, and you have to concentrate to hold the visualisation in your minds eye. Once your concentration wavers, so does the visualised image. This illustrates the vast difference between the creative powers of the conscious and the subconscious mind.

To make a lasting thought form object you have to trick the subconscious mind into creating it for you. I will deal with this subject, in greater depth, later in the series.

How Does Projection Happen?

During sleep, the energy body, also known as the etheric body or vitality sheath, is put on charge. It expands and opens in order to accumulate and store energy. The energy body can, normally, only do this in its expanded state during sleep. Once expanded, the chakras trickle power, in the form of etheric matter, into the energy body. During this recharging process the astral body separates and tunes into the astral dimension where it can create and experience dreams.

If this separation is done consciously, or if you become aware after it, you can take some control over it. It then becomes an OOB, astral projection or lucid dream.

The main differences between an OOB, astral projection and a lucid dream are:

The OOB

The OOB (out of body experience) is a real time projection close to the physical world. This often occurs as part of a near death experience. This is where a person is knocked out of their body as a result of some kind of severe trauma, i.e. car accident, surgery, heart attack, child birth etc. OOB'ers are aware of things happening in the real world, in real time; such as conversations and events centred around, or near to, their physical body. In many cases, these events and conversations are accurately reported by the person after they have returned to their body.

Note: The OOB is slightly different from astral projection or lucid dreaming because of its real time, objective aspect. This is caused by the astral body containing a large amount of etheric matter, which holds it close to the physical world.

There are two main causes of real time OOB:

1. A person's body is near death, or thinks it is, which causes a large amount of etheric matter to be channelled into the astral body in preparation for the death process.
2. The person has active chakras which are doing a similar thing, i.e. channelling etheric matter into the astral body. Having active chakras can be a natural ability, or it can be developed by training.

Note: You can project consciously, and have a real time OOBÉ if enough etheric matter is generated by the chakras. In an OOBÉ, reality is perceived as objective (real) and time is normal (real time).

Technically, when you project into the physical world in real time as in an OOBÉ, it is really into the boundary area of the buffer zone, between the physical and astral dimensions. If the astral body contains enough etheric matter it can exist only slightly out of phase from reality. This means the projection is in real time and so close to the physical dimension as to be indistinguishable from it.

Note: I have checked this many times, by projecting, in real time, during the day and scouting my local area for road works, accidents, incidents etc, then verifying the accuracy of my findings afterwards.

There are strong natural barriers to conscious, real time projection, the OOBÉ, in the physical world. The amount of etheric matter generated and channelled to the astral body, is one of them. It limits the duration of any real time projection to the degree of chakra development and control.

The Astral Projection

This is where the astral body is projected into the astral dimension, where things are quite different from the real world. Time is distorted and extended, i.e., an hour in the astral can be like a few minutes in the physical dimension, depending on what part of the astral you are in. Reality is fluid and changeable.

The Lucid Dream

This is where a person becomes fully aware that they are dreaming during a dream. They either take some kind of conscious control over the course of events, or they convert the experience into an astral projection. Lucid dreaming is more similar to an astral projection than to an OOB, as time and reality are distorted.

Astral Projection Or Lucid Dream?

Many astral projectors black out before making a conscious exit from their body and return to awareness in the astral dimension. You become aware after the actual separation from the physical body and are usually already in the astral dimension. If you miss the conscious exit from your body you are technically having a lucid dream, not an astral projection as you have become aware after separation.

All three types of projection are closely related, i.e., they all involve the astral body separating from the physical and experiencing a reality separate from the physical body.

Part 2

Robert Bruce

Starting Out

After the physical body has fallen asleep, the astral body always projects into the physical world. Once the energy body has expanded, the astral body floats free and hovers just above the physical body, but within the expanded energy body's field of influence. Within this field, known as cord activity range, the astral body is held close to the physical world as it is within a field of etheric matter.

During a conscious astral projection it may appear as if you are projecting straight into an astral plane. But there is always an intermediary phase at the beginning, when you are existing as an astral form close to the physical dimension. This, real time part of any projection, may be missed if you black out at the moment of projection. The area around the body, within cord activity range, is flooded with etheric matter and within this field the astral body is held in real time close to the physical dimension.

Etheric Matter

Etheric matter is the actual life force substance generated by all living things by simply being alive. It is a substance in-between physical matter and astral matter, part physical and part astral. This etheric matter has actual weight. It is a very refined substance in between matter and energy and is similar to its coarser cousin, ectoplasm.

There have been scientific studies done on this phenomena. Dying people in hospitals have had their beds placed on delicate scales shortly before death and hooked up to EEG and ECG monitors. In all cases, at the exact moment of death, a sudden weight loss of approximately one quarter of an ounce is observed. This is caused by a large amount of etheric matter being transferred into the astral body at the moment of physical death. This is similar to the sudden transfer of etheric matter into the astral body during a near death experience where the body believes it is dying. This sudden, massive transfer of etheric matter is the start of the death process.

Ectoplasm

Ectoplasm has been studied in a similar fashion. Materialisation mediums have been placed on delicate scales and then asked to produced ectoplasm onto another set of fine scales. These mediums were observed to lose weight at exactly the same rate as the weighed ectoplasm gained weight. When the medium reabsorbed the ectoplasm this weight transfer was reversed. Ectoplasm is produced by the chakras. It converts part of the physical mass of the mediums body into another substance, ectoplasm.

Interdimensional Manifestation

Any non-physical or disincarnate entity, including the astral body, in order to function, in real time, close to the physical dimension; must contain etheric matter. Without etheric matter, nonphysical entities fade back into their dimension of origin. Etheric matter can only be obtained from living inhabitants of the physical world.

Energy Flow

The famed "Silver Cord" does more than just tie the two bodies together. It is a true umbilical cord, transmitting information and energy between the physical and subtle bodies. It is seen by some projectors and not seen by others. Sometimes it is seen emanating from the navel, sometimes from the forehead. The area the cord is seen emanating from may depend on chakra activity. Whichever chakra is the strongest, most active, could have control of energy flow to the subtle bodies. There is also the belief system of the projector to consider and the creative power of the subconscious mind. The cord will usually appear to be wherever you believe it will be, courtesy of the subconscious.

Once the astral body enters the astral dimension it must have a good supply of astral energy from the chakras in order to interact strongly with that dimension. Clear astral memory depends greatly on the amount of energy available. As the astral dimension is the natural domain of the astral body, it will not fade out of it due to a lack of energy. As in the real world, if a person hasn't eaten or slept for a few days they don't dissolve into another dimension. They just get weak and listless and don't interact strongly with the physical world.

What it boils down to is this: The astral mind must have enough energy to give it strong, vivid memories. These astral memories must be strong enough to make a good sized wrinkle in the physical brain, so the physical mind can recall them when it wakes up.

For example, if you haven't slept for a few days you will be tired, listless and your interaction with reality will be weak and vague. If you see a movie in this tired

state you will retain little memory of it. Afterwards, you may only remember fragments of it and your memory of it will be a vague blur. If, however, you see a movie when you are well rested, fresh and full of energy, it is different. You take in everything about the movie and enjoy it. Your memory of it will be crystal clear.

This is similar to what happens after a low powered astral journey. The astral body lacks energy and so does not have clear enough impressions of its journey. This causes it to fail making its memories the dominant ones when it returns return to the physical body. As I stated earlier, there must be strong, vivid memories if a wrinkle is to be made in the physical brain and the experience remembered.

Chakras Use

Fully developing the chakras and learning how to control them can take many years, depending on natural ability. This will not, however, stop you using them in a very basic way; to enhance your OOBES and lucid dreams, at a very early stage in your development. Raising energy and stimulating the chakras is extremely simple to do. This raised energy will automatically flow into your astral body, prior to and during projection.

By learning to raise energy and control the flow of power through the chakras, the nature of your dreams, lucid dreams and OOBES will change. They will become vivid and unforgettable experiences. This, in a way, gives you a second life, full of rich experiences you can enjoy, learn and grow from.

Higher Levels And Their Buffer Zones

The commonly accepted names for the seven known levels of existence, from lowest to highest, are: Physical, Astral, Mental, Buddhic, Atmic, Anupadaka and

Adi. These higher planes are similar in structure to the astral dimension but at a much higher level of consciousness and are completely separate from it. In between the different levels are intermediary areas or buffer zones, sometimes called lower sub planes.

A good analogy for the different dimensions and their buffer zones is the Earth's atmosphere: If the air in the Earth's atmosphere was the astral dimension, the stratosphere would be the buffer zone and the vacuum of space would be the mental dimension. You can fly in the Earth's atmosphere in a normal air plane/astral body. A very powerful jet plane is needed to take you into the stratosphere, but you need a space ship/mental body, to travel through space. This explains why a different subtle body is needed to travel into these different levels of existence.

The astral body can enter the buffer zones, or sub planes, of the dimensions above and below the astral dimension, if it contains the correct type of energy. i.e. To exist in the buffer zone between the physical/astral levels (in real time) the astral body must contain etheric energy. To exist in the buffer zone between the astral/mental levels it must contain mental energy.

Higher Level Projection

With enough control over the chakras, the energy for these higher levels can be produced. The production of one particular type of energy will raise the consciousness to that level and energise the corresponding subtle body. This is usually done by consciousness raising meditation and advanced energy work on the chakras. The consciousness can then experience that level of existence. If

enough energy is available, and conditions are right, the meditator can project that particular subtle body directly into its natural dimension.

Depending on the skill and natural ability of the operator, if a higher body is energised and projected so, usually, are the lower ones. The astral body contains within it all the other subtle bodies and can, during a projection, project the mental body into the mental dimension and so on. This will sometimes give multiple sets of memories from the one projection. The general rule is, whichever subtle body contains the greatest amount of energy, will have the strongest memories. These dominant memories will be the ones retained by the physical mind upon its return to the waking state.

Projecting consciously into levels higher than the astral dimension takes a high level of skill. You need to be proficient in both consciousness raising and chakra control, but it is achievable. I have, so far, projected into the Astral, Mental, Buddhic and Atmic levels of existence. It is commonly believed that it is only possible for a human to project into the Astral, Mental and Buddhic levels and not possible to project into the higher Adi and Anupadaka.

These dimensions have been named, and are described, so someone must have been there or they would be unknown. If you realise the true nature of the mind you will understand there are no limits. It was also once said that the sound barrier would never be broken.

BTW: These dimensions don't have signposts on them saying Welcome to the Astral dimension, ta...daa! or "Mental dimension, watch your mind!". So I will describe the higher levels I have been to using these accepted names.

The Astral Dimension

This is a topsy-turvy world like Alice found in Wonderland. Everything seems objective (real) but is changeable and fluid. Anything and everything can be found there, from base, coarse levels full of sexual energy; to beautiful, serene places full of spiritual harmony. Time is distorted and extended there. An hour in the Astral can seem like only a few minutes here in the physical. Compared to the physical world it is at a much higher vibration. It's like playing a video tape at twenty times normal speed, although this is not apparent when you are there.

Moving amongst the astral dream pools is usually a hit or miss affair for most projectors. It takes a lot of experience to make planned astral journeys to specific realities.

There are an infinite number of realities, planes, realms and dream pools in this dimension. As I stated before, they naturally strata and settle into pools of related thought. During sleep, or in a lucid dream, the subconscious mind usually creates one especially for you, your own personal dream theatre. When you become aware during a dream, you take control over it. This control is taken over from the powerful subconscious mind. Without its powerful controlling influence, your personal custom created realm will change. You will begin tuning into other sympathetic parts of the astral, and the reality you are in will mix with other realities and take on different aspects.

In a conscious projection into the astral dimension, you can tune into any part of it and travel into different realities, other dream pools, or a mix of many. There are various techniques for this but they all involve some way to disorient the subconscious mind, tricking it into moving you into a different Astral reality. Some

projectors look at their hands and watch them melt. Others spin around, causing left right reversals. These methods all disorient the mind and trick the subconscious into tuning into another part of the astral.

It's very difficult to describe how to move amongst the levels, you really have to learn by doing it, by trial and error. You have to learn how to use and control the subconscious mind, how to trick it for a specific result.

Virtual Reality Projection

Here is a simple, reliable method, I have developed, to create your own personal realm: Get a poster of a pleasant scene, something bright and sunny. The bigger the better, but standard poster size will do. Hang it on the wall of the room you are going to project in, or another room close by. Get a small spotlight and set it so the poster is highlighted when the main light is turned off, a normal directional bedside lamp will do. Place the light under, or above, so the light spreads out over it giving a diffused effect illuminating it, a bit like a movie screen.

Entering your custom realm: When you project, go towards the poster, keeping your mind blank. Don't think about what you are doing, just gaze at it and move towards it. As you approach it in this way, your subconscious mind will be tricked into creating an astral realm exactly like the poster. Just move up to and into the poster. It is like stepping into another world. Everything in this world will be exactly like in the poster. It will appear to be a normal three dimensional world, an exact copy, indistinguishable from reality.

To customise this world: Cut and paste small pictures of things, or people, you want to find in this world with you when you enter it. Don't just stick a whole picture on the poster. Get scissors and cut around the object, or person. Try and

find pictures that are approximately the same scale as the poster. If you cut out a small picture of someone, living or dead, your subconscious will create a thought form shell of them and they will be there waiting for you. This may be an excellent way of communicating with those that have died.

Spirit Communication: (I have a theory) The subconscious creates this thought form shell of a person. This shell can be animated by the perfect, detailed memory of your subconscious. But, if there is love there, between the projector and this created person, the spirit of this, deceased person, will be drawn to this scenario and will use this opportunity to communicate with the projector, by animating the created image of their body.

The Akashic Records

These are found in the buffer zone between the astral and mental worlds, part astral part mental and, in a way, extending into all levels. They are a record of every thought and event that has ever occurred, like a huge, infinite, mental history, picture book. The Akashic records also contain probabilities stemming from, and created by, past events, actions and thoughts. This is like looking into the future. To make any kind of sense of the Akashic records yourself, some skill in clairvoyance is a definite help.

If you tune into the Akashic records yourself you will normally see those events with the greatest amount energy around them. Wars and disasters are the easiest to see because of this. The energy surrounding these events make them stand out above all the rest, making them easier to see. If you look into the future, the area of probabilities, you enter into a confusing maelstrom of symbolism mixed with actual events.

This future symbolism is caused by the belief systems of the major religions. Millions of people in the world have believed in some form of prophecy for thousands of years. Whether it is the Bible's "Book of Revelations" or the prophecies of Nostradamus. These ancient prophecies are all richly steeped in symbolism. This symbolism affects the way people think and dream about the future. This symbolism, in turn, manifests in the Akashic records as symbolic representations of future events. The symbolism is a big help, it makes consulting the Akashic records easier.

You can use the Akashic symbolism as an index. For example, the reference below to "The Dogs of War" is easily understandable as representing war. The "Grim Reaper" is a universal symbol of death and destruction. So, if you are interested in this kind of future event you tune into this symbolic index for WAR, then browse through the category of past and future wars. Apart from some clairvoyant ability, a knowledge of history, geography, religious symbolism, current affairs world leaders and heads of state is a big help; when indexing past and future events.

For example, in the future vision I give below: If I had known WHO the well known person I saw addressing a crowd below WAS, and recognised the country; I could have made an accurate prediction of future events instead of being wise, AFTER the event.

I entered the state of consciousness called the Akashic records. There I was inundated with a mass of symbolism. I was seeing in four dimensions at once. My conscious mind did not assimilate this very well. I saw wars, famines, plagues, disasters, earthquakes, volcanoes erupting, plane crashes, murders, etc, it was terribly confusing and depressing.

I saw one piece of symbolism I recognised though and tuned into it, indexed it. The Grim Reaper holding The Dogs of War (as described by various prophets) These dogs were fearsome beasts with Red eyes and slavering jaws. They were held in check by this hooded figure, with an evil skull for a face, carrying a sickle. He released these dogs as I watched, symbolising a coming war.

Tuning into this scene, I was there floating above it all, I could feel the sunshine and smell the city below me. I saw a man standing on a raised dais, under two giant scimitar swords. He was giving a charismatic speech to many thousands of people. One of the swords turned into a Christian Crusader's broad sword. The man was Saddam Hussein, the scene was in Baghdad, at the monument to the unknown soldier. I saw this six months before the Gulf war started. I did not learn WHO Saddam Hussein WAS, or WHERE this scene took place though, until it was televised during the gulf war.

Looking through the Akashic records is like leafing through an infinite mental photo album. You are bombarded with an awesome array of the sights and sounds of past, present and probable futures. You have to select one of these thought records, tune into it and enter it. You will then live through the record as if you were really there, watching it as it happens.

Consulting with the Akashic records can be done alone if you have the skill, but is normally done with the assistance of an advanced being from a higher level of existence. This is done as a sort of telepathic guided tour. The enormous amount of information and chaff is filtered out for you and the selected record, of past events or future probability, is presented to you clairvoyantly, via a telepathic link with the... librarian.

Some people claim to have entered the Akashic Records and found something like a library there, with real books. The past, present and future was recorded as text in these books. Some people even say they have read a record, then entered into it, and experience the record first hand.

All these claims are consistent with the Akashic Records. These are librarian assisted guided tours, where the Akashic Records have been presented as something familiar, easy to use and easy to accept.

The Mental Dimension

This is a spectacular dimension! Iridescent rivers of sound bounded by rainbow shores of pulsating light. Thoughts appear as kaleidoscopic patterns of light and sound. You walk across fields of ideas under a sparkling crystal sky of inspiration. If you enter this world don't try to rationalise or understand it, or you may go mad, for it is beyond human understanding. Just accept it all, go with the flow and enjoy it!

This dimension is what, I believe, the ancient Vikings called the famed "Rainbow Bridge" into Asgard. It truly looks and feels as if you are walking up a rainbow into some wonderful world where the Gods must surely dwell.

Exist here in wondrous amazement. Let loose the child within you to play in this fairy wonderland. Everything feels real and solid. Time is even further distorted here than in the Astral and reality is kaleidoscopic.

Buddhic Dimension

This is a warm, abstract world filled with utter peace and infinite love. It is a dimension of pure White. There is no sight or sound perception here other than the all pervading, brilliant White. In this dimension you very quickly relinquish conscious thought and individuality. You cannot think for long once you enter here and there is no need or desire to do so. There is an irresistible urge drawing you into a quiet stillness. It is like being immersed in warm, pure White cotton wool. In this world you cease to be an individual and you become, PART OF THE ONE. You also cease to be male or female. In a way this is like returning to the Mother's womb. You are surrounded, absorbed and assimilated by infinite loving warmth, understanding, forgiveness and atonement. AT-ONE-MENT

Time here ceases to have any meaning. If you enter this world you will never, ever want to leave it, you cannot leave it, until your physical body calls and drags you back. This is the healing, resting place of the soul.

Atmic Dimension

This dimension appears to be the spirit world. Here, spirits wait for those they loved during their time on earth. This is the happy place of the gathering. It is the place where the reunion of souls takes place.

The light in this world is purest, brightest silver, brighter than the flash of an arc welder. It is so bright it seems impossible to look at, but it is, for all that, a supremely gentle light, soft and soothing. It is the light of divine love. The people here appear as they did in the physical world, but at their most magnificent. They glow ecstatically, ablaze with the brightest love, happiness and joy imaginable.

The atmosphere is electric and vital, but at the same time deeply spiritual. In this world you can FEEL the presence of God as a tangible all pervading force.

Communication here, is done by high level telepathic imaging, similar to one-on-one clairvoyance only much more vivid and real. It leaves speech and thought for dead. Time stands utterly still here. Reality is more real and solid than normal reality. Compared to this, the physical world is a vague, tired dream full of half dead people.

I have entered this dimension only four times in my life. Each time from the very deepest consciousness raising meditation, with all my chakras wide open and fully functioning. There was also extreme crown chakra activity. The feeling of this was like a thousand fingers vibrating, and deeply massaging, the whole top of my head above the hairline.

On these four occasions my energy has soared to seemingly impossible heights within me, carrying my spirit and consciousness with it. At the climax of this deeply mystical experience I have heard the sound of one long, pure musical note slowly rising in pitch. I have felt this note in the core of my being, in my heart, calling me, drawing me to it.

I have focused on this note and attuned to it. With every ounce of strength and energy I possessed I have focussed my consciousness on it and projected to it. Stripping away my physical body, I have projected straight into this dimension. It was just like stepping, slipping, through a heavy curtain into another place and another world. I am still aware of my physical body, duality, during this whole experience.

I look about me with wonder, the light is so silver and bright it burns deeply into my soul and I can feel its healing touch within me. There in front of me is my long dead son. He was eight years old when he left me, and he looked just as he did when I last saw him. He was beaming with happiness, his eyes bright and shining. I cuddled him up to me and wept with the joy of seeing him. I looked beyond him and there was a large crowd of people waiting for me. These were all the friends and family I had known and loved and lost during my life. There were also many people I did not know. They all seemed very familiar though and I felt I loved them all. They were clapping and jumping up and down, cheering me in greeting. There were many tears of joy and lots of hugging and kissing.

Looking beyond them, I see we are in a natural stone amphitheatre. The ground is smooth rock and it rises to a ridge a couple of hundred meters away that curves towards us. On the top of this ridge are Angels. They looked just like Michaelangelo painted them. They were incredibly beautiful, with large White feathered wings, curly Golden hair and Alabaster skin. They were blowing long sparkling golden horns, and the pure high note came from them.

Stepping from the crowd I walked into the open. I look in awe at these angels and wave at them. The note started to die away as I did this and the Angels began lowering their horns. I stand for a timeless moment in silence, looking all around me. Then everything began to shimmer and I slipped, fell back into my physical body. I wept. I have never wanted to come back.

Death

When you leave your body for the final time, at death, this is what I believe will happen:

You will be projecting, in real time, for the first few days, close to the physical world, until your supply of etheric matter runs out. Then you will go through the second death and enter the Astral dimension. There, you will purge yourself of all desire, by being able to have anything you have ever wanted, in abundance. This is done through having the full use of your subconscious mind's powerful creative ability. Here you can saturate your every need and desire, until you see these desires for the illusions they really are.

You will then shed your Astral (desire body) and enter the Mental dimension. There you will see your past life, examine and express every thought you have ever had and every action you have ever done. There, your thoughts, memories and experiences will be added to the Akashic Record. Which is the recorded experience of the entire human existence in the physical dimension.

Shedding your mental body you will then enter the Buddhic dimension. There you will stay for timeless healing, for rest, atonement, forgiveness and understanding of self. In this world your inner wounds will heal and your soul will be nurtured by divine love. Your spirit will become whole and perfect once more.

Then you will shed your Buddhic body and enter the Atmic dimension. There you will wait in the divine presence for those you love. Then, one day, you will go on to the next level of existence; where the last great mystery of life will be revealed to you....

Part 3

Robert Bruce

Projection Training

To trigger the projection of the Astral body, while fully conscious, there are four major requirements:

1. Relaxing your body 100% while staying awake.
2. Concentrating 100% on what you are doing.
3. Having enough energy available.
4. Pressuring the astral body to separate.

Together, these four things will trigger an OOB.

Below are exercises that will teach how to relax the body, concentrate, clear the mind, raise energy, stimulate the chakras and enter the trance state.

Calming The Mind

Relaxation

You must learn and master, a full body relaxation exercise. If you know one already it can be adapted to suit. Here is a very simple one:

Sit, or lie down, and relax. Starting with the feet, tense and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face until your whole body is deeply relaxed. Go over this a few times, making sure your muscles stay relaxed.

Note: Deep physical relaxation is the key to bringing on the trance state, i.e., deep relaxation CAUSES the trance state. Once you are in the trance state, projection on the astral body is relatively easy.

Contemplation

When you begin meditation, you will be plagued with thoughts from your surface mind, which acts like a huge Memo pad. It carries messages, reminders, pressing thoughts, problems to solve, unresolved issues etc. It is constantly busy, it NEVER rests, thoughts, thoughts, thoughts, one after the other, all clamouring for attention.

Before you attempt to clear your mind, with the breath awareness exercise below, it is wise to deal with these surface thoughts by the act of contemplating them. Sit comfortably, do the relaxation exercise and think, nothing more, just think. Search out the strongest thoughts in your mind and examine them, try to resolve and understand them.

Note the word: THINKING. Contemplation does not involve clearing the mind, or visualisation. It requires you to THINK, deeply and thoroughly, about something, to gain a deeper understanding of its nature and how it relates to you, an insight.

Breath Awareness Meditation

This is a simple form of meditation. It will clear your mind and focus your awareness.

Sit or lie down, close your eyes, do the relaxation exercise and clear your mind. Breathe deeply and slowly and focus on the breath entering and leaving your body. Feel it coming in and feel it going out. Focus your whole attention on your lungs and the breathing process. This simple action is enough to occupy your surface

mind. Firmly push intruding thoughts away, as they begin, before they can gather strength and distract you.

Breath awareness occupies the surface mind and allows you to think on a much deeper level.

Surface Thoughts

Sounds are very distracting, they generate surface thoughts. A car horn will generate: "Who's that, what's happening?" A door opening will generate: "Who's coming in or going out?" The surface mind is always very curious about what is happening around you. It wants to know all, and it wants to inform you of every little thing going on around you. It will pressure you to open your eyes, get up and go find out what's happening.

Don't allow this to happen. USE these annoying, attention getting thoughts as a training aide. By learning to quash and ignore them, your powers of concentration will grow.

Stop these annoying little thoughts as they begin, before they can take root and grow into something stronger.

For example:

Who's that, what's happening? becomes: "Who's th....."

Who's coming in, or going out? becomes: "Who's co....."

With practise the start of these distracting thoughts will get shorter and shorter until you get:

Wh....?.....?..... and " W...?..... " "

And finally:

.....?.....?.....?.....

Many people say they can't clear their mind as they are too easily distracted by all the small noises that surround them, in normal day to day activity. DON'T use music or other sounds to blanket these out, USE them for training. It's like weight lifting, if you train with feather dusters your strength will not increase. You need to master this, the hard way, if you want to give your mind real muscle.

Slowly but surely you will master the ability to clear your mind. Once accomplished, you will have gained a valuable mental tool. You will be able to concentrate 100% of your attention, on one task, to the TOTAL exclusion of everything else.

I sometimes meditate, in the trance state, successfully, in a noisy, crowded room with little children crawling all over me. NOTHING breaks my concentration.

Concentration

You must be able to concentrate and focus completely on what you are doing. Lack of concentration is the single, biggest cause of projection failure. It affects every aspect of projection, from the relaxation exercise, to the trance state and actual projection.

To test your ability to concentrate: Sit and relax. Close your eyes and clear your mind of ALL thought. Breath slowly and deeply and count each breath, at the end of each exhale. Hold it totally BLANK, apart from the counting, for as long as you

can. See how long you can hold it like this. Be honest with yourself, every time a thought intrudes start counting from the beginning again.

You are doing well if you can do this for longer than ten breaths. Ten breaths is, however, not long enough. Don't worry though, this can be improved on with the exercises below.

Concentration Exercise (1)

After image retention: Relax, calm your mind, and look at a candle or a light bulb. Place this light in front of you, a couple of feet away, and stare fixedly at it for a minute or two. Close your eyes and concentrate on the after image this will generate behind your closed eyelids. Try and keep sight of it for as long as possible. Use breath awareness to keep the mind clear, while you are doing this. Try and make the after image grow, instead of fading away.

Concentration Exercise (2)

One point stare: Pick a spot on a wall and gaze at it. Don't focus on it, just gaze at it gently. Clear your mind of ALL thoughts and forcibly hold it blank. Concentrate HARD, on breath awareness while you are doing this. When you feel a thought beginning, push it away, don't let it finish! Hold this for as long as you can. Do this several times a day, or more if you can.

Concentration Exercise (3)

Energy breathing: Sit and relax. Close your eyes and clear your mind. Do the breath awareness exercise and imagine the air you are breathing IN is brightly coloured energy of your favourite colour. Imagine the air you are breathing OUT is a murky Grey, full of toxic waste. This is a purification exercise. It stimulates your

chakras into absorbing energy on the inhale and getting rid of negative energy on the exhale.

Note: Try your best not to tense up while you are doing these concentration exercises, it is ALL mental. In the beginning, it may feel as if you have to tense your mind into a tight ball to stop it thinking, but in time you will find the opposite to be true. When you get used to it, clearing the mind is VERY relaxing.

The Trance State

When you have attained a deep level of relaxation and mental calmness, you will feel your body begin to get very, very heavy. This heaviness is the main symptom of your brain waves changing from the Beta to the Alpha level as you enter a trance. The trance state is caused by deep physical and mental relaxation. There is nothing weird or supernatural about it. It simply means your body has entered the sleep state while your conscious mind is fully awake.

How To Enter A Trance

Do the relaxation exercise and calm your mind through breath awareness. Imagine you are climbing down a ladder in the dark. Don't visualise a ladder, just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder with your imaginary Hands (outlined below). On the inhale, feel yourself holding still on the ladder. What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake level (Beta) to the asleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

Note: Once you get the heavy feeling, stop the mental falling exercise.

If you don't like the ladder, imagine you are in a lift, feel yourself falling on the exhale and holding on the inhale. Or, Imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. As I stated above, you need a mental falling effect to lower your level of brain wave activity. This mental falling effect, when combined with deep relaxation and mental calmness, will cause you to enter the trance state. Feel free to use any scenario you are familiar with to bring about this going deeper feeling.

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body. Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change. It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance, feel like a physical blow to the Solar Plexus.

Deep Trance

The level of trance you achieve depends greatly on your relaxation, concentration skills and will power. To enter a deeper trance, i.e., Theta level and beyond, you have to concentrate much more and for much longer, on the mental falling sensation aided by breath awareness. The first level of trance, i.e., when you get very heavy, is quite deep enough for projection. I strongly advise against forcing yourself deeper than a light trance, until you have plenty of experience with the trance state.

How can you tell if you are entering a deep trance? There are four very noticeable symptoms:

1. An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat.
2. Mentally, you will feel very odd and everything will feel extremely sloooooow. Your thought processes will slow down as if you had been given a strong pain killing injection.
3. You will feel disassociated from your body, i.e., a strong floating sensation and everything will seem far away.
4. Total physical Paralysis.

Note: These four things, ALL TOGETHER, signify you are entering a deep trance.

Do not mistake the mild floating sensation you sometimes get with light trance, i.e., as you astral body comes loose. Or the slight loss of body heat from sitting still for a long time and the mild paralysis, i.e., the heaviness, for a deep trance. The sensation of deep trance is quite uncomfortable and unmistakable for what it is.

It is very difficult to get into the deep trance state, as you need highly developed relaxation, concentration and trance state skills plus lots and lots of will power and mental energy. You will not accidentally fall into it.

If you are worried you are going too deep, remember this:

You CAN pull yourself out of it at any time. Concentrate ALL your will on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes. Falling into a deep trance should not be a problem with these exercises.

I have seen many people in meditation groups etc, enter a light trance and not be able to pull themselves out of it, i.e., they float away with the faeries. Usually some kind person will talk them out of it or massage their wrists etc to get them to come back to reality. This is unnecessary and is the result of lop- sided training, i.e., no concentration or will power training. The person only THINKS they cannot come back and therefore does not try very hard. It is also a good way of getting attention from the group.

Note: Your mind is extremely powerful and has vast untapped resources. It can do ANYTHING, no limits, if it is trained, conditioned and properly motivated.

Energy Body Expansion

At some point after entering the trance state, you will feel a mild paralysis come over you. This will soon be accompanied by a deepening vibration and a buzzing feeling all over. You may also feel like you are huge and swollen. The paralysis, vibrations and the huge feeling are symptoms of the energy body expanding and the astral body loosening. This is part of the normal sleep process. The energy body expands and opens in order to accumulate and store energy. During this, the astral body drifts free, slightly out phase with the physical body.

Trance Familiarity

Many people blow their projection simply because they are not used to the trance state. They think it is a briefly opened window into the Astral dimension. This is simply NOT true. If you stay mentally and physically calm when you enter the trance state, you can maintain it for hours. I regularly spend several hours at a time in the trance state, during meditation.

If, when you enter trance, you think: "Yes! I've done it!...I'm in a trance! Gotta hurry and get out quick...before it stops!" You'll blow it for sure! The trance will be ended by the simple act of getting over excited, i.e., breaking relaxation and mental calmness.

It's a good idea to spend time in the trance state, just getting used to it, before you try and project. Just relax, stay calm, focus on breath awareness, and hold the trance. It won't end until you want it to. Get used to how it feels.

When you are comfortable doing this, do the energy raising and chakra stimulation exercises, below, in trance.

Note:

1. You do not HAVE to be in a trance to learn energy and chakra work, it just works better in trance.
2. Trance practise can be done lying down, but is best done in a comfortable arm chair.

Your astral body will be loose in the trance state, so try lifting your astral arms and legs out, one at a time. Use your HANDS to do this, as shown in the next section. Focus and FEEL your awareness in an arm and slowly lift it free of your body. You may feel a slight tickling or localised dizziness inside your arm or leg, as you do this. Lift your astral arm up and look at it, with your eyes closed, but DON'T move a muscle. In this state you should be able to see it through your closed eyelids, but don't worry if you can't, this will come later.

Lifting your astral arms free is good practise for projection. Later, you will use these astral arms to pull your astral body free of the physical.

Tactile Imaging

Tactile imaging is a perception or FEELING of localised bodily awareness.

Your hands are very closely linked to your bodily awareness. They are intimately aware of every part of your body. Imaginary HANDS, outlined below, is only an extension of this (hand to body) awareness. When you are asked to feel your awareness, in any part of your body, PRETEND your hands, your real hands, are going to touch that area of your body. Then use the awareness this generates in that area to imagine your imaginary HANDS are there.

Keep your eyes closed and hold your hands out a foot or so in front of your face. Concentrate, FEEL where they are and try and SEE them through the blackness behind your closed eyes. Cross your wrists, slowly move them about, turn your hands over, open and close your fingers. Look hard, concentrate, as if you were trying to see in the dark, and you will see a faint moving shadow in your minds eye, where your hands and arms are.

Close your eyes and touch the tip of your nose with the index finger of your right hand. You'll find you can accurately put that finger on any part of your body with your eyes closed. Try it, put your hand, your real hand, on different parts of your body like this. You know exactly where your hands are at all times, you can sense and feel where they are. If you observe what is happening in your mind, while you are doing this, you will notice you become aware of the part of your body you are going to touch, the instant you make the decision to touch it.

Go over your whole body like this, getting used to the sensation of awareness it generates in different areas of your body.

What is happening is this: Part of your mind is shifting into, and HIGHLIGHTING, the area you are going to touch, in order to guide your hand to the exact spot. Your mind shifts part of its awareness to this spot and acts like a homing beacon for your hand.

The ability to shift your awareness into different parts of your body like this is VITAL to energy work and this projection method.

Note: You do not have to actually visualise these HANDS, i.e., see or imagine you can see them. It is ALL tactile, NOT visual. You just have to be able to pretend to FEEL them doing something, like you are rehearsing some simple action in your mind.

I originally developed this technique for blind people. Blind people cannot visualise AT ALL, if they have been blind since birth, but they do have a very keen sense of bodily awareness. The majority of sighted people also have great trouble with visualisation of any kind, and all projection techniques depend heavily on visualisation. This being the case, I developed a projection technique that does NOT depend on visualisation to exert pressure on the astral body to separate. It turned out to be so much easier, and more successful, than the other visualisation based techniques, that I discarded them in favour of this simple tactile method.

Note: Blind people are not blind in astral form. The astral body does not have any organs as such, it is a point of consciousness only. The astral body you are aware of while projecting is provided courtesy of the subconscious minds creative ability.

Part 4

Robert Bruce

Basic Energy Work (*The Major Chakras*)

The major chakras are situated at:

1. Base chakra (base of spine, between anus and genitals)
2. Spleen chakra (slightly below the belly button)
3. Solar Plexus chakra (1 hand-span above the belly button)
4. Heart chakra (centre of the chest)
5. Throat chakra (base of throat, above where it joins the chest)
6. Brow chakra (exact centre of forehead)
7. Crown chakra (whole top of head above the hairline)

They are best imagined as roughly the size of the palm of your hand, except for the crown chakra which is much larger.

What Are Chakras?

Chakras are non-physical organs that transform raw subtle energy into more subtle, and useable, forms of energy, of a different type. The chakras do not, themselves, contain energy. Raw energy is drawn up from the planet, by the minor chakras in the legs and feet, and fed into the main chakra system.

Subtle energy is, in essence, pure thought energy that permeates and binds the universe together. This living energy field can be tapped, more deeply, by the

application of focussed, creative will. It can be drawn into the human body and transformed, by the chakra system, into a more subtle and useable form of energy.

The chakras are attached to the spinal cord and nervous system via certain glands and nerve ganglia. The full chakra system is extremely complex. There are 7 major and over 300 minor chakras in the human body. There are also several non-physical chakras situated outside of the body. Detailed maps of the chakra system and their connecting meridians and pathways, have been used for thousands of years in Eastern mysticism and medicine, i.e., acupuncture. The chakra system is used with every psychic ability, no exceptions. Whatever the psychic ability, the method of development or the terminology used to describe it, it is all done the same way, through chakra stimulation. It is impossible to manifest any psychic ability without first stimulating the chakras.

Many people will deny this, above, and claim they have never done any chakra, energy work, but still have psychic abilities. There are many ways to develop yourself, agreed, but they all, directly or indirectly, stimulate the chakra system. And let's not forget natural ability. Many people are born with naturally active chakras and hence, natural psychic ability.

Mediums are people who exhibit psychic abilities when aided by a nonphysical spirit entity. This entity stimulates the chakras of the medium directly, by melding with the medium and causing psychic abilities, clairvoyance, channelling, healing, production of ectoplasm etc to manifest through the medium. This is why they are called Mediums or channels, i.e., they have the ability to become a passive vehicle for a spirit entity to affect, or communicate with, the physical world.

You do not need a spirit entity to develop and use, a psychic ability. If you learn to control your own chakras and energy, you can do these things on your own, with no spirit entity involved, and without the inherent risk involved with that method.

Energy Raising

Sit, or lie down, do the relaxation exercise and clear your mind with breath awareness. Focus your awareness in your feet. Use your HANDS to pull energy up from your feet, through your legs, to the base chakra. Imagine you are gripping energy and pulling it up through you. Just like you did when you used these HANDS with breath awareness and colour breathing, pulling air and energy into your lungs.

Note: Try and imagine your HANDS are inside your legs and just inside the front of your torso as you do this.

Use breath awareness as an aide to energy raising. Draw energy up through you, with the inhale, and hold it in place on the exhale. Do this over and over again, pulling energy to the Base chakra, for at least a few minutes. You may or may not feel anything while you do this. Even if you don't, you are still drawing some energy with this exercise. The amount of energy drawn up through you will increase as the chakras develop with time and use.

From the feet, up the legs to the base centre, is a natural path for the energy that flows through you. This energy will stimulate your chakras and they will transform this, basic energy, into energy of a different type. This transformed energy will then flow into your subtle bodies, energising them. With practise, you will actually FEEL this energy tingling and surging through you.

Chakra Stimulation

Opening a chakra: Your imaginary HANDS are used for this. Imagine you are tearing open a bread roll at the site of a chakra when you are asked to do this. You don't have to visualise anything, just FEEL like you are doing this, as if you were doing it in real life without looking at what you are doing.

Chakras are non-physical centres, so you need a non physical method to stimulate them. This is achieved by focusing your awareness in the area of a chakra and using your mind to manipulate it. You need a localised, mental opening effect in a chakra to stimulate it; this tearing open action, with your imaginary HANDS, provides it. By moving your point of awareness to the site of a chakra and causing a mental opening effect with your HANDS, you are directly stimulating the chakra.

Note: Do the energy raising exercise, as above, before stimulating the chakras. Use breath awareness to aide your HANDS in pulling energy into each chakra, i.e., draw energy UP on the inhale and HOLD it on the exhale, with all the chakra stimulation exercises below.

1. **Base chakra:** Raise energy up to your Base chakra. Use your HANDS to open it. Pull energy INTO the Base chakra. Repeat this first step, thoroughly, seven times.
2. **Spleen chakra:** Draw energy from the feet, through the Base chakra and on up to the Spleen chakra. Open the Spleen chakra. Repeat this three times, starting at feet.
3. **Solar Plexus chakra:** Draw energy from the feet, through the Base and Spleen chakras and on up to the Solar Plexus chakra. Open the Solar Plexus chakra. Repeat this three times, starting at feet.

4. **Heart chakra:** Draw energy up from the feet, through the Base, Spleen and Solar Plexus chakras and on up to the Heart chakra. Open the Heart chakra. Repeat this three times, starting at feet.
5. **Throat chakra:** Draw energy up from the feet, through the Base, Spleen, Solar Plexus and heart chakras to the Throat chakra. Open the Throat chakra. Repeat this three times, starting at feet.
6. **Brow chakra:** Draw energy up from the feet, through the Base, Spleen, Solar Plexus, Heart and Throat chakras to the Brow chakra. Open the Brow chakra. Repeat this three times, starting at feet.
7. **Crown chakra:** Draw energy up to the Crown chakra as in the previous step. Open the Crown chakra. This chakra is much larger than the others (whole top of head, above hairline). Imagine you have a much larger, flatter bread roll inside the top of your head and are tearing it open with your HANDS, or like you are tearing your scalp open. Repeat this entire process twice, starting with the feet.

Note: Try your best not to tense any muscles during these exercises. You may, however, feel a slight internal contracting, a feeling that is NOT muscular while you are stimulating your chakras. These are the glands and nerve ganglia, linked to the chakras, contracting in response to the stimulation. This internal contracting is normal.

The Base, or Root chakra, is THE MOST IMPORTANT ONE TO ACTIVATE. This chakra is the doorway for the subtle energy. Unless this is opened sufficiently, the energy cannot flow into the other chakras. I suggest you concentrate most of your time and energy into stimulating your Base chakra, at least in the early stages of chakra development.

Note: When I first started raising energy and developing my chakras, many years ago, I didn't feel ANY sensation for several months. Many people, though, have reported to me strong energy and chakra sensation the first time they used them. Some people have more natural chakra activity than others. Lack of any sensation, though, will not stop you from stimulating and developing them, even if, as was my case, you feel nothing at first. I did not have ANY natural chakra activity or ANY natural psychic ability when I first started energy work.

Stop And Check

Check your muscles for any tensing during the energy raising and chakra stimulation exercises, and re-relax as needed. Your muscles will automatically try and respond to the mental action of pulling energy up through you. Remember, this is ALL mental, your body must stay calm and relaxed throughout.

Chakra Sensations

The sensations you will feel in your chakras can vary, according to the degree of activity occurring in them, i.e., your physical make up, natural ability, concentration and relaxation skills affect this. It can vary from a gentle warmth, a localised pressure, or bubbling (like stomach wind), a localised dizziness, a tingling, a gentle pulsing, to a heavier throbbing, or a combination of some or all of the above. The heavier the thrumming, the more active the chakra. If you place your hand on a chakra, when it is active, you will actually feel the flesh pulsing.

Some of the chakras, when active, can cause other odd, localised sensations:

Base chakra: You may feel a very slight burning or tingling, or a cramping, like you have been riding a bicycle for too long, to begin with. Once it is working

properly, you will feel a gentle pulsing or throbbing between your legs, at the site of the chakra.

Solar Plexus Chakra: This can sometimes cause a shortness of breath feeling, which can cause you to hyper-ventilate. This will pass, with time and use, as the chakra stabilises.

Heart Chakra: The heart chakra merits special mention due to the strong, and sometimes frightening, sensation it can cause. When strongly activated it can feel like your heart is racing at an impossible rate. It is a powerful sensation. Try and ignore this when it happens, it won't hurt you. It is not your heart racing but the chakra working. I know this is easier said than done, ignoring it, but with practise and familiarity you can. This racing is more apparent in the early stages of development. I think this is caused by a lack of energy flowing from the lower centres. In a way it is like a pump racing, when it does not have enough fluid to pump.

The heart chakra, when fully operational, feels like: Place one hand on your chest, with your finger tips resting in the middle of it over your heart. Tap your fingers on your chest, in time with your heart. Increase this rate until you are tapping as fast and hard as your fingers can move.

Note: Your actual heart rate does NOT speed up with this racing sensation. If you hook yourself up to a heart monitor, you will see that your heart beat hardly changes at all.

Throat Chakra: The throbbing in it can cause a very mild choking feeling, because of the sensitive area it is in. This feels something like having an emotional lump in the base of your throat.

Crown Chakra: When fully active it feels like a thousand soft, warm fingers gently massaging the inside of the top of your head, above the hairline, and extending down in the centre of the forehead, to include the brow chakra, which is part of it. This sensation is the reason the Buddhists call it "The Thousand Petalled Lotus".

Note: You may feel a stronger sensation in some chakras and little or none in others. Concentrate on the lowest ones with the least sensation. This will help balance the energy flow in the chakra system.

If you are unbalanced, during projection the inactive chakras can cause failure, i.e., you may get your body partly loose but find you are stuck to your body at the site of the inactive chakra. If this happens, concentrate on stimulating the inactive chakra prior to projection.

Psychic Abilities

After beginning chakra work, you may find psychic abilities start to grow in you. This is a natural offshoot of stimulating the chakras. In my next series, on more advanced energy work, I will show how to develop and use some of these abilities and how to raise the Kundalini.

Practise

Some relaxation, breath awareness, concentration and mental hands exercises should, ideally, be carried out daily. They can be done anywhere and anytime you have a few minutes to spare.

How Long Does It All Take?

Many people have asked me "How long does it take to learn projection?" My answer is: Because everybody has different levels of natural ability and skill, it will take as long as it takes. I have had letters from people, who have been trying various other methods for several years, but with no results; get out the very first time they tried this technique. Other people, with NO relaxation or concentration skills at all, are looking at several months training before they will get out.

Part 5

Robert Bruce

Astral Rope

A key ingredient to the new projection techniques is an invisible, imaginary ROPE hanging from your ceiling. This ROPE will be used to exert dynamic pressure at a single point on your astral body to force its separation from the physical.

The ROPE technique is similar, but more direct and hence more effective than other more passive and indirect methods, such as reaching out and pulling vibrations into you, or visualizing yourself in front of yourself. The idea of pulling vibrations into you is vaguely illogical, if you understand the mechanics of projection.

The vibrations are an effect and NOT a cause of projection. When enough pressure is exerted on the astral body to loosen it sufficiently, the energy body expands and energy flows through the chakra system to be stored in the energy body. This flow of energy through the hundreds of chakras and their connecting web, or meridians, CAUSES these vibrations. This normally happens, unnoticed, during sleep.

Putting The Pressure On

The more passive, indirect methods of projection do exert some pressure on the astral body to separate, but over a wide area. They still shift the point of consciousness out of the body, albeit obtusely. Any mental action that exteriorizes the point of consciousness will exert some pressure on the astral body.

The action of pulling yourself hand over hand up a rope is a strong, one pointed, natural action that is easy to imagine yourself doing. The ROPE technique concentrates ALL your mental resources into one strong, DYNAMIC action which exerts a high level of pressure directly on a single point of the astral body.

There are many other, more subtle, ways that exert pressure on the astral body as well. Many of these are unsuspected for what they are. Most meditation exercises, for example, exert PASSIVE pressure on the astral body. You may imagine you are going down in a lift, falling, climbing down a ladder, or just floating downwards. Whatever the technique, it is designed to reduce brain activity. Any self induced, inward falling sensation places passive pressure on the astral body, which will cause brain activity to lower and bring on the trance state where a deeper level of the mind is revealed.

The action of inward falling obtusely shifts the consciousness out of the body, exerting passive pressure on the astral body over a wide area, but in the reverse to that needed for projection, i.e., general downwards pressure. This, in a way, is like trying to get your astral body to FALL out of your physical body on its own, i.e., your point of consciousness tries to FALL, downwards, out of the physical body.

What most people do to project is to either exert forward, passive pressure on the astral body, by visualizing themselves floating out of themselves, and HOPE, they can make it happen, i.e., trigger the projection reflex. Or, they try a more direct method, such as visualizing themselves out of their body, which is very, very, difficult. Lets face it, 99% of people can't visualize for peanuts and the act of mentally visualizing yourself OUT of your body, AND shifting your consciousness INTO this visualization is almost impossible for most people. The other popular method is to try to pull vibrations into you. This method is slightly more effective

than most as it exerts some pressure at a single point, but it is still an indirect mental action and, therefore, obtuse.

All the above, and the general lack of information about the mechanics of projection, i.e., HOW it happens, accounts for the extremely high failure rate amongst people learning to project.

Holding passive pressure, over a wide area, on the astral body, for long enough, WILL activate the projection reflex, eventually. But this can take a long time and can be mentally exhausting. I have developed, through recent research, a better, faster and more dynamic method of projection that is very effective. I call this technique simply ROPE. It is not that using an imaginary rope for projection is such a new idea, it's not, but the understanding of the mechanics of it and the application of this knowledge to ROPE is.

If you fully understand how a thing works, you can use that thing more efficiently and, therefore, get better results.

The new ROPE method overcomes the general misdirection of mental resources and the chronic waste of mental energy caused by the usual lengthy procedures needed for projection. ROPE shortens the time needed to cause a projection and optimizes the use of available energy.

One of the most important ingredients for a successful projection is to be properly motivated. Without this motivation you will not have enough mental energy to succeed and will either fall asleep or forget the projection afterwards. It is, therefore, important to keep preparation time as short as possible so it is not such a daunting and mentally exhausting task.

One thing a new projector has in abundance is enthusiasm. Enthusiasm is pure mental energy. ROPE, plus the understanding of HOW it works, harnesses and makes better use of this energy resource and vastly improves the success rate.

Getting The Feel Of Rope

Pin a length of ribbon, string or rope to the ceiling above you. Have it hanging within arms reach so you can easily reach up and touch it. Reach out and touch it frequently, until you are used to where it is in your mind. This ribbon is only a tactile aide. By being able to reach out and touch the ribbon, you used to the spatial coordinates of where the invisible, imaginary ROPE is. This grows both in your mind and hence as a thought form, making it easier to imagine yourself reaching out and climbing the ROPE with your imaginary HANDS.

Note: You do NOT have to actually visualize, or see, the ROPE at any time, just know where it is supposed to be. This method uses NO visualization at all.

Reaching out and pulling on this invisible, imaginary ROPE with your imaginary HANDS shifts the bodily awareness induced point of consciousness, out of the body, with a strong natural action that puts direct pressure on one point of the astral body.

Active Chakra

One important point, if you happen to have more activity in your Brow Chakra, rather than in your Heart Chakra, which is sometimes the case. Move the position of your imaginary ROPE so your arms would be at a 45 degree angle above your head. If you use the visual aide, ribbon, move this so it is hanging down over your head, rather than over your chest.

Changing the angle of the ROPE shifts the point of pressure you are exerting on your astral body to the most active chakra area and gives better results.

In any case, position the angle of the ROPE at the most natural, and easy to imagine attitude for you. It is important that the angle and position of the imaginary ROPE feels natural. Experiment with this angle until it feels right for you.

Are You Ready To Project?

All the exercises in the previous parts of this series ARE necessary training for projection. They are, however, not all needed, in themselves, for the projection process. If you do all the relaxation, mental calming, mental falling, chakra opening and energy raising exercises during the actual projection, you can use up your supply of mental energy. This can cause mental exhaustion and you may find yourself short of energy and willpower for the all important exit.

All the exercises should be done separately from the projection itself. They are training and development exercises, designed to improve control over body and mind and to increase the flow of energy through the chakras. This is like working out in a gym as a part of football training. You don't actually use these exercises to play football, they just improve your fitness and strength so you are able to play football effectively.

Do the training exercises separately UNLESS you are trying for an advanced, real time projection. It is, then, still necessary to go through the full procedure, and activate all the chakras, prior to the actual projection.

The whole point of learning to project is to get your astral body to separate from the physical while fully conscious. The earlier you get a fully conscious projection the better. Otherwise, you may eventually give it all up as just too difficult.

Therefore, I strongly suggest all beginners concentrate on the simplest, most effective way of getting a conscious projection. Once you have some projection experiences under your belt you can try for some of the more advanced, and hence, more difficult, types of projection.

By doing the training exercises you have learned to relax your body, to clear your mind and to concentrate. You have begun to develop (MBA) (mobile bodily awareness) and how to use MBA, i.e., using your imaginary HANDS to perform certain tasks both inside and outside of your body. You have also begun to awaken and develop your chakras so your energy flow is stronger and you have, hopefully, spent time getting used to being in trance. These skills have prepared your body and mind for projection.

When To Do The Exercises

Even though the exercises, in themselves, are not all used during the projection sequence, they still need to be done regularly in order to develop the necessary skills and energy levels for conscious projection.

I suggest the relaxation, concentration and mental calming exercises are done daily. Use your imaginary HANDS with these exercises. The energy, chakra work and other exercises should be done at least once a week to be effective. If you wish to do them more often, fine, just don't tire yourself out too much.

Your Projection Sequence

It is difficult to give one, universal projection sequence as everybody has different levels of skill and natural ability. For this reason I give a more flexible sequence and I suggest you tailor a projection method to fit your own needs and level of skill. Keep in mind the old saying "What works, works!" Play around with your sequence until you find what is right for you, what is easiest and most effective.

First, here is the full sequence for advanced, real time projection.

Full Sequence

1. Do relaxation exercises thoroughly.
2. Clear your mind through breath awareness.
3. *Enter trance using mental falling method.
4. *Raise energy and open all chakras.
5. Pull yourself out with the imaginary rope.

Note:

- Steps 3* and 4* can be swapped to suit, i.e., do the energy work before, or after, entering trance. Energy and chakra work is more effective done in trance, but some people have trouble getting into that state. Doing the energy work first will usually help bring about the trance state.
- IF you still have trouble getting into trance, use the ROPE climbing method at step 3* instead of the mental falling exercise, until you are in trance. Then stop the ROPE climbing and do the energy work before continuing with the projection, i.e., using the ROPE at step 3* will help force your body into the trance state.

How To Use ROPE

This is a complete projection method in itself, if you have good powers of concentration. I suggest beginners concentrate solely on this method until they have more experience. This projection method will give you a normal Astral projection. The duration of this projection, in real time, will depend on the level of chakra development and energy flow you have attained.

1. Do the relaxation exercise thoroughly, until you are completely settled. This should only take a few minutes, don't overdo it.
2. Reach out with your imaginary HANDS and pull yourself, hand over hand, up the strong, invisible, imaginary ROPE hanging above you. Try and imagine the feel of a strong, thick, coarse rope in your HANDS.

Don't try and visualize this ROPE! I want you to imagine you are reaching out and climbing this ROPE in the pitch dark, so you can't see it at all, you just know where it is and can imagine the feel of it. Visualization wastes valuable mental energy that can be better put to use exerting direct pressure on your astral body.

You will feel a slight dizzy sensation inside you as you do this, specifically in your upper torso. This is caused by exerting dynamic pressure on the astral body. The dizzy sensation comes from the astral body loosening. This feeling of vertigo will intensify the more you pull on the rope.

Very Important Note:

- A. This dizzy feeling and any feelings of pressure or vertigo, etc, caused by your mental action of pulling on the ROPE MUST be carefully

noted by you. Learn the EXACT mental action you are doing to cause this vertigo. You will have to train your mental climbing action to cause this feeling. So, the first few times you try this ROPE method, concentrate on finding the right mental action to do this. Once you learn what it is you are doing to cause this, and can recreate it at will, you are really starting to get somewhere.

B. IGNORE *ALL* SENSATION YOU FEEL DURING PROJECTION or it will distract you, break your concentration, and ruin your chances for projection. Concentrate on the single act of climbing your ROPE to the TOTAL exclusion of everything else. Put everything you have into this one action, but don't tense up, it must be all mental.

3. Keep climbing, hand over hand, ever upwards, and you will feel the heavy sensation come over you. The pressure you are exerting on your astral body will force you into the trance state. Ignore this when it happens and concentrate on what you are doing.
4. Keep climbing and you will feel your chakras open in response to the pressure, don't stop.
5. Next you will feel the vibrations start, your whole body will seem to be vibrating and you will feel paralysed. Concentrate, single minded, on climbing your rope, don't stop.
6. Next you will feel yourself coming free of your body. You will buzz slightly as you pull yourself out of your body. You will exit your body in the direction of your imaginary ROPE and will be hovering above your body. You're free at last!

Note:

- A. Do ***NOT*** allow yourself to break concentration when the vibrations start. They are a natural EFFECT caused by energy coursing through all the hundreds of major and minor chakras in your body. If you do find yourself being distracted by this, spend more time and effort doing the concentration exercises until you overcome this problem.
- B. If you have not mastered using your imaginary HANDS for relaxation, raising energy and chakra work, you may have difficulty using them for climbing the ROPE. This does not mean you have to be able to open your chakras successfully to project using this method, you don't, it just helps if you can.

This method is very direct. It shortens the time needed to project dramatically! Once you start pulling in earnest on your ROPE you WILL enter trance, your chakras WILL open, the vibrations WILL start and you WILL project, very quickly! The speed of this method may frighten you, the first time you try it. Everything will seem to happen TOO fast. You will get used to this, though, and will appreciate having plenty of mental energy to use during your projection.

If your powers of concentration are good, you have a better chance of getting out with this method than any other, even if you haven't mastered deep relaxation and trance skills. What is needed, apart from the ability to concentrate, is the ability to carry out strong mental actions, without any corresponding muscular action, i.e., you have to be able to separate mental and physical actions.

If you have trouble with any part of the ROPE method, analyse it, find the problem area, then go back and concentrate on the related training exercises until you overcome the problem.

A ROPE Variation

Note: One good variation for the simple ROPE technique, is to do the full sequence of exercises and energy, chakra work first, but separate from, the actual projection. Do the full sequence, but `don't' close your chakras. Get up and have a break, make yourself comfortable, have a drink etc. Then return to your bed /chair fresh, spend a couple of minutes relaxing and go straight to your ROPE. This will increase the amount of chakra energy available during the projection.

The Mechanics OF How ROPE Works

ROPE is the most dynamic projection method to date and can override the need to do just about anything else, once it is learned. Let me explain a little more of the mechanics of what actually happens when you use ROPE, by breaking it down:

Clearing The Mind:

The mental act of climbing the ROPE fully occupies and clears the mind.

Brain Wave Activity:

Clearing the mind and exerting, one pointed, dynamic pressure on the astral body, forces the reduction of brain wave activity.

Deep Relaxation:

Reducing brain wave activity forces the body into a deep level of relaxation.

Trance State:

Exerting dynamic pressure on the astral body, while the physical body is deeply relaxed, and brain wave activity is at a low level, FORCES the mind and body into the trance state.

The Chakras:

Exerting dynamic pressure on the astral body, while in trance, FORCES the energy body to expand and the chakras to open.

Vibrations:

Exerting dynamic pressure on the astral body while the energy body is in its expanded state and the chakras are open causes energy to flow through the 300 odd chakras in the body and causes the vibrational state.

Separation:

Exerting dynamic pressure on the astral body while the energy body is in its expanded, vibrational state forces the astral body to separate from the physical.

Note: If you exert enough pressure on the astral body, during the final phase of the projection sequence, the exit, it will override the projection reflex completely. This forces a manual separation of the physical / astral bodies.

This means: Instead of involuntarily buzzing out of your body via the projection reflex, at the climax of the projection, and ending standing at the foot of your bed etc, you will exit your body in the direction you are pulling on the ROPE.

How Long Does It All Take?

The whole projection process can be done in less than fifteen minutes, I can do it in under five minutes. The speed of the method allows you to use ALL your available energy in one burst. If you don't get out in the first fifteen minutes I doubt if you will during that attempt. IF this is the case, either get up and have a break and come back to it later, or get some sleep.

Using the ROPE method, literally, amazed me with it's ease and simplicity the first time I used it. It shortened my usual projection time (20-30 minutes, from a cold start) to about 5 minutes, for a normal astral projection. I still, though, use the full sequence when I do a real time projection.

My analysis of the mechanics of this process comes from using the ROPE method myself and carefully observing what was happening to my body during the separation.

My First ROPE Projection

Here is an account of the first time I tried ROPE, while I was developing it as a viable theory:

I laid down on my bed, I was thinking of my new theory. I had been working out a projection technique that blind people could do. A technique that did not require ANY optical visualization. I had come up with the idea of using the sense of touch to exert pressure on the astral body, tactile imaging, as this sense is strongly developed in blind people.

I lay there for a few minutes, mulling it over in my mind, while I generally relaxed and settled myself, ready for sleep. Then I decided to try it out, to see if it was practical.

Note: I did not do any of the usual relaxation, mental calming or chakra energy exercises. I just wanted to see if I could exert pressure on my astral body with this method.

I reached out my imaginary hands and began climbing the ROPE, hand over hand. I immediately felt a sensation of vertigo in my stomach and upper torso and a dizzy feeling inside my bones, like a tickling inside my arms and legs. I snapped my mind shut, stopped all thought, and focussed my will on the climbing action. I could feel the enormous pressure it was exerting on my astral body, my astral head and upper torso was starting to lift free, trying to go up the ROPE following the line of pressure I was creating.

Still pulling, I felt my brain waves drop into the alpha state and the heavy sensation came over me as I entered trance. I kept pulling and the trance deepened, my body was now paralysed. Still pulling, my chakras opened and the vibrations started. I was amazed, I had only been doing this for a couple of minutes! I kept pulling and my astral body soon buzzed free of the physical.

This was completely different from any other projection I had ever done. The projection reflex did not seem to have time to cut in and project me out of my body. I had, literally, pulled myself free on my own. I floated above my physical body, still aware of myself on the bed.

I went to go through the wall into the lounge, where there was more light, as it was pretty dark in my room. Suddenly I was in a strange world. "Where the hell am I" I

thought. There was very dim light and there was a damp fog all around me. There was a large building in front of me with an old fashioned thatched roof. To the side of me was an old rail fence made of massive, rough hewn timbers. I leaned against the fence and thought about it all. I looked past the house and saw the reflection of water. There was a lake on the other side of the house.

This didn't make any sense to me and I was getting bored, so I tried to move to another realm in the dream pool. I looked at my hand, this usually works. It was white and pale and unreal looking, it began to melt quickly, like white ice under a blowtorch. My fingers were soon stumps and then my hand melted and my arm began to follow. I tried remaking it. It grew back as I concentrated on visualizing what it should look like, but started to melt again as soon as I stopped concentrating.

Then it hit me, why this scene was so familiar to me, I was in a picture! I have a large picture hanging on the wall in my room, in the exact position where I had tried to pass through the wall. This picture has an old house with a thatched roof and a rough hewn fence around it. There is a lake behind it and it is early dawn, when the sun is just starting to illuminate things. There was no doubt about it, I was in my picture.

I'd had enough of this, it was too dim to enjoy the projection, or to do anything. I focussed on my physical body, which I could still feel. I concentrated on moving my mouth and eyes and this soon brought me back to my physical body. I sat up in bed and thought about it while I recorded the results of my experiment.

Settling back down again I tried climbing the ROPE again. Within a couple of minutes I was back out of my body again. "This is great," I thought! I hovered

above my body and looked about the room. There in the gloom was the picture on the wall, the one I had entered by accident. I went towards it again, just to see if it would happen again. As I got closer it got bigger and bigger and I seemed to shrink into it. As I got right up to it, instead of passing through it, I seemed to move into it and there I was again in this dimly lit, damp world with the old house and the fence. Everything felt real about it, the fence felt like wood and even the air smelled different, it had a farm like, swampish smell about it.

Leaving the picture again and returning to my body, I again wrote everything down in my notebook. I lay there for most of the night, thinking about what had happened, mulling over the implications of it all, what it all meant....

This is how I discovered 'Virtual Reality Projection' or (VRP) This technique is, at the moment, in its infancy and only a rough method for creating a custom made world. I plan to do some more experiments with it in the near future, though, to get the bugs out of it.

Remembering It All

One of the biggest problems with any kind of conscious OOB is remembering it all when you wake up.

Here's what you can do about this not remembering. As soon as you wake up, sit up in bed and pull those memories back. Sit up and think hard. Put aside a few minutes quiet time each morning to do this. It will train your dream memory.

During this quiet time, run key phrases through your mind until you hit on something. Say things like: I looked at my watch and... I looked at my hands and... I was walking... I was talking to... I was just going to... I was over at... I was flying

over... I was having a... I was inside a... I was with... These are examples of phrases that can lead you to a fragment of dream memory you can lock on to. Make up some more phrases to suit yourself.

It may feel like there is nothing in your mind to remember, but try hard and put some REAL effort into it. They are there, you just have to reach in and locate them. Once you lock onto a fragment of memory, more can be located and more and more. You will be surprised how much you can remember this way.

It is important to write these down as soon as you remember them. Even if you have to do this several times during the night. They may seem vivid and unforgettable at the time but dream, or astral, memories will usually vanish in a few seconds if you don't record them. Just write down a few key words and you can fill in the blanks later. With practise, this writing down can be dispensed with as your astral recall develops.

Stuck ?

Some people may find they are stuck in part of their body during projection. They may come free of their body but be stuck at their head or stomach area. If this happens, exerting too much pressure by pulling on the rope may cause some physical pain and discomfort. There are two possible reasons for this: If you are stuck in the middle, stomach area, it may be diet related, i.e., a heavy protein or meat meal before projection can cause this.

Remedy: Eat a light meal, eat plenty but have fish or white meat instead of red meat and avoid fats, oils, nuts and cheese.

If you are stuck at the head, or some other part, this is a sign of an inactive chakra, possibly caused by an energy blockage.

Remedy: Concentrate on opening this stuck chakra during the energy exercises. If this happens during your projection sequence, stop everything and open that chakra, you will be in trance so it will be easier. Once you have done some work on it, try pulling on the ROPE again.

Part 6

Robert Bruce

More On Rope

ROPE is a very effective projection technique, but it still has to be learned to be effective. I would like to elaborate on a couple of points about the technique, inspired by the feedback I have received so far.

1. There is NO visualisation required - AT ALL - in the ROPE technique. It is ALL tactile imaging. This means you do NOT have to picture yourself doing it.

That is, to climb ROPE, the correct mental action is to REHEARSE the climbing action in your mind.

* This mental rehearsal - IS - the ROPE technique *

2. You need to *mentally* grit your teeth and strain with the action, i.e., you have to put maximum mental effort into it, as if you were really climbing a ROPE, but without allowing your muscles to take part in it - this is ALL mental. Your body must not be allowed to respond. You also need to feel you are very strong, full of energy and could climb like this all night.
3. You will find that a certain way of holding the focus of your mind, while you climb, will exert more pressure on your astral body than another. It is VERY important you note what this is and learn how to apply it. This will tune your climbing action for the maximum effect. When you hit on the right

mental focus for the action, you will feel a corresponding dizzy/falling sensation in your Solar Plexus.

4. To use ROPE successfully, it is extremely important to make a firm decision to DO IT. This commitment is VERY important to success. A DO OR DIE effort is needed. This focuses all your mental energy into a single point, for a single purpose - to exit your body.
5. Many people have emailed me with ROPE success stories. In every case - they have been practising ROPE when they suddenly decided to give it a go - TO REALLY DO IT! This commitment to succeed means the difference between actually getting out - OOBEE - and experiencing various levels of ROPE induced relaxation, trance, paralysis, chakra activity etc. I cannot stress enough the importance of this commitment to the success of ROPE induced OOBEE.
6. While using ROPE, completely IGNORE ALL PHYSICAL SENSATION AND ANY NOISES YOU HEAR. If you react to a sensation, in any way, you will lose the focus of your mental energy and dilute your effort considerably.

All the energy/chakra work and other exercises in Parts 3 and 4, are designed to stimulate the flow of energy in your body and increase concentration, will power and mental control. By increasing the energy flow during a projection and controlling your mind better, your duration in real time is increased. It is also easier to exit.

You CAN skip all the exercises entirely and just concentrate on learning ROPE. Everyone has different levels of skill, natural ability and energy flow. Some people need lots of training in order to OOBEE, others do not. Some people will prefer to

learn ROPE by DOING it, rather than training for it. If your goal is just to have a conscious OOB, of any kind, the simple use of ROPE, below, is your best option.

Simple Use Of Rope

Some people have the impression ROPE is too complicated. This was possibly because by the detailed explanation I gave about the mechanics of ROPE in Part 5, i.e., HOW it works.

ROPE is THE simplest projection technique to date. All that is needed to use ROPE in its simplest form, are these two steps:

1. Go to bed, or sit in your chair, relax and settle yourself down, as you normally would do before going to sleep.
2. Start climbing the ROPE.

* This is all there is to the simple use of ROPE *

As there are no time consuming exercises or complicated relaxation exercises involved, the simple use of ROPE has many advantages. It allows you to focus all your mental resources on it. In many cases this is all that is needed to give you your first conscious OOB.

Because the simple use of ROPE is less complex, you will find yourself attempting projection more often, even when you are tired one of the best times to try - and cannot be bothered with anything complicated. The increased frequency of your projection attempts gives you more practise with ROPE and hence the technique will be mastered sooner.

Lucid Dream Backup

I have had a great many reports of vivid dreams and heightened lucid dream activity (L.D.) from people doing the energy/chakra training exercises. This is happening far too frequently for it to be coincidence.

The energy/chakra work increases the level of energy flowing into the energy body and heightens awareness and memory of the dream and OOB state. It is a shame to waste all this energy on uncontrolled dreams, so I suggest L.D. be used as a secondary goal. This will give you OOB experience earlier, in the form of L.D., and help keep your interest high until you learn how to do the conscious exit.

Lucid Dreaming

To become Lucid in dream you need to program yourself with a trigger to make you realise when you are dreaming, in order to take control over it, i.e., become lucid. The best way of doing this is by getting into the habit of doing frequent reality checks during your daily life.

Reality Checking

A reality check is when you stop what you are doing and check the reality level of your situation. This is simple to do. Every time you do a reality check. Ask yourself:

1. Is this a normal situation, is there anything strange about it?
2. Can I fly? Try floating up in the air.
3. Try closing your eyes. This is a dead giveaway as you cannot close your eyes in astral form.

Note: This reality checking must become habitual to be effective.

When you do a reality check during a dream, you will realise you are dreaming and can take control of it. It is then important to affirm to yourself you are going to remember everything. Tell yourself over and over, " I will remember this when I wake up."

L.D. Trigger

The key to success with reality checks is to have a good trigger for it. This should be something you would normally do many times a day. This can be any kind of habitual action, but here are a few ideas:

1. **Time:** Every time you look at your watch, do a reality check. An electronic watch is a good aid. Set the timer to beep hourly. When it beeps, do a reality check.

* A wrist watch, beeping hourly, is the most effective *

2. **Hands:** Every time you notice your hands, do a reality check.
3. **Smoking:** If you smoke, every time you have a cigarette, do a reality check. You will usually find yourself reaching for a cigarette during the course of a dream, if you are a habitual smoker.

Note: It takes time to make your trigger habitual, usually a few weeks. It also helps to do a few affirmations before you go to sleep, e.g., "I will remember to look at my watch"

When you become aware in a dream, L.D., you should already be in a communal dream pool. If you want to try changing this to a real time projection, try and

become aware of your physical body. If you can sense it, you may be able to return to a time location near it. This is difficult, though, and may end the experience completely, i.e., forcing a return to the waking state.

I suggest you enjoy the L.D. for what it is. Communal dream pools are very colourful places and usually lots of fun. You will see all kinds of weird and wonderful things there and have all kinds of adventures.

Note: To improve your memory of the L.D. don't forget to remind yourself constantly during the L.D., to remember it all.

Changing Your Reality Location

If you don't like the dream pool you are in, or are in a real time OOB and want to enter a dream pool, here are a couple of ways to do it:

1. Look closely at your hands and watch them melt. (This is worth doing just to see the melting hands phenomenon).
2. Spin around until you become disoriented.
3. Visualise a place you would like to be. (Instantaneous travel). This will usually move you to a dream pool similar to your visualised target destination.
4. Fly straight up, as fast as you can. If this fails to shift your reality location, at least you will experience space flight.
5. Fly away fast, close to the surface, until you find a place you like. The blurring of speed will cause a reality shift.
6. Walk into a mirror, picture or painting. This is the same as VRP (virtual reality projection).

These techniques all trick the subconscious, through disorientation, into moving you to another reality location.

The Astral Form In Motion

Many people have motion problems in their first few projections. Simply getting across a room in the right direction, can be a major accomplishment. This lack of control is simply because they are unfamiliar with astral form. It is like being in zero gravity. You have to learn to move all over again. When you project in real time, you are just a point of consciousness with a poorly constructed etheric shell surrounding it. Motion is provided by thought - not muscles.

Astral Momentum

There is a type of momentum in astral form that causes most of the problems. This causes you to continue moving for a while, after you decide to stop. This may take you through a wall or a ceiling etc. This impetus is caused by the thought you used to cause the motion. If it is too strong, or too prolonged for the action, you will move too quickly or too far. Only practise teaches you how to get about with any degree of accuracy and grace.

It really is quite a comical process, learning astral motion. I remember learning to move about my home town, in my youth. I would start by trying to navigate through my house, usually ending up stuck in the roof, for a while. Then I would run down the road, trying to build up speed and take off like a plane. I would get airborne for a while, but could never quite clear the roof tops of the surrounding houses. I would often float unintentionally into strange houses, blundering about like a drunk in zero G. I seemed to be endlessly apologising to all these strangers in passing, as I floated in and out of their houses.

How To Move

To move about in astral form, simply - DO IT. Do not think about what you are doing, just DO IT. Be aware that motion is provided by your mind. You have to will yourself into motion, to change direction, and to stop. This is the best advice I can give you on this. It really has to be learned by doing. Have fun.

When you have learned basic motion, do not try anything too ambitious for a while. Stick close to the surface and learn to get around your local area first. Practise varying your speed until you gain some control over it.

Learning To Fly

Learn to fly the same way as you learned to move, by using your mind. At first you may find something very much like gravity affecting you. You may get yourself into the air only to find yourself slowly arcing back to earth again. If you persevere you'll find yourself moving in a series of short flight hops. This is caused partly by habit and partly by the basic motion problem in general. You sink back to earth when your motion causing mental action falters. This causes your flight impetus to stop and the gravity habit then pulls you down.

You may find yourself, as I did, trying to fly by running down the road and leaping into the air. This is not necessary. Focus your will into floating up into the air. Then use your will to provide motion, same as with basic motion. There is NO gravity affecting you in astral form. Convince yourself of this and you will be flying in no time.

Speed

The three speeds as defined by, S. Muldoon, and commonly accepted, are a basic guide only. These are:

1. Walking speed.
2. Motor car speed.
3. Instantaneous travel.

I think these three speeds were a sign of the times back then. These would have been the only types of speed known to most people. Today, movies, computer games and air travel have thoroughly prepared our minds to accept much higher speeds.

With practise and good mental control, you CAN vary your speed to your purpose, from walking speed to supersonic speed. This is a big problem for the beginner though, the control of direction and speed. It has a lot to do with how stable the projection is and how experienced you are at applying your will to motion.

Instantaneous Travel

It is generally accepted that if you can visualise a destination you can project yourself there instantly, at the speed of thought.

* I have found this to be highly unreliable *

I find this instantaneous method usually projects you straight into a subjective location created by the visualisation of your target. You may appear to be at your destination but you will usually find many discrepancies between the real location and where you are.

Instantaneous travel is very like VRP. By using your visualisation powers to travel with, you will not actually travel. You will create a subjective copy of a destination and enter it.

Long Distance Travel

I have found it more reliable to follow the surface for short to medium distance projection of up to a few hundred miles. Even this can be difficult as it is easy to fall into the Alice effect while travelling. All you have to do is break concentration once and you will slip into a dream pool. Strict mental control must be maintained at all times when travelling in real time.

It is not really practical to follow the surface for a long distance. For example, a country on the other side of the world from you is 12000 miles away. You would need to travel at about 64 times the speed of sound to reach there in 15 minutes. At this speed in the atmosphere, everything blurs and clouds and surface features cause disorientation and a corresponding reality shift. Any real time objective aspect of the projection will then be lost.

Note: Newbie projectors can normally hold themselves in real time for only a few minutes. Therefore, any long distance travel is limited by the real time part of a projection.

To travel long distance you need to study geography. You have to be able to recognise continents, oceans, countries, states and cities. You also need to study a map of your target area and note any landmarks. To project there, after this is memorised, you must go into orbit and re-enter over your target. As you approach the earth you must adjust your approach and aim for the geological features and landmarks around your destination.

Orbiting the Earth

To enter orbit is a little more difficult than it sounds. Getting up there is easy, you just go straight up, but stopping when you get high enough is difficult. Most people, myself included, tend to blast themselves straight out of the solar system, sometimes right out of the galaxy. To avoid this, it is important to control your speed during the ascent.

It is easier to project to the moon first, as a way of entering orbit. This gives you a large visual target you can project to in moments. Once there, it is a simple matter to head back to Earth, enter orbit, and circle until you are above your target. In space, away from the atmosphere, there are no problems with speed induced blurring.

How Far Can You Go?

There are * NO * limits to distance, destination or speed. You can travel to the most distant galaxy. The speed of thought is infinite. It is like folding space and moving without moving. If you can see something, you can be there....as quick as that. In comparison, the speed of light is that of a snail. I often go out into deep space, where the galaxies are just tiny smudges in the distance, to think and meditate. That is easy, but the trick is getting back for a conscious re-entry. Unless you have a good knowledge of astronomy, which I do not, this is difficult.

Following the silver cord, if you can see one, is not practical at that kind of speed, though it will give you a basic direction to go in.

To return from a long distance projection, tune into your body and become aware of it. Then try moving part of your physical body, i.e., a finger or toe. This will return you to your body, and end the projection with full memories of the OOB.

Future Wind

There is a strange phenomenon you will come across, from time to time, while you are projecting. I call this "Future Wind."

You will be OOBE'ing somewhere, minding your own business, when all of a sudden you will feel an irresistible force. You will feel yourself being moved against your will, usually backwards, by this force. You can fight it for a while but it will grow steadily stronger until you are blown away; over the roof tops, up into the sky and....into the future.

Then, after a while, you will come down in a different place....and time. Often it will be somewhere mundane, maybe a domestic setting of some sort. You will be released there and left to wander about... confused. You may even meet people you do not know, yet, and they will be just as confused as you are.

This may be an actual scene out of your future life, it may be a symbolic vision, or a mixture of both. You may be an invisible spectator to this scene, or you may merge with your future self, and see out of your future eyes for a while.

This can also be a scene of an important future event. It could be a disaster, natural or otherwise, or something unusual or exciting on the world scene. These type of events usually have a lot of energy surrounding them, and this may be part of the reason for the vision.

The only explanations I can give for this are:

1. The intervention of your higher self: For some reason it decides that now is the time to show you something from your future.

2. Clairvoyant interference: Your Brow chakra has become clairvoyantly active and has tuned into a future setting. Your point of consciousness is caught up by this vision and projected into the vision.
3. A combination of both of the above - this is the most logical.

Symbolic Visions

There is another aspect of this wind that is very similar to the above but the vision you experience is symbolic, or has a symbolic aspect, rather than an actual future event or scene.

Note: I would like to warn you about the symbolic aspect of visions. If you don't understand the nature of symbolism it can cause great harm to your life. This warning applies to all clairvoyant visions in general, whether experienced in astral form or not.

For example: You are taken, by a future wind, to a scene in which you see yourself winning a lot of money. You are sitting at a table checking your lottery ticket with the results. You see the prize money is \$18 million. You check your numbers, or ticket, and find you have the winning ticket. You feel all the excitement, the surge of adrenalin, dreams of wealth come flooding into you and your heart races with excitement.

After this vision, you start buying lots of tickets. You also start to make decisions that affect your life with a "When the money comes through" type of attitude. This can cause irreparable damage to your life! You lose your drive, your initiative, your ambition, i.e., you stop trying. This imparts a "Cargo Cult" type of belief system on you, a belief that everything will be given to you - with all the negative aspects this primitive belief system has.

This can cause you to mark time in your life, instead of living it to the full.

* What you may have missed, from the symbolism of the above vision is:

The amount of money may be unusual for that lottery draw. \$18 million is an odd amount of money and may be a rare event. This is what I call a SIGN POST - a date stamp of a future event. This means that when your local lottery has a prize of the above amount, something important is going to happen in your life or in the world around you. If you know how symbolism works, during the vision you would have been able to pick up more information about this coming event. The setting, the symbols, the connections to you, the action and the sequence of events in it, are all important aspects of its meaning. Misunderstanding a vision can ruin your life. Only experience and the intelligent application of logic can teach you how to interpret a symbolic vision. Until you have this experience, it is best to treat any sort of vision with caution.

Some possible reasons for a symbolic vision are:

1. You are being given a warning or guidance by your higher self.
2. You are being given proof there is a future, a destiny, a meaning, a purpose to your life.
3. The sign post of this vision may mark a good or bad event in your life.
4. You may actually win the lottery. Personally, I would always make sure I had a ticket in the draw, just in case, but I would not depend on it.

Future Wind Example

I left my body and was moving about my home, getting my sea legs. Suddenly, a force moved me across the room. I tried to fight it but it grew stronger until I was

blown out of the house and up into the night sky. A short time later I was brought down again, outside my home. I was just left standing there in the middle of the road. In front of me stood a refrigerator. It was just sitting there in the road with its door open. I examined it and could tell it was not working. Behind it was a massive red brick wall, 40 feet high and twice as wide. There are no REAL brick walls in this street. Then I noticed my wife was standing beside me. I turned and said hello to her. She just said goodbye, very coldly, then turned and walked away. Perplexed, I watched her walk away. Oddly, instead of walking to our home, she walked away from it and off into the distance.

Being experienced with the symbolism and nature of visions I knew what this foretold, the end of my marriage. I could not understand it as we were only recently married and very happy together.

To decipher a symbolic vision it is necessary to analyse it and break it down into its parts.

The six significant aspects of this vision are:

1. The sign post... (the date stamp of the event) * The refrigerator that did not work.
2. The connections... (something, or someone, in the vision that connects the events to me). *
 1. My wife.
 2. It was outside my home.
 3. I was there as me.
3. The symbol... (the basic nature of the coming event) * The large brick wall. This symbolises a barrier or an end to something. This was the only actual

symbol in the vision, but other parts of it were by nature or action - symbolic.

4. The symbolic action... (this signifies the meaning of the vision) * My wife's cold goodbye.
5. The symbolic modifiers... (these modify the symbol or, in this case, the symbolic action in the vision). a) My wife departed in a direction away from our home. b) She walked away until she disappeared from view.
6. The sequence of events:
 - a. The broken fridge.
 - b. The large brick wall.
 - c. My wife's actions.

OR: When I saw the broken fridge (sign post) I saw the brick wall (symbol) and my wife (connection) said goodbye and left (symbolic action) in a direction away from our home, until she disappeared (symbolic modifiers)

The timing and sequence of a vision is important to unravelling its meaning. It is important to break a symbolic vision into its 5 basic parts and to note this in your journal, while it is still fresh in your mind.

Note: There may be more than one modifier to each part of a vision.

Hindsight

A year after I had the above vision, we moved to another town. The day we moved, we had to borrow a refrigerator from a relative. Ours had broken down and was in for repairs. The borrowed fridge did not work either. After our's was repaired, this other fridge sat on our porch for two and a half years, waiting to be collected. I remembered the vision clearly, and knew this fridge was the date stamp of an

upcoming event. I also knew what the event was, but honestly could not see it happening. One day, though, they came and collected this fridge. A week later my marriage ended. Suddenly, permanently, and for no foreseeable reason.

Looking at it in hind sight, it is crystal clear what the vision meant. It was as simple as it was accurate. Most symbolic visions are this simple. Be very careful not to read too much into vision otherwise the true message in the vision will be obscured.

Always break a vision down into its parts.

Ask of each part:

1. "What is it in itself?"
2. "What does it do?"
3. "What is its simplest, most basic, symbolic meaning?"

Write these answers down and then apply common sense and logic to them. This will give you insight into the true meaning of the vision.

Mirrors

Mirrors, historically, are magical devices used as doorways to other worlds. There are also numerous superstitions and old wives tales concerning their effect on the recently departed. After a person had died, all mirrors in their home were covered. This was so they could not see their lack of a reflection and be shocked. Another reason for this was to prevent them from being accidentally trapped in a mirror.

There is some logic to this if you look at the mechanics of projection. Death, in the early stages, is very much like a powerful real time projection. The biggest difference being the lack of a living body to return to.

Spirits are normally held close to the physical dimension, in real time, for a week or so after death. This is until the supply of etheric matter that binds the spirit to its physical body runs out.

During this time it is normal for the spirit to wander among relatives and loved ones, saying goodbye and coming to terms with their new state of existence. This goodbye process, eases the psychological trauma of death, and helps prepare the spirit for the next stage of existence.

What can happen with mirrors, is this: A new spirit can inadvertently enter a mirror. If this happens, they enter a mirror world in the same way a projector enters a picture through VRP. Once in a mirror world they usually do not know where they are, or how to get out of it, and can be stuck there for the duration of their real time stay. This will not interfere with the journey of the soul. It will just cause confusion for a few days until it enters the next stage of existence. This can though, make their last days near the physical world very confusing and interfere in the natural goodbye process.

This, I believe, is where the old superstitions came from. Therefore, in the light of my understanding of projection and the death process, I think the covering of mirrors after a death is a VERY good idea, for the benefit of the deceased. This is best done for two weeks, to be sure.

A Better Goodbye

It is possible to communicate with a recently departed spirit during its real time, post death wandering. This can be done by leaving a letter, uncovered, for the spirit to read. They can also hear you, so talking to them is also effective. I think a good practise would be to have goodbye letters, from all the people that loved the deceased, stuck to the wall in the spirit's old room. Leave the letters open, with all pages clearly in view, to make reading easier.

Part 7

Robert Bruce

This part expands on some material given in volume #1 but not covered in volume #2; as well as giving new subject matter. For those interested, my book, "[Astral Dynamics](#)", is now available. See the "[Books](#)" section of this website. RB.

OOBE & Duality:

If you read the enormous number of case histories available on out of body and near death experiences; you will find many accounts hinting at perceptions of duality which indicate symptoms of the mind split effect at work. It is fairly common, during an OOBE, to be aware of the physical body while also being aware of existing in the projected double, or less commonly, vice-versa. This effect appears to indicate the existence of telepathic and bio-energetic links between the physical body and it's remote projected double (possibly via the silver cord). This link appears to serve the purpose of providing the projected double with the necessary energies it requires whilst operating out of body, while also maintaining an unbreakable connection with it's physical body. This connection also allows the physical body to be, in many ways, monitored (or sensed) so that no harm can come to it during an OOBE.

During an OOBE, at the moment the projected double is generated and projected from the physical body, the projector's mind effectively splits into two identical parts (mirror images) each containing a complete copy of thinking mind and memory. One copy always remains firmly locked inside the physical body

(original hard copy) while a mirror image is reflected into and maintained in the exterior projected double.

The splitting of consciousness into two (or more) separate but identical copies happens during sleep or any kind of OOB. I call this effect "The Mind Split Effect":

Mental/Visual Feedback:

If a mentally awake physical mind happens to observe (with real time or astral sight) its projected double at close range during a projection, a strong visual and telepathic connection can form between them. This can be a very disturbing experience and I don't recommend this be tried for more than a few seconds at a time. The awake physical mind (whilst a projection is in progress) must see and be seen by its projected double for this type of connection to occur. Vision, seeing each other at the same time, appears necessary for this type of connection to occur. Once this happens, each side of the mind split, physical and projected, connect and begin to see out of each other's eyes at the same time. Each becomes aware of each other's vision and perspective as well as that of their own.

Once the visual side of this connection occurs, each side of the mind split instantly becomes aware of each other's thoughts as well, simultaneously and compounding. This appears to be something like telepathic feedback, much like holding two identical 'mental' mirrors facing each other. This gives an unnatural glimpse of mental infinity - a mental reflection of a mental reflection of a mental reflection, continually compounding.

When two identical minds connect, while separated during an oobe, the two identical sets of vision and thoughts create something that can best be described as

a visual and telepathic loop, compounding and feeding back upon itself in a never ending loop. This is an unnatural, incomprehensible, disturbing and possibly dangerous event for any mortal mind to experience.

This uncomfortable and confusing state appears to only occur at close range and can easily be avoided by not looking too closely at each other (physical and projected double) and by not thinking at each other at close range (within approximately twenty feet) during a real time projection. Note: this can only happen if both sides of a projector, physical and projected, are awake and become visually aware of each other during a real time projection.

This all goes a long way towards explaining why dreams and projection memories can sometimes appear so chaotic. The mind splits for a very good reason and the separated copies are meant to function separately.

I have experimented with this phenomena many times during real time projections, after discovering it accidentally during a powerful real time OOB. I recreated the original 'accident' and studied it because the original experience raised so many questions. I had always been curious of the way I could often feel my physical body while close to it, and this mind split effect appeared to hold many of the answers I had been searching for. Like many other projectors, I had often experienced confusing anomalies during projections: of being aware of events and noises near my physical body, in and around my house, plus being aware of my remote existence during a projection. This sense of perceived duality, of having two different sets of perception, one physical and one remote, has been reported by many other projectors but has never, I believe, been properly studied or understood.

Double Trouble:

Here is an account of one of the first times I experienced the mind split effect and mental/visual feedback:

I had been meditating in my chair by the fire and returned to normal awareness as the rain started drumming on the roof. The weather was pretty wild and the wind was starting to shake the windows and doors. I looked at the clock, it was almost 3 AM. This was not unusual for me, as sometimes I will meditate all night. I felt well rested and full of energy and thought to myself "I've never projected in a storm before, I wonder what it's like?" Closing my eyes once again, I relaxed back into myself and soon projected out of my body, using the 'point shift' method, as given in Vol 1 of the Treatise. This method is very similar to the method given by T.Lobsang Rampa in his book 'You Forever'. While this method is more difficult than the Rope method, given in Vol 2, it is very effective and is the original method I learned when I first taught myself conscious exit projection. I have been projecting since the age of 4 or 5, but this was always spontaneous and I had little control of when I would project. I taught myself to project deliberately at the age of 21, and found Rampa's books a great help?

(As a side note: many people have claimed that Lobsang Rampa was discredited, that he was 'exposed' as being nothing more than an English plumber cum writer on metaphysics. But, if you read his first book 'The Third Eye' you'll see that he fully explained his circumstances, and how he came to be living in the body of an English Plumber. He claims to have swapped bodies with a suicidal English plumber who was about to kill himself - while his own Tibetan body lay dying of wounds. This feat was accomplished during an astral operation carried out by high ranking Tibetan masters (spirit masters) to preserve Rampa's unfinished life path,

while freeing the Plumber (with his full permission) who was at the exact end of his life. Personally, I found Rampa's books to be very good reading, and they contain a great deal of useful information on projection, clairvoyance, metaphysics, etc.)

Back to the projection: After exiting my body I moved through the wall and floated out into the rain drenched night. What a gloriously wet feeling that was. I could feel and taste the cool rain and blustering wind passing through me. The smell of rain and wetness was everywhere, seeming to fill me with a bright and happy energy. I floated up to the roof and sat on the chimney, looking out over the town. I felt a little bit like a very wet Mary Poppins. I watched the rain dancing over the roofs and streets, swirling through gutters and gurgling into drains. It seemed to have a friendly voice and rhythm all its own "drink me, splash me, gurgle me, slosh me." (It seemed funny at the time:)

While sitting on the roof, I felt my body stirring in room chair below me. This effect had often intrigued me and I decided to slide back through the roof and study it more closely.

As I passed through the roof I saw my body sitting in the chair, right where I had left it, but suddenly I became aware of also watching my projected double (from my perspective in the chair) sliding down through the ceiling - both at the same time! It was ME, sitting in the chair watching another ME floating down through the ceiling, but it was also ME floating in front of my chair some ten feet away - watching myself sitting in the chair. This was not only confusing, it started making me feel quite ill.

I had two sets of vision and two sets of thoughts, all at the same time and all joined together, it was fascinating. It also made a lot of sense. Just because the projected ME was outside its physical body, why should the physical ME have to stop thinking. Why would it be left (as is commonly believed today) as a mere empty shell during a projection? This raises the question of 'what' actually leaves the physical body during a projection?

The projected ME (real time double) moved about the room, observing my physical body in the chair - while it watched me back at the same time. I could still see the projected ME, even when my projected double was situated behind the physical ME. I could feel myself in the chair perfectly, as I tried to follow the movements of my projected double about the room. This took some very real effort, and it also took a lot of energy to move my projected double. It felt like I was moving through thick mud and I felt an enormous pressure building up inside both of ME.

I was existing in both my physical body as well as in my projected double - both at the 'same' time. I was fully awake (mentally) and aware and thinking inside both aspects of myself. Inside my physical body, my consciousness appeared to be actively centred in my etheric body, and this appeared to be how the physical ME was able to see the projected ME (real time sight - seeing through closed eyelids). I came to this conclusion because of the way I could move around 'inside' my physical body, and could even see behind myself without physically moving. My etheric body appeared to be, quite literally, able to turn around inside my physical body. This ability of the physical body to see through closed eyelids and from different perspectives is frequently described by projectors and trance meditators.

Note: The etheric body appears to be the very first level of subtle body, one stage up from the physical body. This appears to be so closely enmeshed within the physical body that it cannot normally leave its confines while it still lives. During the full trance state, as well as during the projection process, however, it appears to gain some limited freedom of movement. It will also often gain the ability to see into the real time zone, and sometimes even into the astral dimension, around it. The etheric body appears to be responsible for the ability to see through closed eyelids and covers, as is often reported by projectors near the exit stage of a projection.

My observations: the centre of waking consciousness appears to shift over 'into' the etheric body when the physical body enters the trance state and falls asleep. This is very like an internal projection, taking a 'reflection' of consciousness one step away from the physical body and mind, while still holding its original place within the confines of the physical body. This stage, I believe, is the very first level of the multi dimensional projection process, and is marked by the 'heaviness' experienced when the full trance state is entered, which is also the sign the physical body has fallen asleep.

This process makes a lot of sense and answers a lot of questions when projection case histories, plus the 'mechanics' and 'dynamics' of projection, are studied. It points to projection being a staggered process where consciousness is reflected one stage at a time away from the physical body and mind. Each stage becomes progressively more subtle and refined, while still maintaining firm telepathic and energetic links between each stage. Basically, this allows the projection of all the higher subtle bodies at the same time, while keeping a safe and unbreakable link between them and the physical body (the original hard copy).

Projection Stages:

The list below shows the physical body as (0) with the dream mind marked as (-1) below it, and the first four stages of higher subtle bodies above it.

4 = Mental body, and above.

3 = Astral body.

2 = Real time body.

1 = Etheric body.

0 = Physical body. (base line)

-1 = Dream mind

The Incredible Mind Split:

A projector's mind splits during any kind of OOB. One complete copy (original hard physical copy) staying at all times safely inside the physical body, capable of thinking and dreaming. A perfect thinking copy, containing full memories, both conscious and subconscious, 'reflects' into the extruded real time body. Each copy is capable of thinking and acting independently during an oobe if enough vital energy (vitality) is available. Neither copy may be aware of the other's continuing existence or awake state. This is the natural mind-split effect which always occurs, but is very seldom noticed, during sleep and all types of OOB. During a conscious exit projection, consciousness is first reflected into the etheric body. From the etheric body it is then reflected into the real time 'projectable' double when that body is generated. The real time double appears to be generated inside the combined physical/etheric bodies and does not appear to project outside the physical/etheric body until a copy of consciousness is transferred (reflected) into it.

Before the actual moment of projection, of the exit of the real time body out of the physical body, all potential copies of mind are closely enmeshed and held together safely inside the physical body. One full copy always stays inside the physical/etheric body and this (the original copy) appears to fall asleep and thus moves itself safely, but temporarily, out of the picture to allow the natural projection process to occur. The original copy of mind will begin dreaming at some point after it falls asleep.

If the original copy does not move itself out of the picture, the difficulty of projection increases dramatically, as with conscious exit projection where the mind is awake throughout the projection process. This last factor alone accounts for the sheer difficulty of conscious exit projection.

The dreaming mind of the physical body appears to account for the reality fluctuations commonly experienced shortly after the exit stage of a projection. This event may also be associated with the physical body's dream mind entering the REM sleep state (REM = Rapid Eye Movement) which is commonly associated with the dreaming state. The physical body's dreaming mind also appears to account for the hypnagogic imagery and visions experienced during the trance state and during the pre-projection state, or where the mind is held awake and balancing on the verge of sleep.

At the moment of separation, as the real time body projects free of the physical/etheric bodies, the mind appears to split or reflect a complete copy of itself into an 'exterior' subtle body. From this moment onwards both copies, one internal and one external, continuing to record their memories separately. Neither will usually be aware of the other's presence or existence, apart from the occasional vaguely shared feelings and remote perceptions of each other. The separateness of

the mind-split effect and memory recording will continue until reintegration occurs. Upon reintegration, or waking, only one set of memories will usually be retained, but sometimes a mixture will occur. This can be part dream, part physical/etheric and part OOBEE memories. The successful 'downloading' of projection memories strong enough to override physical/etheric body and dream memories for the same time period, strong enough to leave a lasting impression on the physical brain of a projector, appears to be the real key to successful and repeatable OOBEE. See my new book ["ASTRAL DYNAMICS"](#) Chapter 21 - Overcoming The Mind Split - for more detailed information on this.

Mind Split Effects:

It is fairly common for projector's to experience a perfect projection right up until the exit, where they feel all the vibrations, rapid heart beat, floating sensation, etc, and then it all just 'goes away'. This leaves the projector, usually energetically exhausted, often partially or fully paralysed, thinking they have simply failed the exit. What may often happen in cases like this are normal and successful OOBEE's, but where consciousness has remained awake and 'centred' in the 'physical/etheric' mind after the mind split of projection has occurred. The resulting memories retained after the experience, in cases like this, are thus from the physical/etheric side of the experience only.

The projected double, in many cases, simply stays out of it's body for too long, which allows the physical/etheric mind's to fall into a deep sleep. Once deep sleep occurs, the projected double becomes effectively locked out of it's physical/etheric body for the duration of sleep, or until waking occurs. (re why I recommend short projections) The projection side of this experience (the memory of it) has thus been totally lost, as if it never was. The physical/etheric mind (internal) side of the

experience has the only solid memories for the whole experience, and the projected double's memories have failed to make a strong enough impression on the physical brain to become 'memorable' after reintegration. Basically, the projection memories have failed to make the final 'wrinkle' in the physical brain after the projection.

Another mind-split also appears to occur between the real time double and the astral body. This begins to happen 'naturally' within several minutes of the start of an average real time projection, but can often occur within a few seconds. At some point during any real time projection reality will always begin to fluctuate. This appears to be the sign that the physical/etheric mind has begun dreaming. At this point the real time body usually begins to run low on energy (in most cases, apparently not having enough energy to maintain it's conscious integrity whilst the dream mind is active) and it thus starts shifting into the seemingly more easily maintained (but more dimensionally remote) astral vehicle in the astral dimension. Soon, the real time body will effectively fall asleep and will then be reeled in to hover, as if asleep, just above the sleeping physical body. It will remain there until the natural waking of the physical body and mind causes reintegration of all it's multi-dimensional aspects, thus ending the mind split.

Notes On Projection & Reintegration:

1. The sleep state, or trance state, is required for projection to occur.
2. Trance = body asleep + mind awake.
3. The waking state is required for reintegration to occur.
4. The only exception to the above is the in-between trance state, where the body is asleep but the mind is fully awake.
5. Deep sleep prohibits reintegration of physical/etheric and projected doubles.

I know this may all sound a little complex, but it sheds a great deal of light on many of the seemingly mysterious difficulties which can beset a projector. It also explains why projections are so time limited and difficult to maintain, let alone remember in detail. All through my research and studies, in the incredibly complex field of theoretical metaphysics, I have found that the further I get from the relatively normal reality of the physical dimension the more outrageously complicated everything becomes. There is nothing simple about the mechanics and dynamics of projection, far from it, but it can be understood if the lower levels of projection are studied, ie, etheric and real time bodies. If the principals this yields are then applied to the higher aspects of projection, and even dreaming, a few precious constant factors appear. This methodology may not solve all problems, nor answer all questions, but it at least provides some kind of a logical and understandable framework to work in.

Purpose Of Mind Split:

The mind split is, I believe, an integral part of the workings of Universal Law, where the mind splits and reflects itself into many different parts, levels and aspects, each belonging to a different dimensional level. During the full multi-mind-split process, the highest level (highest subtle body) appears to be drawn into the centre of the universe, into the Source of all consciousness, by what I have called the Akashic Pulse. There, the influential and conditional energies (consciousness seeds), contained within each individual energy egg (each person) are processed and updated according to Universal Law. These are adjusted according to past and current thoughts and actions, and as further modified by Karmic Law.

These seeds affect and influence us all profoundly. They cause the attraction and repulsion effect, all our likes and dislikes and natural tendencies, which are the visible workings of Universal Law in the physical dimension. Universal Law is that which attempts to guide us all along our individual life's paths, towards predetermined but eminently variable goals (variable according to laws of free will and individual choices).

An important aspect of the mind split, to many people, is the way it shows how the physical body and its mind are 'never' 'ever' left empty and unguarded during sleep or any type of out of body experience or projection. They are thus never exposed to being entered, molested, possessed or interfered with by any other projector, or by any type of inorganic being, entity or demon. A conscious exit projector's physical body and mind are, according to my research, far more projected than they are during the full waking state - where natural non-physical senses become somewhat dulled or inactive.

During an OOB, the projector's energy body appears to expand and create a very sensitive perimeter, a kind of expanded energy cocoon around itself. This appears to extend in all directions for approximately 20 feet (6 metres) often filling or overflowing from the room around the projector's physical body. This sensitive energy perimeter acts something like an early warning system. If it is breached by another 'awake' person, another projector, or any other type of energy being or entity, and a negative reaction occurs, it will instantly snap shut and reel back the projector for immediate reintegration and the return of full waking consciousness.

This early warning system appears to be particularly sensitive during any type of conscious OOB, where the projected double is fully aware it is out of its body. It seems, however, to become slightly less sensitive to 'real' awake people once the

physical body and mind have fallen into a deep sleep. It will, however, always react violently and instantly if touched by anything which causes a negative reaction in it's perimeter field.

Note: See my book "[Astral Dynamics](#)" Part 5 - The Akashic Connection - for more detailed information on the higher aspects of the mind split, the workings of Universal Law and of the Akashic Pulse.

ULTRA Short OOB:

One of the most important things to do after a successful exit, especially the first few times, is to keep the projection ultra short. Ten seconds out and then get straight back into the physical body. Please trust me on this. Ten seconds of REAL out of body experience with a fully conscious exit and reentry, are worth a thousand all nighters that are forgotten! An ultra short oobe is, in most cases, the 'major' contributing factor to a successful first time conscious exit projection.

Once again, if a projector stays out too long, especially a novice projector, and their physical/etheric body falls into a deep sleep, the projected double will not usually be able to reanimate it's physical body and mind when it returns. It can thus become locked out for the duration of the projection, or until natural waking occurs. Projection requires the physical body to fall asleep, and the reverse applies, with reintegration requiring the physical body to wake up. If the physical body and mind fall into a deep sleep, sometimes even a good shaking will fail to wake them. The slight energy rush caused by reentry can thus also fail to awaken a deeply sleeping, and possibly dreaming, physical body and mind.

Projected Double Contact:

One way of cementing projection memories is to make contact with yourself during an OOB. Keeping in mind the nature of the mind split, agree with yourself to try and make contact from both sides of the projection, from both physical and projected sides. Some degree of real time sight (seeing through closed eyelids in physical body) is required for this. Agree for your projected double to be in a particular place, say the foot of the bed, and that it will look and think at where your physical head is, or should be. Do this even if the physical or projected double cannot clearly see its counterpart - which often happens on both sides. Often only a vague ghostly shape is seen, or a depression in the bed. The physical body should trust its projected double will be doing this and should try to do the same, by thinking and concentrating and 'feeling' for where it's projected double is 'supposed' to be. Once contact is made, memories will flood both ways and will become cemented - making a strong and lasting impression upon the physical brain. After the initial contact, the projected double should move away quickly to avoid nauseating mental/visual feedback problems. This connection and memory downloading process, if successful, can allow the duration of real time projections to be dramatically extended. The projected double can periodically return to it's physical counterpart and download (top up) it's projection memories. If this is done, I suggest no more than a few minutes interval between each memory download. The projected double should also reenter it's physical body the moment it detects signs it is tiring, or the moment it begins experiencing reality fluctuations - which is a sure sign the dream mind is becoming active, which indicates the physical mind is falling asleep.

Energy Raising During OOB:

To increase out of body vitality and capability it is important to have enough energy flowing from the physical/etheric bodies to the projected double. This is best done by the projected double while it is out of body. It must reach out and 'feel' itself sucking energy into itself, feeling energy rushing into it from it's physical body. This out of body awareness action appears to create a strong energy demand in the projected double, which causes an increased flow of energy from the physical/etheric body to meet this demand. The increase in the clarity and ability this can cause during a projection can be quite amazing, and happens very quickly. This technique is especially useful if you have projection vision problems or blindness. Everything will noticeably brighten and light will be seen all around the projector, lighting up the darkness and following them about wherever you go. This technique can be used with great effect to solve or ease most common projected double related weakness problems, visual or otherwise.

Improved Relaxation Technique

Note: This new set of 'improved' and 'simplified' deep physical relaxation exercises are to replace those in the original Treatise.

The first big hurdle you need to overcome is deep physical relaxation. With the thousands of letters I have had from people having problems achieving OOB - one problem area stands way out, DEEP PHYSICAL RELAXATION. Everyone seems to rush through learning this, most important of skills, to get on with the more interesting stuff, like the projection attempt itself. But, as with any type of metaphysical development (metaphysical = mind science) any skill not thoroughly

learned will eventually stop the aspirant cold, forcing them right back to the beginning to learn it properly before they can proceed.

More time must be spent learning the skill of totally relaxing your physical body than with any other skill - it is THAT important. Relaxation is a progressive skill that can be learned and improved with time and practise. The biggest problem with deep physical relaxation, in the early stages, is that it takes so long that if done properly as part of a projection attempt the projector can become mentally exhausted or bored. This can ruin a projection attempt as the projector may then have little energy or enthusiasm for the exit. If this becomes a problem, I suggest deep physical relaxation be learned and practiced regularly but 'separately' from projection attempts, until such time as the projector can attain deep physical relaxation fairly quickly.

A deep level of physical relaxation is absolutely necessary to consciously project your astral body. This is quite easy to achieve, though, if you go about it in the right way and practice regularly.

Deep physical relaxation plus a clear mind = Trance State

The trance state is achieved when the physical body goes to sleep while the mind stays awake and in control of itself. A conscious exit projector needs to be able to attain some level of the trance state before they can successfully project out of their body. Deep physical relaxation leads to and naturally brings about the trance state. The trance state is entered automatically once the physical body enters a deeply enough relaxed state.

***Important Note:** Just as sleep is possible without deep physical relaxation, so is the trance state. It is quite easy to fall asleep and even enter the trance state while stressed and full of tension, relying on physical/mental tiredness to overcome lack of relaxation and trance ability. Just because you feel the sensations of trance (ie, heavy body feeling) it does not mean you have attained deep physical relaxation. Many people do this and think they have found a handy short cut, only to find conscious exit projection virtually impossible. Most people, in this case, will fail right on the exit, because their physical body is too tense.

The above is also why sleeping for a few hours first, then waking for a projection attempt, works better for most people who lack relaxation and trance ability. The body has time (sleep) to overcome it's sleep deficit and physical tension. This makes projection much easier and is a good way to get early results with conscious exit projection.

Physical relaxation:

Seating:

I suggest sitting in a comfortable arm chair, with good arm and neck support, and a pillow under your feet. The pillow is necessary because when relaxed to a deep level, supporting muscles in the feet will tend to relax and can cause some discomfort. If an arm chair is not available, use a high backed dining chair. It is possible to use a bed, but falling asleep can be a big problem. If a bed must be used, I suggest laying on the back (never the side) with hands and forearms held vertically above the head, with elbows resting comfortably on the bed. Adjust and vary this position slightly for comfort. This position will reduce the likelihood of falling asleep.

Dress:

Wear loose, comfortable clothing and bare feet (or loose socks) depending on the local temperature. Tight clothing and shoes will cause discomfort with deep relaxation, and will also restrict the flow of blood and energy.

Posture:

Good posture helps a great deal with deep relaxation. Do not slump in the chair. If good posture is used the body will be well balanced. Then, when a deep level of relaxation is achieved, the body will stay well balanced and will experience no distracting discomfort. If posture is not good when relaxing deeply, muscles will relax and the body will sag, causing discomfort in the spine and joints, which will interfere with the level of relaxation attained. Put a pillow behind the lower back and one behind the neck, if necessary, to make sure the body is not sagging.

Tensing and relaxing muscle groups:

I have kept the relaxation exercises as simple as possible. All that is required is to progressively tense and relax opposing groups of muscles. If you already know a full body relaxation discipline, stick with it or adapt it to this one, making sure all muscle groups are covered.

- **Full body stretch:** Stretch your arms and legs, really stretch, as if you were very tired, and take several long, slow, deep breaths.
- **Feet and calves:** Lift up your toes and tense both feet and both calves at the same time - and then relax them. Curl up your toes and repeat.
- **Knees and Thighs:** Tense both your thighs, knees and calves at the same time - then relax them. Press down with your heels and tense thighs, calves and feet, then relax them.

- **Hips, buttocks and groin:** Push your buttocks backwards, tense and relax. Push hips forward, tense and relax.
- **Stomach and lower back:** Push out your stomach and tense up all stomach muscles, tense and relax. Suck in your stomach and tense lower back and buttocks, tense and relax.
- **Chest and upper back:** Arch shoulders and suck in chest and tense all upper back muscles, tense and relax. Push shoulders back and push out chest and tense all muscles, tense and relax.
- **Arms:** Tense your shoulders, arms and hands, making fists. Pump your arms, bringing fists to shoulders a few times, tense and relax.
- **Neck:** Arch neck forward and place chin on chest and tense all muscles, tense and relax. Push head way back and push chin up high, tense throat and jaw muscles, tense and relax.
- **Jaw, face and head:** Move head back, open mouth wide and screw up face, tensing all muscles in your head, tense and relax. Smile widely while screwing up face, tensing all facial muscles, tense and relax. Frown deeply while screwing up face, tense all facial muscles, tense and relax.
- **Full body stretch:** Give yourself a full body stretch, trying to arch and tense as much of your body as you can, tense and relax.
- Repeat the above process until you feel you have relaxed your body as much as possible. Each time you do this, pay particular attention to the relaxation part - letting your muscles droop and totally relax after tensing them.
- This will get progressively easier to do the more often you do it. In time, you will be able to relax your entire body simply by waving your awareness, your mental hands, over it.

MBA Massage:

- The head and neck areas are the most difficult of all body parts to relax, as inner tension affects them greatly. Use awareness actions to massage them. 'Feel' your 'awareness hands' deeply massaging your neck and head, as if someone were actually massaging them. Use your memory to recreate the required awareness actions. Feel your 'hands' penetrating deep within the muscles and tendons in your head and neck and 'feel' all the tension leaving your body.
- Move your awareness throughout your body, searching for any tense areas. If you find any, massage them away until your body is totally relaxed.

Also see ['The Nature of the Mind Split Effect' \(article\)](#)

Part 8

Robert Bruce

Waking Paralysis:

Some degree of physical paralysis is a sure sign an OOB is IN PROGRESS. It shows the mind split, in some form, has already occurred. The physical body has varying degrees of difficulty animating itself when the mind split effect is active. Even though they may not be aware a projection is in progress, a projector's physical/etheric body may feel total physical paralysis, or some degree of lethargy and heaviness and disorientation in their physical body. The degree of this depends greatly upon the strength of the projection and how much energy is being used to maintain it. Strong sensations like these point to an OOB being in progress.

The degree of paralysis shows the 'strength' of the projection. A full powered Real Time OOB will cause total physical paralysis (full waking paralysis) while a lighter level of projection can still allow the projector's physical body to stumble to the bathroom - albeit mumbling incoherently and feeling like they are walking on pillows, body fairly numb and fuzzy - but ambulatory all the same.

Waking paralysis (often called sleep paralysis) will also occur where the real time body has been generated 'inside' the physical/etheric body, but actual separation or full projection from the physical/etheric bodies has not occurred. This means a partial projection has occurred, albeit internally, and is causing some degree of waking paralysis. The real time 'projectable double' in this case has not projected completely free of its physical body. If this is suspected, the projector should relax

and let it happen, or use a projection technique like rope. A full projection can then occur if it has not already happened.

Note: Many people are plagued by waking paralysis, and it can indeed be a terrifying experience, capable of causing psychological damage. Waking paralysis can best be broken by concentrating on a single big toe and trying hard to move it. Concentrate 'everything' on moving that big toe. Once this moves, even a tiny bit, full physical movement will be instantly restored.

Unwanted Vibrations & Projection Symptoms:

Frequent bouts of vibrations, waking paralysis and other projection related symptoms are a big problem for some people. Many people do not like these sensations and some can be absolutely terrified by them. Because of this, many people avoid sleep as a way of avoiding the projection symptoms, or other projection related problems, like bad oobe experiences or nightmares. This is the very worse thing they could do as this will have the reverse effect, and will greatly worsen the condition.

1. Lack of sleep causes overtiredness which encourages projection symptoms.
2. Sleeping flat on back encourages projection symptoms.
3. Hunger raises vibrations and encourages projection symptoms.

Lack of sleep can also cause a loss of appetite which can further aggravate this debilitating condition. Together with disturbing energy sensations and bad OOBEE experiences, this can set up a psychological reflex and a physical condition which can progressively worsen the longer it is allowed to continue.

The very first thing to address in cases like this is the lack of sleep, which is the 'root' cause of the whole problem. I strongly suggest sufferers of this condition seek medical advice 'urgently' and to ask for a strong enough sleeping medication which will promote long lasting and dreamless sleep. (I suggest people tell their doctor they are suffering from insomnia caused by bad dreams - which is partly true - to save lengthy explanations) Once the sleep deficit is overcome and normal sleep patterns return to normal, appetite will return and the projection related symptoms will quickly cease. Keep in mind here that the medication must be taken regularly (as per medical advice) until the sleep deficit is completely overcome before the medication can be stopped, or the problem may reoccur.

If the use of medication is not possible, I suggest getting up early in the morning and undertaking more physical exercise than usual. This will 'naturally' tire out the physical body, making for easier and heavier sleep. This type of natural tiredness is quite different from 'overtiredness' caused by a sleep deficit that has been built up over a long time. The biggest problem with waking paralysis and OBE exit symptoms is that these 'wake up' the physical body and mind. Therefore, if the physical body and mind are 'naturally' very tired, they will not wake so easily, and waking paralysis and etc will be slept through, instead of them disturbing sleep and causing fear episodes, etc.

Heavy Exit Sensations:

Heavy exit sensations, including the famous vibrations, are simply energy movement sensations. The strength of these, however, appears to be caused by the attempt to shift the centre of 'waking' consciousness 'outside' the bounds of the physical body, along with the real time body as it projects. This forces a reflection of 'waking' consciousness to go with the projecting double as it projects 'outside'

the physical body. This throws a spanner into the normal 'sleep projection' mechanism, and causes a type of teeth rattling bio-energetic jarring to occur in the physical/etheric body as it tries to accommodate the unusual demand placed upon it. Normally, this shift of reflected consciousness would follow the real time body, outside the bounds of the physical body, naturally, while falling asleep. This causes far lighter and less noticeable energy movement sensations - ie, not enough to disturb the 'falling asleep' process. It is the presence of 'awake' consciousness during the projection process which causes all the problems. It seems that maintaining two awake and active copies of consciousness, both interior and exterior, requires a great deal more energy flow than nature generally provides for, and this in itself appears to be the real cause of heavy exit sensations. This is, in other words, a true complication of consciousness, of spirit incarnation into a bio-energetic vehicle

I know this may sound like the same thing - a natural shift of 'falling asleep' consciousness out of body, as when compared with a deliberate shift of 'awake' consciousness out of body - but there is a vast difference in the energy requirements and resulting sensations for each. When a projector succeeds in shifting their centre of awareness strongly enough along 'with' their projecting double, there is also much more likelihood of them retaining their OOBEE memories after reentry and reintegration - when they wake up. Heavy exit sensations quickly reduce after the first few conscious exit projections, through forced bio-energetic development. The energy body progressively becomes used to the conscious exit process, and steadily adapts and develops in response to further awake OBE attempts, to provide for and handle the required energies.

Torso Energy Surge:

Many projections are ruined by a surge of energy in the torso, as energy flows through the legs and lower primary centres, through the navel and solar plexus to the heart and higher centres. This feels very much like the 'falling' sensation you get occasionally while drifting off to sleep. This feeling makes you catch at the sides of the bed, as if to stop yourself from falling. All these sensations are caused by a surge of emotional type energy through the energy body and heart centre, as the real time double is generated and the projection out of body begins.

This sensation is so strong in some people it leaves them breathless and wide awake, thus breaking the delicate relaxed state necessary for conscious exit oobe. This can be an infuriating problem. The torso energy surge often contains a great deal of emotional, nervous and adrenalin affecting energies as massive amounts of energy move through the lower primary centres into and through the heart centre. This can be felt in much the same way as any emotional surging type of body-rush would be felt...like a huge wave of excitement, much like you may feel if you suddenly won a million dollars, or like the feelings caused by riding roller coaster or bungee-jumping.

Sexual arousal is, also, not uncommonly related to this type of energy surge, as there is a primary energy centre (major chakra) situated directly over the genitals. (This centre is not mentioned in the Treatise, but is dealt with in my book "[Astral Dynamics](#)" under the Core Skills & Energy section) A strong upwards energy rush of energy will thus often involve this genital centre, to a greater or lesser extent, depending upon the energy makeup of the projector. Arousal usually breaks the delicately balanced state required for conscious exit oobe.

Lying prone on the back seems to intensify the torso energy surge problem. One way of easing this problem is to experiment with other resting/projection positions, to find one where the sensations are weaker or less distracting. These sensations are generally weaker when lying on your side or when sitting semi-upright. Lying fully on your side, however, tends to promote lucid dreams rather than OOBES.

This energy surge is, basically, caused by massive energy movement through the energy body and its primary centres (major chakras). Heavy energy movement sensations are caused by energy blockages in energy structures not accustomed to conscious exit projection. The heavier the sensations the stronger will be the energy blockages causing them. When the energy body is unused to heavy primary centre energy movement, and the projector is awake, these sensations can severely disrupt projection attempts. The only way to solve this particular problem appears to be regular meditation, relaxation, trance & energy work, which promotes energy body development. This is best done separately from actual projection attempts. These exercises should be continued until energy centres and their connecting pathways grow strong enough to handle the stronger energy movements which happen during a conscious exit oobe.

Lost Focus During The Exit:

A common cause of failed projection appears to be a failure to shift the 'centre' of consciousness out of the physical body along 'with' the real time double as it projects free of the physical body. It is extremely important a projector keep their mind clear and focused on the action and sensation of leaving their physical body, to go with it, and not to lose touch with what is happening. Heavy exit sensations can make this difficult, I know, but they must be 'totally' ignored. Stay focused on the projection and where the centre of consciousness is going. If concentration

slips at the wrong time, the real time body can project out, without a strong centre of waking consciousness. A reflection of mind will still transfer into the projecting real time double, but the projector's strongest centre of consciousness will, in effect, remain behind locked inside the physical/etheric body. This copy will be, in effect, left behind, feeling some degree of paralysis and weakness, thinking it has failed the projection completely, and will usually fall asleep shortly afterwards. In this case, strong memories are created in the physical brain, for the same time period as the projection. The projected double's memories can thus have trouble overwriting these upon reintegration. The whole idea, with this aspect of projection, is to make the 'projection' memories the strongest and most memorable memories for the same time period.

The above is a complication of the mind split effect which causes enormous problems for projectors. It goes a long way to explaining what may have occurred when (as happens to many people) everything goes fine right up until the exit stage, with all the right sensations: vibrations, rapid heartbeat, falling or floating sensation, etc, and then everything just stops. It just goes away, leaving the almost-projector lying there wondering what happened and why they failed. Most people this happens to also feel exhausted, or partially or fully paralysed, after their seemingly failed projection attempt and soon fall into a deep sleep. The projection, in this case, will proceed without them, being centred in their projected double, without them being aware they have succeeded. In most cases, no memory of the successful projection will be evident upon waking.

FEAR has many colours:

1. Fear of heavy projection exit sensations.
2. Fear of the unknown out of body environment.
3. Religion instilled worry/fear of doing the wrong thing.

Fear has many subtle forms. All of these can be progressively overcome by understanding the mechanics and dynamics of OOBEE and by experiencing the projected state at first hand. Projection out of body requires some bravery and fear is one of the first natural barriers faced by all new projectors standing on the threshold of a conscious exit projection. Fear is a natural barrier, apparently designed to stop people projecting until they are psychologically ready to operate out of their bodies.

"True bravery is not the ability to feel no fear, but is the ability to control fear whilst continuing to function in a reasonably normal fashion." (RB)

During an oobe, a projector is virtually invulnerable and can pass through solid matter, sit on ground zero during an atomic blast, or even to bask within the heart of a supernova unscathed. The only thing to fear while out of body is 'fear' itself. Nothing else can directly hurt a projector and nothing can get at their physical body and mind during a conscious projection. While it is fairly rare to come across anything nasty or negative during a projection, any troublesome entity a projector might stumble across cannot, therefore, directly harm them. They can, however, show themselves as a form designed to scare the daylights out of a projector, and this can cause psychologically damage. This can also result in a subconscious fear of OOBEE. It can cause an instinctive, negative baulking type of reaction which can ruin every conscious exit. This can stop a projector from enjoying conscious

OOBE for the remainder of their life, unless they can program themselves to overcome it. If this is already the case, I suggest a course of affirmations and self hypnosis be used to overcome it.

Fear Of OOBE Exit Sensations:

Fear of OOBE exit sensations is the very first of the natural barriers to conscious exit oobe needed to overcome. This is not easy and can take a lot of control, as well as a lot of faith that the heavy physical sensations of early conscious projections will not actually hurt you. The sensations can be 'extremely' physical and violent, especially during the first few conscious exit attempts, but will always progressively reduce during subsequent projections.

The physical heartbeat is 'not' actually increased by a conscious exit projection attempt. It is not 'caused' to physically race by the OOBE attempt - although it will often definitely 'feel' like it is racing so fast it seems about to explode. This racing sensation is the heart chakra (primary centre) working overtime to provide the energy needed to generate and project the Real Time vehicle. The difficulty here is, again, caused by the real time body attempting to take an 'awake' copy of consciousness out of body. This is something quite different from natural sleep projection, and therefore can cause some rather extreme energy movement sensations, which are often felt as extremely physical sensations.

The heart may, indeed, increase in speed when the heart chakra becomes fully active 'if' the projector becomes frightened. Fear and panic can cause further sensations by way of an 'actual' rapid heartbeat, shortness of breath, vertigo, nausea, cramps and pain, etc. The best way to get over this is to concentrate everything on climbing ROPE and getting out of body as 'quickly' as possible -

while totally ignoring the racing heart sensation and heavy bodily vibrations. The sooner the projector gets out of their body the sooner these will stop. The heavy physical sensations can, to a great extent, be reduced by regular meditation and energy work, which progressively develops the energy body, enabling it to provide and deal with the energies required for conscious exit projection. A smooth and rapid exit from the physical body is, however, the very best way of overcoming this.

Please note that 'not' everybody experiences heavy exit sensations, but it is far better to be prepared for a worst case scenario than to be caught by surprise and scared out of a perfectly good projection. Heavy exit sensations, on their own, can also cause psychological scarring and make each future projection attempt even more difficult to achieve. This is like how you might wince by instinctive reflex action while brushing a once sensitive tooth, even long after it has been repaired and no pain will be felt.

Fear Of The Unknown Out Of Body Environment:

Fear of the out of body environment itself is not easy to get over. This is simply caused by fear of the unknown and most people get some degree of this the first few times they get out. This type of fear seems related to the natural fear of the dark which all children have to grow out of. This type of fear goes away gradually, as you become accustomed to projection sensations and the out of body environment through progressive personal experience. A new projector must be brave and control and ignore this fear, if only for a short time. Even if they still feel strong feelings of fear, they can and must ignore these and go on with their OOBE attempt. Once they get out of body, they'll have overcome the first great barrier to OOBE and fear levels will be greatly reduced the next time they get out. Becoming

progressively more and more familiar with the out of body environment, through multiple projections, is of the best ways of overcoming this type of fear.

Getting out, if only briefly and for the very first time, is the most important goal for any new projector. This will make the out of body environment much more real and it will make it even more achievable next time. Even if a projector only manages the conscious exit a couple of times, the memory and 'reality' of OOBEE will be forever instilled into them by those experiences. The knowledge that they can exist apart from their physical body and remain intact, alive and functioning, will remain with them forever. This, on it's own, can also greatly help to reduce the fear of personal death, and even the pain of grief felt when a loved one is lost. OOBEE provides very attainable first hand experience of what it will be like to die. What is death if not the final projection out of body? If OOBEE has been experienced, therefore, they are not going to some strange place or having some totally unknown experience, ie, death. They are only repeating (albeit with slightly more finality) something they have already experienced before.

Projecting during daylight hours is the very best way to quickly overcome fear of the out of body environment. There is 'nothing' scary about flying around out of body on a bright sunny day. It's an enormously enjoyable experience, to say the very least. Have you every wondered what it would be like to fly like Superman? And, if you worry about meeting something scary: I have never seen or heard of any type of negative or troublesome entity, not even the simple mischievous types, operating out in the open in full sunlight. While it is possible to come across some things inside a building, the chances of meeting something scary are extremely remote if, after the exit, the projector immediately heads outside into the open and into the full sunlight. The action of doing this quickly, immediately after the exit,

may also throw a projector straight into the astral planes, again greatly reducing the likelihood of meeting anything scary.

Religion Instilled Worry/Fear:

Many people worry they are breaking God's laws, or infringing upon something in the Bible, by having OBE's. There are NO direct Biblical references which directly state projection is wrong, evil or even advising against it. In fact, there are many references within the bible that mention OBE, ie, if memory serves me, St Paul speaks on this, when telling of one man's mystical experience: "whether in or out of his body I cannot tell".

If it's not written in the Holy Bible then it 'must' be evil is another common flame against OBE. However, the majority of the technological accomplishments of the modern world are also 'not' in the Bible. This does not make them evil in any way.

OBE is witchcraft, as witches are known to have OBE's, and they therefore must be evil is another popular flame against OBE. Well, this is like saying that air travel is evil, simply because Hitler was known to fly in aircraft, or that the night is evil, simply because witches are generally more active at night, or that explosives are evil, simply because some people make bombs out of them to hurt people with.

My way of seeing this is: God created the heavens and the universe and everything within them. His creation is perfect and nothing has been overlooked, down to the smallest atom. God also created the integrated physical and energetic subtle bodies within man, and unseen inside His design lays the potential for the natural multi-dimensional mind split effect, which occurs to 'everyone' whenever they sleep. The ability to have conscious out of body experiences is a 'natural' ability and, even though many people find it difficult to accomplish, everyone has the potential for

this ability. I think, if God did not want people to have OOBES, He would have designed us a little differently, and made projection impossible? To think otherwise is to claim that God made a mistake, which is to say God is fallible, which is definitely irreligious and probably goes against all known religious and Biblical laws. My life experience leads me to sincerely believe that God is wise and that HE never ever makes mistakes.

Calling For Help:

It is possible to call for help from another projector when attempting to project, or to call someone to meet you when you get out of body. Once you hit the trance state, or feel heavy and are close to falling asleep, mentally call out the person's name several times, as loudly (mentally) as you can. If they are out of body they will definitely hear you, no matter where they are or how far away they might be, and will be drawn to come visit you. If this person is experienced, they may be able to help you out of your body.

Another projector, although they may be able to help in other ways, will not, however, be able to actually 'pull' another projector out of their body. Any attempt to do so will be perceived by the projector as a psychic/energy body attack (very unpleasant cold shivers, etc) which will tend to break their delicately balanced 'projectable' state. A projector can best help another projector by waiting for the natural projection (sleep projection) to take place and then making them aware they are projecting, helping them to remember it. Good advice at this time would be for them to dive back into their physical body shouting "I did it!" to help them cement their oobe memories.

Often, when a natural projection occurs, the real time body will drift slowly out of its physical body and hover just above it, mimicking its sleeping position. The real time projector in this state is asleep, just as its physical body and mind are. A helpful projector can best help them attain an OOB by gently waking the sleeping projector's real time body and urging them to reenter their physical body before it falls too deeply asleep. If this has already happened, a joint projection can then proceed. In this case, I suggest the novice projector periodically returns to their physical body and keeps a close eye on the time. They can then make sure they are hovering nearby and ready to dive back into their physical body shouting "I did it!" the moment the alarm clock starts to go off, when they feel the first tugs from the physical body as it begins reeling them in for reintegration.

Spirits:

Personally, I do not advise projectors call out to 'unknown' spirits or 'unknown' guides to help them project, unless they know 'exactly' who or what they are calling, and can verify their credentials as to exactly who and what they are. Calling blindly for any help from anywhere carries a high risk of attracting the unwanted attention of undesirable astral wildlife and mischievous spirit entities. Most types of intelligent astral wildlife and spirit entities appear to require some kind of 'permission' before they can interfere with a living person's life. Calling blindly for help can provide an entity with all the 'permission' it needs, albeit obtusely. And, once permission is given in cases like this, it cannot so simply or easily be revoked. It is, I believe, a very unsafe practice indeed, to deliberately solicit the help of unknown spirit entities, as any type of open invite or request for help may invite a negative entity to trouble you instead. Calling upon Angels, however, does not carry the same cautions as does blindly calling upon unknown spirits.

Prayers to God (in whatever form or name you believe in) asking for His protection and help, however, are 'highly' recommended and do not carry this same risk. I thoroughly recommend a prayer for protection be 'sincerely' said before any projection, even just a few words, regardless of belief or religion - or even the lack of it. Prayers are most effective when said from a deeply relaxed 'quiet' mental state; ie, from in the trance state.

If a spirit of some kind does manifest during an OBE, and the projector is not sure if they are genuine or not, a simple test is to ask it to go away and leave you alone, and to return at another time, when called upon. Any good spirit will obey this request, and will return another time when called upon. If a spirit does not leave, or argues against this request, saying it knows better than you what's good for you, etc, then its a pretty safe bet this spirit is not who they say they are.

There are certain skills necessary to be learned by any projector wishing to OOBEE at will. There are 'no' safe shortcuts to projection. The difficulties associated with conscious exit OOBEE are best thought of as natural barriers, barriers which are there for a 'reason' and which are therefore unwise to avoid. If there is a friendly spirit or guide associated or interested in the progress of a projector, and they are interested in helping, they will know 'exactly' what the projector is doing and 'when' they are doing it. If they are willing and able to help with them learning projection, they will do so, without any request from the projector.

The difficulties of conscious exit OOBEE are 'natural' barriers and it is unwise to avoid the lessons these hold and the skills that can be gained in overcoming them. These skills: deep physical relaxation, clearing the mind, concentration, trance, bodily awareness actions, energy raising and the ability to overcome fear, are necessary requirements for successful and safe out of body operations. In a

nutshell, if you cannot make it out of your body under your own steam, you should not be projecting at that time. This does not, however, mean you should not keep trying, as once the necessary skills are learned, and you have fulfilled the requirements for OBE operations, you will have passed the first natural barrier and will be ready to take your first steps out of your body.

Physical Body's Eyes:

While this may appear obvious to many people, I have had a lot of queries over this matter. The physical body's eyes must remain closed at all times during a projection attempt. (you wouldn't believe how many times I've been asked about this:) Real Time and/or Astral sight will enable by itself during or just prior to a conscious projection exit. If a projection is too dark or the projector feels they are blind, I suggest they use the out of body energy raising techniques, as given earlier. It is also possible to create light by visualisation, by visualising a torch or lamp, etc. Many people find they simply have to ask for their sight when out of body and they get it straight away. Another way to overcome darkness is to visualise a well lit destination and use the instant travel method to project there.

REM (Rapid Eye Movement)

Rapid Eye Movement, commonly called the 'REM' state, often happens during an oobe attempt - often, but not always. This is a natural event triggered by the trance state when the physical body is very tired - when the physical body falls into a deeper sleep than is actually required, but with the mind still being held awake. The REM condition signposts the ideal time to have a lucid dream, as this indicates the dream mind is becoming active. If fear or other difficulties make OOBE difficult I suggest the projector focus on having a lucid dream at this time, as this

will give some type of related out of body experience which will help prepare them for a full blown conscious exit OOBEE later on. At this time a 'conscious' lucid dream becomes a viable alternative to a conscious OOBEE, especially if REM activity is disturbing and breaking the concentration of the projector. Keep in mind here that a lucid dream can be converted into a Real Time or astral projection if the projector focuses on and 'feels' for their body. They will then either project back to their body, or near to it, and a full OOBEE can continue, or is then much easier to attain.

LD Note: A good way to attain a lucid dream, if lying down when the REM state hits, is for the projector to stop the OOBEE attempt, staying relaxed and turning on their side (not their back) and to imagine a department store setting while allowing themselves to sink gently into sleep. If all goes well, they'll slip directly into a lucid dream with no apparent break in consciousness.

Closing Energy Centres?

Author's Note This section contradicts, corrects and replaces an earlier section in the original Treatise - on closing primary energy centres after using them. The reason for this contradiction is simply that my continuing research has led to an increased understanding of the energy body and how it works - with experience teaching me otherwise in this case:)

After any type of energy work it is, traditionally, believed to be important to close all energy centres that have been stimulated or opened. While this idea appears to have some merit on the surface, I have come to the conclusion it is a completely illogical practice. No localised awareness action or visualised action can cause an energy centre (chakra) to deactivate or close. This applies to any type of energy

centre, secondary or primary. Experience tells me that no matter how an awareness action is performed at the site of an energy centre it will 'always' cause stimulation. It is a mistake to think that any awareness or visualised action can succeed at closing or deactivating an energy centre. This is a little like fanning a spark (inactive energy centre) into a flame with an stimulation action (making the spark an 'active' energy centre) and then trying to make that same flame go out by blowing up on it from a different direction. However it is done, it will continue to fan the flame.

Consider this: Most popular chakra opening methods involve visualising a small door or pair of curtains opening over the site of a chakra. Once this is done that chakra is deemed to have been 'opened'. This method is then simply reversed to 'close' that chakra at the end of the session. Once these doors have been visualised as closing, the chakras are deemed to have been 'closed'.

Primary chakras are complex non-physical 'vortexes' of energy, each with a great many functions, about the size of the palm of your hand. If you look at just how a visualised 'little door' opening technique like this would affect a powerful energy structure like this, it becomes fairly obvious that a reversed action of 'closing' a simple little door would have little or no effect. It would also not affect it in the desired way. If you understand how bodily awareness and Tactile Imaging works, as per the Treatise, it becomes clear this reasoning is somewhat faulty. Both opening and closing methods involve a visualised or bodily awareness action at the site of a major chakra. Both opening and closing actions will, therefore, each cause some degree of stimulation. Primary energy centres can not be likened to simple mechanical devices that can be switched off or closed by any such visualisation or awareness action.

Energy centres are, I think I have shown, not simply little doorways that can be opened and shut with good intentions and a little visualisation. Some people may dispute this, as energy centres are 'traditionally' supposed to be closed after use; as per popular new-age type theories and literature on this subject. Be that as it may, my logic is sound and based on repeatable experiments, and energy centres simply 'cannot' be deactivated or 'closed' in this way. If a person thinks they have succeeded at doing this, they will find this is merely a coincidence, and that the energy centres in question were deactivating on their own anyway. In most cases, primary energy centres will begin deactivating very quickly from the moment relaxation discipline is broken, when physical body movement and normal levels of mental activity are restored.

Reversing the energy 'raising' action and taking energy down through the legs (not through primary centres) however, does help reduce activity in primary energy centres. This reversed energy raising action does not involve any type of direct chakra stimulation and will reduce the amount of energy flowing into the energy body, especially through the legs. This reduces the amount of energy available to primary energy centres, thereby reducing activity in them to some extent. This does not, however, involve any focused awareness actions at the sites of primary centres.

Energy centres, primary and secondary, naturally reduce their level of activity once relaxation discipline is broken, as well as when they cease to be stimulated or used. The best way to deactivate energy centres is to stop stimulating and using them. Energy centres will also cease activity when they become energetically exhausted. This will happen when the supporting energy body circuitry shuts down, becomes exhausted, or for some other reason becomes incapable of providing the required energy flow necessary to maintain primary energy centres in their active state.

Note: if no significant continuing energy movement or activity is felt in primary energy centres, after a development session or projection attempt, they should be left alone. An attempt should be made to reduce activity 'only' if continuing chakra sensations are pronounced or become bothersome and uncomfortable. If left alone, they will naturally deactivate very quickly once relaxation discipline is broken and physical movement and activity are restored.

Ways Of Reducing Primary Centre Activity:

1. Reverse the energy raising action in the legs and arms alone - pushing energy back down and out of the body.
2. Stop focusing awareness on any primary energy centres.
3. Break mental relaxation and trance and restore normal physical and mental activity. Move, stand, talk, stretch and restore full circulation and movement.
4. Curl up and go to sleep - if this is appropriate.
5. Have a substantial snack or meal.
6. Press and hug a pillow into an uncomfortably overactive centre, then go to sleep or take a nap.
7. Vigorously rub, massage or slap the sites of overactive energy centres.
8. Physical exercise, like walking, jogging, swimming, aerobics, etc.
9. Take a shower - cold if necessary.

* Combinations of the above actions will slow or stop energy centre activity.

YO-YO OOBEE Technique:

The whole point of any OOBEE technique is to exteriorize bodily awareness outside of the physical body to trigger the projection reflex quickly, whilst the projector remains mentally awake. This, apparently simple, awareness action can, however,

be extremely difficult for most people to maintain for more than a couple of seconds. If this is done only briefly, however, over and over and rhythmically, for long enough, it will also have the effect of triggering the projection reflex.

Following is the outline of a new technique I call YOYO. I have used this myself and it seems to have almost as many good points as the Rope technique, but most people find YOYO much easier. This method is a good alternative if you are having trouble with ROPE. This can also be used as a good preparatory exercise for an OOBE attempt. It helps 'loosen up' the projectable double, even if another technique is to be used for the actual exit.

1. Get yourself into a deeply relaxed state, or into the trance state if possible, as you normally would prepare for using an OOBE technique.
2. Pick a target on the ceiling above your bed, or on the wall if using a chair. This can be a light fitting or picture (anything) or you can tape a small paper target up above you.
3. Stand on a chair (careful not to fall) and get the feel of what it is like to have your face up close to the target. Feel the changed spatial coordinates. Feel what this new position (up next to the target) feels like from there. Feel where the floor and bed and furniture and windows and doors are now. Memorise what it 'feels' like to be in this position, up close to your target.
4. Instead of using ROPE, shift your awareness out of your body and push it right up next to the target, as if target were right next to your face. Imagine and 'feel' yourself being at the target, right up close to it. Hold your awareness there for one second only and then pull your point of awareness back to your body. Feel yourself move right up to the target and, briefly, feel your spatial coordinates in the room change as your bodily awareness changes location. Feel the room move around you, briefly, as you fly up to

the target and back to your body. Feel the room change back to normal when you pull your centre of awareness back to your body.

5. Bounce your awareness back and forth between the target and your body at roughly one second intervals (whatever feels most natural). Try and develop a natural rhythm, in and out, in and out, over and over.
6. When you get used to using this technique, extend your time at the target slightly, just a little bit longer. Always keep this time short enough to be comfortable and achievable so you can do it repeatedly, over and over, with ease. This takes concentration but is quite easy when you get the hang of it.
7. Keep this up and it will trigger the projection reflex just like ROPE.
8. Vary this technique as you see fit, with other OOB techniques like ROPE, or rolling out of your body, or feeling yourself floating out of body, point shift, etc. You may, for example, trigger the projectable state, feeling vibrations, etc, using YOYO and find it easier to finish off the exit using ROPE, or by rolling out of your body, or with another favourite method.

Racing Heartbeat, Disorientation & Pressure:

In my opinion, disorientation and head pressure, during or after an OBE or OBE attempt, stem from forced bio-energetic development, caused by an OBE attempt. Any problems resulting from this will settle down over a couple of days. I do not advise further attempts until you feel completely normal again - as things must have time to adjust and develop in response to what has happened - as a muscle must be given time to heal and develop after being overworked and strained.

While a logical observation, and partly true, the assumption that the heart chakra is not getting enough energy, and that this is causing it to race during an OBE attempt, is not entirely correct. This matter is far more complex than it appears.

When you cease a projection causing bodily awareness action, ie, Rope, and observe the throbbing in your heart chakra slowing, you have actually eased the pressure that was forcing your energy body to generate your projectable double. This eases the load on the heart chakra, thus slowing its activity.

The heart chakra is forced to provide a lot of energy, to generate the projectable double, during an awake induced OBE attempt. Excessive heart centre activity, and all other heavy exit sensations, are 'caused' by the presence of 'awake' consciousness, which cause a plethora of bio-energetic conflicts to arise. To support this: think how easily you project out of body when your mind is asleep, and out of the bio-energetic equation? When asleep, you'll find you slip out with hardly a murmur from your hear chakra, feeling only a mild, brief falling sensation. At the very worst this level of exit sensations will make you catch the sides of your bed, especially at times when you are drifting in and out of sleep, before actually falling asleep.

When awake consciousness is present during an OBE attempt, a true 'complication of bio-incarnated consciousness' arises. Your awake mind changes the whole equation, and the usual bio-energetic projection mechanism comes under a lot of unusual pressure. It finds it must work overtime to provide the energies needed to generate the projected double while awake consciousness is present. When awake consciousness is present during projection, the bio-energetic projection mechanism has to overcome the awake mind's conscious control over its physical body, and the 'tension' this automatically generates.

By partly true, I mean that the heart chakra does speed up when increased energy demands are placed upon it. This can occur during an OBE, when the projected double deliberately draws more energy from its physical/etheric counterpart, which

is energetically maintaining its projected double via the Silver Cord. A noticeable heavier thrumming will also be felt from within the perceived chest area of the projected double when this happens, even though it does not have a chest, per se. This is especially noticeable at close range, within 20 feet (6 metres) or so, during a Real Time OBE, and eases with greater distance.

But, when heart centre throbbing speeds up during a conscious exit OBE attempt (which is especially noticeable during early OBE's and OBE attempts), this is a sign that awake consciousness is throwing a spanner into the works, so to speak.

Apart from the 'unavoidable' presence of awake consciousness - which must be overcome through repeated OBE attempt experience (which develops the projection mechanism to the point where it can compensate), plus simple bio-energetic development - most of the problems this causes stem from a lack of deep physical relaxation. This is the most 'widespread' problem and general cause of this. The vast majority of would-be projectors do not attain a sufficient state of deep physical relaxation prior to OBE attempts, and then experience heavy exit sensations and problems as a result.

No way! you might say, "I'm in full trance and so 'must' be deeply physically relaxed enough for projection to occur. Well, while an understandable assumption, think on this: it is quite possible to attain a fairly deep level of trance (usually too deep for easy OBE) while the physical body still retains sufficient physical tension to interfere with the projection mechanism. In a similar way, it is also possible to fall asleep while still full of stress and tension. For example, I can attain a full trance state while standing and even walking - which obviously entails physical tension, which obviously would interfere with an OBE attempt, if I attempted one at this time.

My suggestion is to read The Treatise on OBE, Version 2.00, parts 1 - 8, and then to spend at least a few weeks practicing deep physical relaxation, and trance work only. Do this 'separately' from OBE attempts, preferably at times when you are wide awake, like in the morning. This makes relaxation and trance work much harder, but has far more development benefits because of this.

If after following the above advice, you still have problems, I'd consider the Mind-Split as being the culprit stopping you from 'remembering' your OBE's. If you experience vibrations or other exit sensations prior to the racing heart centre sensation, it is possible that you had already succeeded at projecting, but had missed the exit: meaning that after your projected double had departed, your physical/etheric aspect was continuing to attempt projection. Under this circumstance, projection is impossible, as the etheric body cannot leave its physical counterpart while an OBE is 'already' in progress.

Emotion & Reentry:

The emotional content of the reentry phase is 'extremely' important as it strengthens OBE memories. If the mind split is responsible, and it probably is, for failed OBE attempts, this means your memories of existing in your physical/etheric body are not allowing your OBE memories to 'overwrite' them after reentry. The nature of the physical brain is to record only a single memory for any single time period. During an OBE, two completely separate sets of memory are present - those of the physical/etheric body and those of its projected double. The 'strongest' memory set will be the set retained, as a recallable memory, after an OBE. The memories of the physical/etheric body have more of an immediate impact on the physical brain, as these memories are automatically recorded, as per normal physical memory recording.

In order for an OBE memory download to take place, and overwrite these memories, they have to be stronger and have more 'impact' than the resident memories. Emotion can thus be used to empower OBE memories, to give them more impact on the physical brain. It is for the above reasons that fearful or exciting, more dramatic, OBE's are more easily remembered than are the more mundane type.

I remember during my early days of OBE (when I started doing it deliberately) floating near my physical body trying to work out why I seemed to be failing and losing the OBE memory most of the time. I was trying to OBE just about every night, but had only succeeded a few times that year. At these times, my projected double had no problem exiting my physical body. I wondered, as it was so easy, why I was not remembering more of my OBE's. Then I remembered how excited I was during and after these OBE's, and started to wonder....'hmmm, maybe emotion itself had something to do with carrying the OBE memories back into my physical body with me?'

I made a successful 'emotional' reentry that night, and remembered my OBE reasoning. I have applied this reasoning ever since then, and have thus had countless successful OBE's. Now, I always 'shout' my success 'savagely' in some way as I make the reentry. I hold the OBE memory very strongly in mind and use a trigger phrase to enforce an effective memory download, ie, "I did it!" or "My hands melted!" or etc. This works! I always come to (wake up) with my trigger phrase on my lips, and with full memory of my OBE. This really does make a world of difference.

Good luck!...never give up!...you'll succeed if you keep trying!

ARTICLES ON ASTRAL PROJECTION

BY

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OBE, Understandability & Memory Download Problems

Robert Bruce

The mind boggles at the potential complexities of interdimensional subtle-body relationships and energetic conflicts created during OBE; most especially during wake-induced OBE. Consider the memory compatibility problems that could arise between different levels of consciousness, and the differences in levels of understandability between these; and of how thought and memory sharing between these might work. And lets not forget basic reintegration problems and the fickle nature of the eventual shadow memory download into the only permanent storage medium all subtle bodies share, stretched between all aspects of the mind-split: the old gray matter of the humble physical brain. Everything experienced during out-of-body experience must eventually be downloaded into the physical brain in base-level understandability format, if it is to generate any kind of recallable and enduring memory at all that might be accessible to the awake conscious mind.

If you examine any number of OBE case histories, or have experienced them yourself, you will find that every projection starts fresh, right from the very beginning, just as if it were the very first OBE. There are no continuing memories of having any kind of astral otter type of life available to any projector, ever, even if they suddenly shift into an astral projection that has apparently been going on for some time. In this case, the first part of the astral projection (*all that had happened up to the moment when the projector became conscious in his/her astral body*) is effectively wiped and is unrecallable. The projector will remember other successful projections they have had in the past, sure, but absolutely nothing of all their OBE failures, or of all the nights when they just fell asleep. I consider dreams and

overactive imagination to account for those who believe their experience is contrary to this scenario.

To be more specific: I do not believe it is possible to remember (*at the base level of consciousness in the normal waking state*) more than a tiny surface fragment of high level projection memories; including OBE experience memories gained in the mid to high astral planes. Basically, when it comes to recalling OBE's, it becomes increasingly difficult anywhere above the real-time zone. Sure its possible to recall something of mid to high level astral experiences, but I stand by my earlier statement that a great deal of what is experienced is lost in the download. And the higher in the astral you to the more will be lost in the eventual download when its all converted into base-level (*physical brain*) storage format.

So just what happens to all these lost astral and higher level OBE memories? Do they download into inaccessible levels of subconscious and/or unconscious mind, hiding in places within us where even the deepest level of hypnosis cannot dig them out? Why does one successful wake-induced conscious-exit projection provide vivid and lasting experience memories, while all other unconscious (*unremembered*) OBE's leave nothing at all to show they ever happened? And why do the words "Memory Fails Me" ring through my head whenever I think about this subject?

In an attempt to answer some of the above questions, it seems likely that an intrusion by the base-level of consciousness (*as manifested through the physical brain/mind in its normal waking state*) into the astral double, causes the astral double's level of consciousness and understandability to drop sharply. This event causes the astral level of consciousness to revert back to its lowest form, back to its fully integrated or base-level of consciousness. The lowest and coarsest level of a

consciousness unit appears, in all cases, to be far stronger (*and what it experiences is far more memorable*) than any higher level or aspect of that same consciousness unit (*consciousness unit = a whole person or being*).

When it is present, the base-level replaces any higher level of consciousness, e.g, astral plane levels of consciousness and higher. The base level overwrites any experience memories gained independently by those higher levels of consciousness. This is what I believe happens when higher and lower levels of consciousness integrate, on any dimensional level or level of consciousness, during an OBE. The stronger and more robust base-level simply replaces and overwrites the higher level. The OBE continues from that point AT the base-level of consciousness and understandability. This neatly replaces any higher level experience memories that might have existed before base-level integration with a higher aspect of itself occurs.

Higher level memories still exist after this event, but they are driven into inaccessible levels of the subconscious or unconscious mind and memory. The overall effect of this event is that a projection continues from that moment on as if it had just started; often with a vague feeling of having been doing something, but with no real memories to support this feeling. This occurs whether reintegration occurs at the bottom end of the scale in the waking physical body, or whether this occurs at a higher level, say in the astral body when the projector suddenly becomes aware and wakes up inside his/her astral body mid-projection. The lowest level of consciousness always replaces and overwrites any higher level of consciousness and effectively wipes out all trace of its experience memories at the moment of integration.

Higher level intrusion and replacement by the base level does not allow memories of any continuing astral existence to be recaptured. This very same thing appears to happen every time during the integration of the real-time projected double with its physical counterpart. The real-time double contains the experience memories of all of its higher aspects within it when it reintegrates with its physical counterpart. But the majority of its experience memories of higher levels of existence are usually lost, downloaded into inaccessible levels of subconscious and unconscious mind and memory. This shows there is an inherent problem with OBE reintegration: downloading and storing shadow memories in accessible levels of the physical brain. To be recallable, shadow memories must be accessible to the base level of waking consciousness, and must be stored in base level format, if they are to be recognized by the physical brain as recallable memories.

While I think it is unlikely as a continually ongoing memory process, I admit it's possible that the projected double and all of its higher selves could lead something like separate lives while they are out of their physical body. But the physical brain at the base level of consciousness could not be totally privy to these levels of continuing existence. But it may remember small fragments of possibly linked sequential events gleaned from a string of OBE's. Higher aspects could be, as is commonly believed today, continually gathering experience memories that the base level of consciousness simply cannot be privy to. The physical brain is not capable of storing and recalling most high level memories unless they are first converted into base level format. And unfortunately the vast majority of high level experience memories do not translate into base level format. At a very rough guess I'd say that less than one-percent of high-level experience memories are potentially accessible to the physical brain at the base level of consciousness in the normal waking state.

Memories from higher levels of consciousness (*and/or higher levels of OBE*) do not seem to be in sync with what the physical brain is capable of recognizing and storing in physical body memory. This factor may cause the full memories of high-level experiences to be stored deep within the subconscious and/or unconscious mind. The only parts of high-level experiences that are storable as recallable memories are those parts the physical brain is capable of recognizing and converting into base level format.

I believe the above conversion factor account for the metaphorical abstracts, symbols, images and feelings that are sometimes remembered after high-level OBE's and dreams, instead of more recognizable types of OBE and dream experience memories. This goes a long way towards explaining the abstract and metaphorical nature of OBE's visions and dreams, and why these are so difficult to understand and interpret at the base level (*in the normal waking state*). The physical brain is only capable of storing the surface layer of high-level experience memories, as highly condensed metaphorical abstracts.

The thin surface layer download and storage of memories from high-level experiences (*if and when they occur*) are the physical brain's 'interpretation' of higher and more abstract levels of its own existence in higher dimensional levels. This interpretation is done through necessity, to store experience memories that are being downloaded into the physical brain in an unrecognizable format the brain is not designed to interpret and store, i.e., in high level format. The physical brain is incapable of recognizing and storing complete high level experience memories in base level format, and therefore cannot make them accessible to the normal waking state of consciousness. But the bulk of information may (*and I definitely mean maybe here*) download into inaccessible levels of subconscious or unconscious memory. Therefore, when an attempt is made to store them at base level format, a

great deal of information is effectively misplaced. Only fragments (*the thin surface layer*) are stored and are thus recallable as memories by normal waking consciousness. But these fragments are abstract, symbolic and metaphorical, as is the nature of high level memories. In a way the end result of storing this thin surface layer can be likened to complex hieroglyphics, where a picturegram tells a thousand words. But if you don't understand the language, hieroglyphics become a collection of vaguely interesting but virtually meaningless pictures.

A Geekish Analogy: Another way of describing this, to the geeks among us (*myself included:*) is to think of a high level memory as being something like a five second .mpg motion picture file. If you view the inside of the .mpg with a file viewer (*say Windows Notepad*) you'll see a huge mass of dots and squiggly lines and symbols that make no sense whatsoever. But if you have .mpg player software you'll see five seconds of movie you can see, enjoy and understand. Now you use your imagination and reverse this process. Let's say someone emails you an .mpg file. The guts of this .mpg file contain an entire volume of the Encyclopedia Britannica; really interesting stuff. But your software will only let you view a highly compressed five second metaphorical representation, of the huge volume of information actually contained within the .mpg, when you download and play it. So, you store this fantastic .mpg on your hard disk drive and wait until you upgrade your PC (*raise your base level of consciousness*) and in effect develop the right software with which to play it.

The higher the level of consciousness attained during an OBE, and the higher the dimensional level projected into, the more abstract and metaphorical existence becomes. Theoretically, the only reliable way to overcome this incompatibility problem is to raise the level of consciousness the base level of consciousness is operating on. By this I do not mean to 'temporarily' raise the base level of

consciousness during an OBE, but to 'permanently' raise the base level (*upgrade its high-level OBE interpretation software*) so the normal waking state is operating at a higher level of consciousness than before. This will allow more, but not all, of high level experience memories to be downloaded, remembered and understood. The only way I know of to accomplish this feat is through long-term spiritual, bio-energetic and consciousness raising development.

The above string of thought shows that wake-induced conscious-exit projection causes a shift of the base level of consciousness (*normal waking consciousness*) into higher dimensional levels, neatly replacing the higher levels of consciousness natural to those levels. This may be the only thing which allows fragments of high level experience memories to be captured and downloaded into the physical brain at the base level. As I said, this shift of the base level of consciousness into a higher aspect of itself, appears to override and replace the higher level of consciousness operating at that time, effectively wiping all memories gained up to that moment by the higher level of consciousness natural to that level. This event, while infuriating if you aspire to higher levels of OBE understanding, appears to be necessary. If the base level of consciousness is to operate at all in higher and more abstract dimensional levels, and is to return and tell the tale of it, this event is logically unavoidable.

The base level of consciousness is absolutely 'necessary' to operate down here in the physical dimension, i.e., to 'live' and 'exist' successfully within the physical dimension. To hazard a guess I would say that to do otherwise would cause a type of high-level autism that would not allow one to function successfully here in the physical dimension. One would not be able to relate to the physical dimension, nor to communicate with others operating at the base level of consciousness. One would live in a quiet world of highly compressed metaphorical abstracts. Human

words and ways would seem like so much noisy clamor and clatter to one existing at this level of consciousness. This can be likened to how a pack of annoying seagulls might seem to a person while they are trying to read an interesting book. Pretty soon he/she will likely move elsewhere, or tune out the seagulls and retreat into his/her own inner space, where he/she can read and think in peace. And following along these lines, it seems possible that autistics may indeed be operating at a higher level of consciousness than the norm. This would help explain the 'savant' abilities some autistics display. These include great artistic, musical and mathematical abilities, e.g., see the movie 'Rain Man' starring Dustin Hoffman as an autistic savant (*mathematical genius*).

Shadow memories are first cousins to dream memories, which are themselves extremely delicate and easily lost. How many times have you woken after a vivid dream and thought "Wow, cool, that's so clear I'll never forget it!" so you don't bother writing it down; only to find the memory completely missing a few moments later. The one thing missing from every seemingly failed OBE or lucid dream memory is simply the mental recording of that experience, i.e., the memory of it being stored by the physical brain; that final wrinkle in the old gray matter. Memory is 'everything' to successful OBE or lucid dreaming.

Meditation: To allow myself another brief aside: Along these same lines, the above also explains why meditation experiences are so difficult to explain and remember; re they share the same inherent translation and downloading problems as do high level OBE experiences. Apart from simply falling asleep, this is the 'other' main reason why so many people remember little of what transpires while they are meditating.

The difficulties understanding and grasping the complexities of the mind-split, not to mention the enormous difficulties inherent to explaining all of this, I think, highlights why current theories on OBE have so far only allowed for a singular perspective and existence of a projector. Current popular theories therefore promoted the belief that the conscious mind actually leaves its physical body during an OBE, leaving an empty husk in its wake: what I call The Empty-Body Theory. Some people even go so far as to believe the essential animating soul actually leaves the physical body during OBE; called Soul Travel. Even the term Out-Of-Body Experience propagates the empty-body theory. It seems likely the reasons and needs that sprouted the empty-body theory were the sheer complexities, and often uncomfortable issues, raised if any more realistic and workable theory were applied to the mechanics and dynamics of OBE, i.e., The Mind-Split Theory, which allows for the simultaneous plural existence of any single consciousness unit, or person, in multiple subtle bodies.

Unfortunately, the singular empty-body theory also causes a great deal of needless worry, i.e., about getting lost or not being able to get back into the physical body during or after an OBE. But according to my experience and theories this could never happen. The original copy of mind and memory never leave the physical body while it still lives. Only a subtle copy leaves during any OBE. And even if, under circumstances I cannot imagine, the projected copy were somehow destroyed during an OBE, the physical body would wake up as usual the next day; albeit maybe with a slight headache and dizziness due to a minor loss of (*replaceable*) etheric matter: nothing a few good meals and a good nights sleep could not rectify.

If you drop the singularity (*empty body during OBE*) theory, you must by default allow for the mind-split and the existence of multiple copies of the original during

OBE. And it would be logical to suggest that each would have a different perspective, level of consciousness and understandability. But you must then allow for the possibility that a plethora of energetic and mental conflicts may at times exist between these multiple copies; especially if more than one aspect of the original is functioning at any one time. You must also then consider how all of this would affect the original mind and its physical storage medium, the humble physical brain. And more importantly, how the original mind/brain would deal with the end result: with the multiple memory streams it would sometimes experience and have to account for, and how it would handle and store these during and after OBE.

The mind-split phenomenon is an extraordinarily intricate phenomenon with far reaching implications. It is fundamental to the entire field of metaphysics if you seriously examine it. But its real headache material, especially if an attempt is made to grasp all its complexities in one bite. I am not surprised the mind-split and the issues it raises have so far been overlooked; or maybe even deliberately avoided. However, I believe the mind-split theory ([*given fully in Astral Dynamics*](#)) provides the only realistic and workable foundation to explain the nature and dynamics and intricacies of OBE. Only when it is understood can the complex nature of humankind's multi-dimensional bio-energetic existence even begin to be grasped; and maybe understood just a little...

The Nature of The Mind-Split Effect

Robert Bruce

The Question:

I Received Astral Dynamics the other day and I found it rather dispiriting. If the mind split theory is true then why bother to do astral projection at all? If this is a copy of ME that leaves the body and not Me what's the point, to just get some memories?

If the mind split theory is true isn't it logic to think that it is a copy of Us that survives death and not Us? In that case why bother to do anything in life, Why try to progress spiritually if all we have in the end is this world? I could shoot myself right now if that's true it wouldn't make any difference to me.

When the mind split theory was introduced in the "treatise" I was clinging to the idea that you implied that there was ONE consciousness center that shifted between the bodies but the description of your experience of mind split in "Astral dynamics" clearly establishes that there is two distinct consciousnesses, two "persons" (*to Me my consciousness is Me*). So I wonder What's the point? Is the spirit of my deceased mother my mother or just a copy of her?

I had some astral and even higher experiences in my life but I always believed it was Me who had them, now I'm not so sure, I feel like the girl in the movie Bladerunner when she learns that she is an artificial organism and that all the memories of her childhood were implants. It leaves me very empty and apathetic. Is there anything in your experience that could help me regain hope?

The Answer:**(RB) The nature of this question revolves around two points of view:****(i): The Empty Body During OBE Model: (*Simplistic*)**

A single body, a single mind, a single spirit: where during OBE the original spirit and mind (*containing all memories*) leaves the physical body. It leaves an empty shell in its wake: a lump of inanimate, mindless meat, surviving solely by the functioning of the autonomic nervous system; exposed and vulnerable (*empty and alone*) while its essential animating spirit is away gallivanting in the Astral Planes. And during death this same 'spirit' leaves its physical body and progresses into the spirit world: ashes to ashes, dust to dust. In a way, this model eludes to the spirit possessing its physical body while it lives, i.e., there is 'only' the spirit and wherever its consciousness resides, there resides the spirit. Therefore, according to this model: while the 'spirit' is out of its body during an OBE, it is 'completely' out of its body; leaving nothing but an empty husk in its wake. This theory also necessitates a hard division between dreams / Lucid Dreams, and with OBE / Astral Projection.

(ii): The Mind-Split Effect During OBE Model: (*Complex*)

A single body, a single mind, a single spirit, but where during OBE the original body/mind/spirit generates an exact copy of itself. In a way, this is much like a remote controlled, flying video camera. But it experiences other dimensions and records the memory of these experiences first-hand. When reintegration is successful, OBE memories are 'firsthand' experiences for the physical body/mind/spirit. They are most definitely not secondhand memories as your question suggests. If you have a successful OBE, the

memories are firsthand. If you have a failed OBE, the memories do not exit at all; not to the conscious mind anyway. Multiple aspects of the same mind are allowed under this model, i.e., the same mind can be in (*and be functioning*) in more than one place at the same time. This model allows an intimate relationship between dreams, Lucid Dreams, OBE's and Astral Projections; with no hard line separating them. For example, the same mind can be Lucid Dreaming while it is also having an OBE, while it is also awake in its physical body. The extent the Mind-Split can be stretched (*the number of functioning copies possible at once time*) is limited solely by the skill, energetic development and energy available to the person concerned.

But back to the original question: which is more real: the gross physical body and mind, or the subtle perfection of the projected double. Each of them 'is' you, and each contains all your memories. And each is capable of standing alone and saying "I think, therefore I am". These two aspects of the same are intimately connected via the silver cord. The projected double is merely an extension of the physical body into another dimension. This can be likened to a deep sea diver, connected by an airline and radio to the surface. The diving suit is the projected double, but the mind/body (*consciousness*) inside the suit is real. But the diver cannot exist naked at such depth without the suit, just as the physical body cannot exist in the Astral. Whereas technology provides a way for the diver to travel the ocean depths, nature provides a way for the projector to travel the Astral Planes, i.e., The Astral Body.

I think the problem in understanding the mind split, as stated in the question, comes from considering the projected double to be a separate subtle body that operates independently from the physical body/mind. It therefore may seem to be something separate, another entity entirely that is difficult to relate to as being

YOU. This may be especially so when you consider that the physical body/mind is sometimes not privy to its own OBE gathered memories.

What one must consider is that the projected double is YOU in every respect. One must also look at the principles involved: what actually happens during an OBE.

In diagram #1:

We see normal waking consciousness with no breaks in it; as if you had stayed awake all night trying to have an OBE, but failed. The result is a sleepless night with no break in your memory stream for that time period. With **A** being the start of the time period and **D** being the end result, i.e., unbroken memories for that time period.

Diagram #1:



In diagram #2:

We see a similar time period, but where dream and/or OBE occurred and the memories of these have failed. Note the gap in the memory stream between **B** and **C**. **B** is where you fell asleep (*or started an OBE*) and **C** is where it ended. **D** is of course the end result, i.e., the memories gathered for that time period.

Diagram #2:

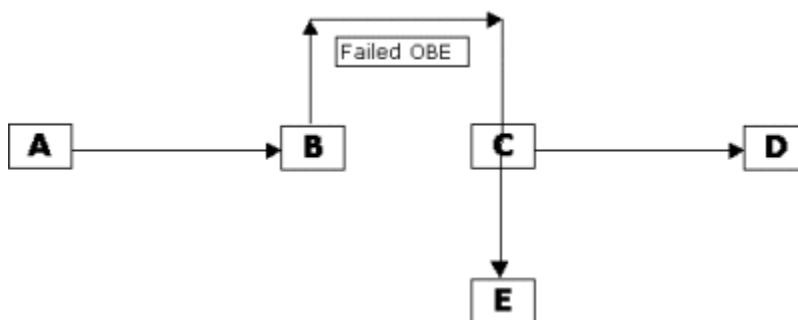


In diagram #3:

We see a similar time period, where dream and OBE memories have failed to successfully download into the physical brain/mind; the only permanent memory

recorder the physical mind has access to from its normal waking state. **A - D** denotes the whole time period. **B - C** denotes the OBE from exit/start to reentry/end. **D** = the resulting memories successfully recorded by the physical brain. **E** = the OBE memories downloaded and stored in inaccessible levels of subconscious and unconscious memory: still recorded by the physical body/brain/mind, but stored in such a way they are not accessible to the conscious mind in its normal waking state. The OBE still happened but the projector is not privy to memory of them.

Diagram #3:

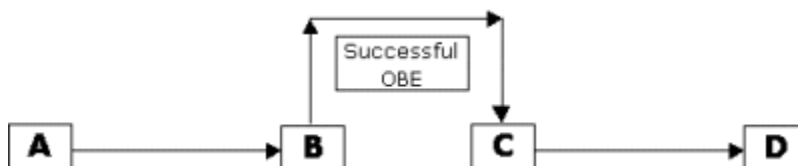


In diagram #4:

We see a similar time period, but this time where dream and OBE memories have succeeded in downloading into the physical body/mind/brain; into the normal level of memory accessible to the normal level of waking consciousness, i.e., a successful OBE, with the full exit out of body, the full OBE experience, and the full reentry, being successfully recorded. As you can see, with a successful OBE there is no break in consciousness, nor is there any break in the memory stream for this whole time period. All OBE memories are 'firsthand' experience, just like any memory gained by the physical body during its day to day life. What has happened here is that the OBE memories of the projected double have 'overwritten' any

memories the physical body/mind has recorded during the OBE, neatly replacing them as if they never existed.

Diagram #4:



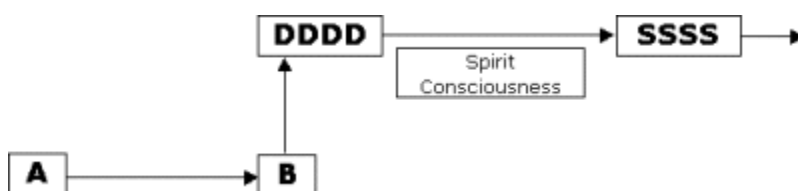
So it becomes clear that the original memories recorded by the physical body/brain/mind can be overwritten by the projected double if conditions are right. But the physical body/brain/mind also has the ability to overwrite memories gained by the projected double, that is if conditions are not right for a successful OBE memory download. So what does all the above tell us? This tells us that each type of memory gathering process shares very similar memory storage properties as the other. This makes the projected double much more solid and tangible than a mere projected copy. It is exactly the same as the physical body/mind/spirit and shares many of the same properties. The only reason it is easier for normal waking consciousness to store memories in its physical brain is because this aspect is much closer to its physical body. It is more closely enmeshed within the physical body and thus has stronger and more reliable memory storing links within its physical brain. This allows it to reliably store all of its waking memories in the physical brain.

In diagram #5:

We see the death process. This is similar to an OBE, but involves a permanent rather than temporary exit out of body. In this case it can be said that both the original as well as the copy have made the final exit out of body 'together'. They do

this together because they are one and the same. They are indivisible during this process. The essential animating spirit exits its physical body as it becomes deceased. It no longer needs to manifest and generate a projectable double while it sleeps. Death occurs at point **B** in the diagram below, and consciousness (*now called spirit consciousness*) evolves through **D** (*D = the real-time double*) to **S** (*S = Spirit consciousness*) to a different form of existence above the physical dimension, ultimately graduating to one of the spirit worlds or heavens.

Diagram #5:



Imagine, for example, the deep sea diver discussed earlier, evolving to a higher level of existence by growing gills so he/she can breath seawater. The diver no longer needs his/her diving suit. The diver also no longer needs the lifeline connecting him/her to the boat (*boat = physical body*) that used to provide oxygen and communication with the surface. The evolved diver's natural environment is now beneath the waves. The evolved diver no longer needs to return to the surface. In fact, the evolved diver cannot easily return to the surface even if he/she wanted to. But if and when the evolved diver (*spirit being*) does revisit the surface, that diver will then need a different type of diving suit to sustain him/her. Relating this analogy to a deceased/evolved spirit, then said spirit would need a diving suit/body made of ectoplasm, so it could manifest temporarily in a materialized ectoplasmic body within the physical dimension.

And if, as suggested by the original question, only a copy leaves the physical body during death and survives after the fact, one way of looking at it would be that the projected double (*the copy*) 'becomes' the original after death. One could even say that said copy had been promoted to become the original. The original question suggests that some people would like to believe in a more tangible projected double, and hence a more tangible spirit body surviving. But the physical body and its brain cannot exist in the astral and above. The only tangible thing it has is its spirit. And its spirit survives death; projecting permanently out of its physical body at the moment of death while its original physical body falls to dust.

On the matter of the death process, and of spirit and life after death: unlike studying and working with deceased spirits, the mind split theory is provable and 'repeatable' through firsthand OBE experience. This sets a strong precedence we can understand and build on. It provides us with a tangible window through which we can progress in our understanding of these matters.

I think those who cling tightly to the old empty-body model and rile against new and innovative metaphysical thought, e.g., the mind-split theory, may be exhibiting symptoms of a psychological defense mechanism. They may be trying to simplify and solidify their belief in the existence of their own spirits/souls into more tangible and central ruling aspects of their being. If spirit is simple and solid and exists by simple and easily understandable rules, then to some it might seem easier to believe in the existence of spirit. And consequentially it would be easier to believe in individual survival, i.e., that life and individuality continue after death. Perhaps more importantly to some is the belief that individual personality and memory continue after death. But if you do this you slide back into the old single body, single mind/spirit, empty body model. And this model, apart from being

totally illogical when all the evidence is weighed, does not allow for the progression of understanding in these matters.

The mind split theory goes well against partisan theory and belief. This I do not dispute. And I have made the understanding of OBE (*and by default the death process*) somewhat more complex than it used to be. This I also do not dispute. But nor do I apologize for either. This was done through sheer, mind-numbing necessity. To my way of thinking the mind split theory is the only way the complexities of OBE can be understood in a logical way. That the mind split theory can be extended to logically cover other aspects of spirit and the death process, and give us a way of relating to and understanding these a little, is purely coincidental. My many years of intense study of OBE phenomena resulted in the mind split theory. This is the only logical conclusion possible given the evidence and repeatable firsthand experience I have to work with. I have tested and retested the mind split theory countless times. I always experience the same phenomenon and therefore always come to the same conclusion, i.e., that the mind splits during OBE. Many other projectors have also tested and validated the mind split theory for themselves. And this is the very best thing anyone can do; prove it for themselves.

If you delve into esoteric, mystical (*religious?*) history and lore, you will come across many accounts of masters and Yogi's and deities that are (*or have been*) omnipresent. Omnipresence means they can be in more than one place at one time; sometimes in many places simultaneously. And if you look at the nature of God: in that He is everywhere all at once; and also that God exists within each and every one of us (*all at the same time*) then this sets a very strong precedence indeed. It is therefore conceivable, even reasonable, to suggest that the mind split effect during

OBE is tangible evidence (*at a much lower level of course*) that omnipresence is valid and real. Think about it?

To comment on the mention of shifting the centre of consciousness back and forth between the physical body and its projected double during OBE: the man posing the original question stated he clung to this as it allowed him to understand and accept a seemingly singular transfer of existence into multiple aspects of himself, easier than he could accept the mind split theory. This shift of consciousness back and forth is part of the old 'empty body' theory; an amendment to it if you like.

This amendment allowed people to work 'around' the mind split theory and account for mind split phenomena, i.e., duality experiences that they could not properly account for at that time. Robert Muldoon, for example, tried to account for duality experiences by suggesting that the eyes and ears (*organs of the physical body*) kept working during OBE, and that this sensory input was automatically recorded by the physical brain while the spirit/soul was absent from its body. And therefore, sometimes memories would be recorded by the physical body while its spirit/soul was out, and that these memories were thus present when the spirit/soul returned, thereby causing memories of dual existence, i.e., of being out of body and flying across town, while also being able to hear the clock ticking on the wall near the physical body.

To put it in a nutshell, I'd like to reassure one and all that you are 'the real you' in your physical body, and also 'the real you' in your projected double during an OBE, and that you will also be 'the real you' as a spirit after you die. And that your parent's spirits would also be 'your real parent's spirits' when they visits you. There is NO essential difference between these aspects, i.e., physical, Astral and spirit. Each contains the real centre of consciousness and spirit, with each manifesting in

a slightly different form; with each form being best suited to a particular environment; depending upon its state of being at the time.

If you ponder all the above, you see the dire consequences of not accounting for the mind split effect. One could liken this to science trying to keep the old 'Flat Earth Theory' in modern times. By necessity it would have to continually discount observations and bend and break the rules of physics, in order to hold onto this antiquated misconception. It would not be long, if something like this happened, before science would come to a complete full stop. Its understanding of the complexities of the universe would never be able to progress past this point. And it most certainly would never have been able to place a man upon the moon.

By this same logic, without the mind split theory (*and other metaphysical discoveries*) our understanding of metaphysical phenomena and interdimensional relationships would stay floundering against the antiquated full stop it is experiencing today, i.e., it would never be able to progress past the empty body theory. But if we can progress in our understanding of these matters, what fine things might we be able to accomplish one day. Maybe even the metaphysical equivalent of placing a man upon the moon. *Per Ardua Ad Astra (Through Travail To The Stars!)*

In closing I'd like to offer an analogy and a choice to all who might think OBE only results in secondhand experiences; secondhand via the projected double that is. Imagine you were given an ultra-modern Virtual Reality machine. And that this machine had every tiny detail about our planet and the goings on of humanity fed into it, automatically updated live by satellite, to create a real-time environment inside the virtual world. Now tell me, would you refuse to use this machine to travel and explore the world simply because YOU would not actually enter virtual

reality? Would you refuse to use it because YOU were only experiencing everything secondhand while inside virtual reality? This is actually a very good way of describing the projected double, as a virtual body existing within virtual worlds that are created by reflections of universal consciousness.

Also see ['The Incredible Mind Split Effect'](#) in the 'Treatise on Astral Projection' for more information on this subject...

Astral Beings & Wildlife

Robert Bruce

The astral dimension contains a wide variety of what could be called non-physical subtle energy life-forms; or as Carlos Castaneda so aptly calls them: inorganic beings. Some of these have a positive nature (*nice*) and some seem have a negative nature (*not so nice*). The intelligence level of each type varies enormously. The vast majority of each type appear to have their own agendas, like to keep to themselves, and in general do not like being bothered or interfered with. Not counting high-level beings like demigods, angels and spirit masters, they range from friendly and helpful, to occasionally helpful, to playful, to neutral, to mischievous, to malicious, to downright nasty and evil.

Inorganic beings appear in a wide variety of illusory forms. Some of the less intelligent types seem animalistic and predatory by nature, much like the animal and insect wildlife found in the physical dimension. I call the less intelligent, animalistic and negative types simply, Astral Wildlife. Although these all appear to come from somewhere in or near the astral dimension, many of these are capable of operating in the real time zone. And some of these, unfortunately, delight in tormenting projectors, especially new ones.

You can find absolutely anything in the astral planes, given the fluid nature of its many internal environments. In a way, the astral can be likened to the ocean: there are fish, shellfish, octopus, dolphins, whales, sharks, barracuda, sea snakes, crabs, shrimp, jellyfish, turtles, seals and penguins, etc, etc. Some of the ocean wildlife is friendly, some is harmless, some are only harmful when disturbed, annoyed or hungry, some can be unintentionally harmful, and others are downright dangerous

all the time. There are also many travelers, some even from far off lands, found sailing, flying or swimming thereabouts.

Although many parts of the astral planes appear to be full of life, it is fairly rare to meet up with interested beings whilst traveling there, but it does happen occasionally. Just about every astral plane and realm has some kind of local inhabitants. These life forms often live in specific areas or realms, and often seem quite unaware there is any other reality or dimensional level than their own. They are often amazed when they meet an astral traveler. Other types you'll meet seem to be well aware of other dimensions, but most seem to have little patience with projectors and tend to ignore them.

In a way, approaching astral beings you do not know is very much like approaching strangers in the physical dimension. Most strangers ignore other people, even when politely asked directions or questions. Strangers will, at best, give cursory answers as they hurry away while actively trying to ignore you. Astral beings, like most strangers, don't seem to enjoy getting involved with the affairs of strangers, usually having much more important things to do with their time.

While projecting, you'll also occasionally meet up with other projectors like yourself, but most of these will not even be aware they are projecting. It seems that the awareness and memories projectors have of their physical existence, of who and what they are, varies greatly. Many seem as if they are sleepwalking or dreaming, or are just going along with the flow of life and events in an astral realm, as if they were a part of it and actually lived there. They are often quite surprised when it is pointed out to them that they can fly, etc.

I suspect this variability in awareness and memory is caused by many factors, such as: energetic development and activity, the amount of energy flowing into the projected double from its physical/etheric body, and whether or not a projector has made a conscious exit or not and has retained awareness afterwards. The conscious exit out-of-body seems to cause a much greater flow of energy into the projected double than is usually available to sleep projectors. It is also possible that the unbroken continuance of awareness provided by a conscious exit projection removes much of the dreamlike qualities associated with existing in other dimensions.

The most important thing to realize about any beings, intelligent or otherwise, you might come across in the astral is that they are not all dream beings or creations of your own subconscious mind. They usually have their own life, meaning and purpose; whatever that might be. They are, in most cases, not mere decorations to be toyed with or used by any passing astral traveler. Most astral beings do not seem to appreciate being questioned and annoyed, by what may seem like to them to be a constant stream of lost and meddlesome astral travelers.

For all the above, some astral beings will converse with and even actively help and encourage astral travelers, especially if projectors are courteous and sincere in their approach. Like attracts like in the astral planes and, if you are friendly and sincere, you are thus far more likely to meet beings who are also friendly and sincere.

Case History:

This case history shows a projector meeting and interacting with an astral being, or another projector (*hard to say which*) as well as showing some other interesting aspects of projection.

1. **"Mr.R"**: I woke around 4:00am and couldn't get back to sleep. So turned on the radio very softly. I decided to attempt an OBE by laying on my back. Its difficult for me to fall asleep on my back, but that's the best position for me to OBE from. Every time I've been on my back and experienced paralysis and vibrations, and I'm ready to try exiting my body, my throat muscles close up and I can't breathe, which startles and wakes me up. But last night, I tried a little trick that has worked for me before. I lay on my back with my head slightly turned to one side. This prevents my throat from closing up.
2. After the exit, I soon found myself on a sunny rock cliff overlooking an ocean. A beautiful woman was there in a swim suit, with her back to me. I wanted her sexually and, thinking she was just a dream creation of mine and not a real person, I thought I could do anything I wanted, so put my hand on her shoulder. As she turned, I noticed she was protecting a little girl in a swimsuit who was cradled in her arms. I backed away and the scene started getting a little wavy. I remembered to look quickly at my hands and the scene stabilized again.
3. I thought, "Wait a minute, Robert Bruce warned me these could be REAL spiritual entities or other projectors, and not just dream-beings." As I thought this, I felt something very WARM coming from the woman. She turned around to face me, smiled and then left. I intuitively KNEW she was aware that I was new at this and didn't really mean to bother or harm her. She didn't speak, scream or cry out. She just faded away. Then I thought "I'm going to start treating all dream figures with respect from now on." and dived off the cliff, floated out into the harbor and then flew out over the sea.
4. I thought of going back to my room and looking at my body sleeping. Suddenly, the ocean disappeared and everything turned white. I heard two short whistle sounds and I was suddenly back in my room, opposite the bed

and my body. I knew I had to stay calm, and I did. But I swear, my first thought was, "I can't wait to tell Robert!" I just floated there for some time, delighting in the feeling of floating and of being out of my body!

5. Then I noticed something odd. I couldn't see my physical body properly! I looked harder at the bed but could only see a faint depression, showing the outline of my body where it should be. I must have looked too hard and focused UPON THE BODY, because I was then sucked backed into it. This felt like something was rushing INTO my physical body..

My Comments:

1. This shows how unnoticed breathing problems like sleep apnea can affect projection. It also shows how the resting position can affect projection.
2. Rod shifted straight into an astral plane after his first conscious exit. It shows how he stabilized a reality fluctuation by briefly looking at his hands.
3. A revelation, as Rod discovers that some people in the astral may actually be real people, travelers just like himself or real astral beings, and deserving of respect and consideration. It also shows a touching empathic exchange as the woman expresses her appreciation towards him for his realization and concern (*warm feeling*) before leaving.
4. Shows how you can return close to your physical body and convert an astral projection into a real time projection if you think about or feel for your physical body.
5. Reality fluctuations are apparent upon Rod's return (*invisible physical body*). His subconscious mind may not have been able to accept the existence of two bodies at the same time. It also shows his re-entry as being perceived by his physical body rather than by his projected double. He felt something rushing into his physical body, from his physical body's perspective, and not

his projected double rushing into his physical body. This shows the physical/etheric body and mind were disturbed by and became aware of his re-entry. His physical body and mind were woken up for the reentry, allowing for a perfect shadow memory download, which shows mind-split effects at work here.

More comments:

Projecting into the astral planes is a lot like going for a swim in the ocean. You'll rarely see anything big or intelligent, and even more rarely will you come across anything truly dangerous. You will, in the astral ocean, mainly come across harmless fish, seals and dolphins, occasionally meeting other swimmers like yourself in passing (*swimmers = other projectors*).

The best conduct and safety rule during any type of projection is to keep to yourself, always be polite, and to mind your own business unless approached or invited to do otherwise. And, always be ready to move quickly away if anything strange or threatening happens, or if you feel uncomfortable in any way.

Only very rarely will a projector come across advanced spiritual beings, and even more rarely will they encounter angels. In my opinion, angels are a race of highly advanced spiritual beings. They most definitely exist. I have seen angels many times, in OBE's and visions, as well as with my bare eyes on a few rare and precious occasions.

Angels are impossible to track down or find intentionally during an OBE. They are especially rare in the real time zone and low to mid astral planes. You will occasionally come across them accidentally, especially in the high-astral and mental dimension. Angels and other advanced spiritual beings seem to only make

themselves visible when they have a very good reason for doing so. They are definitely not the type to stop and chat in passing.

Angels and advanced spirit beings, unlike most astral inhabitants, do not appear limited to any particular plane or dimension level. They have the ability, I believe, to manifest in any level, even in the real time zone and the physical dimension itself. They have the ability to enfold lesser beings in their energy and temporarily transport them into other dimensional levels. In this way, they will often be seen helping the spirits of deceased people to manifest temporarily in the real time zone, or even to help them appear visibly in the physical dimension itself. This is something like a brief visit manifestation, and this kind of thing always has very good reasons behind it, although those reasons may not be apparent at the time.

To add to the above, and purely for interest's sake: I have seen many spirits manifesting in the physical dimension, due to the nature of my mystical work and clairvoyant ability. Each time, I have seen at least one advanced being, sometimes even an angel, at work in the background. The spirits brought back in this way are always enfolded in a flood of brilliant-silver light.

Typically, a spirit manifestation like this will begin with a strong build up of energy in the room, accompanied by many silver motes and tiny sparkles of light. A tangible aura of power and presence spreads throughout the room and the atmosphere becomes electric. A narrow, vertical shaft of brilliant-silver light then appears and quickly expands, as if curtains of light were being drawn apart just wide enough for a person to walk through. A huge gush of brilliant-silver light, along with a tangible feeling of power, excitement and love spills through this parting in the dimensional veil. The visiting deceased spirit then simply walks

through this opening and stands just inside the room, bathed and held within this pool of light.

At this time, if you have the sight and you look further back into the light behind the deceased spirit, you will usually see at least one advanced spirit being or angel standing there, as if patiently waiting a dozen or so feet behind the spirit visitor. A deceased relative or friend of the visiting spirit will also often be seen standing just behind and to the side of the spirit visitor, often holding their hand or resting a hand on their shoulder.

Lower Sub-Plane Wildlife:

The most troublesome types of astral wildlife appear to come from the notorious lower astral sub-planes. These contain the darker and more negative aspects of the astral planes. These can be likened to parallel shadows of the more positively oriented parts of the astral planes. While still a part of the astral planes, technically speaking, they are a distinctly separate aspect or part of it, containing all the darker qualities. Another way of looking at this is to consider this to be the night side of the astral planes, something like the dark side of the moon that never gets any light from the Sun.

Low astral wildlife are normally only capable of operating in dimensions similar to or lower than their dimension of origin. This is a reasonable suggestion, based on them having energetic limitations set by their nature and dimensional level of origin. Some of these beings do seem capable of operating in the real time zone. The real time zone can be thought of as being fairly neutral territory, dimensionally speaking.

All lower types, regardless of classification or origin, appear to be predatory loners by nature. They also appear to have varying degrees of strength, intelligence and ability. By nature, all negative beings exhibit a cold and almost insect-like nature. Higher feelings like love, compassion and mercy are totally alien to them. This does not, however, mean they are evil in the strictest sense of the word. It just means they have no higher feelings whatsoever. Just as a garden spider has no higher feelings, it is not evil for killing and eating a beautiful butterfly. It is a spider and therefore acts according to its nature, and spiders need to feed on insects to survive.

From my experience, negative types do not work well together, regardless of any possible shared origins. They usually appear to be quite aggressive and combative towards each other, which results in a distinct pecking order whenever they are found together. I believe, groups of astral wildlife only appear to be working together if they are encountered as doing such. They may sometimes be forced to work together, temporarily, through circumstances where they have a common interest or need.

Astral wildlife can manifest in an enormous variety of illusory and changeable forms. A regular favorite is the form of an ugly grinning monkey. The gargoyle and harpy forms are also quite common. Some of them seem to prefer a more traditional horned demon-type of look, while others go for a more contemporary appearance. These latter forms are possibly modeled on horror movies and TV shows, or even from the modern nightmares of mankind.

The size and appearance of an entity, as seen by a projector, or with real time or astral sight, gives no any fair indication of its actual strength and intelligence. Many small and weak entities seem to delight in looking big and dangerous. This is

much like how an animal will fluff up its fur to make itself seem bigger than it really is during a confrontation. Stronger and more intelligent entities, however, do not seem to bother overmuch with pretense and may even use their original form, if they have one that is. I have seen entities the size of polar bears run screaming when "BOO!" is said to them. And, I have seen others the size and appearance of large rats that I would not interfere with by choice.

Many entities seem to choose a form they have taken from the mind of a projector, which indicates some degree of telepathic ability. They use this to generate the maximum level of fear possible. This is a very good reason for projectors to keep their minds clear and mask their true feelings when they encounter or are forced to deal with astral wildlife.

The weaker and by far the most common types of astral wildlife, those responsible for the majority of Elemental and Dweller-type scare attacks, ([See Astral Dynamics](#)), seem to have very little power of their own. These are fairly weak, timid creatures and their appearance is always a greatly exaggerated illusion. They will usually beat a hasty retreat whenever approached by a projector with a firm or confrontational attitude. Most negative entities dislike direct attention and actively avoid being seen. They will thus generally avoid direct encounters with projectors, preferring to use illusion to do their mischief for them. This is especially so with more experienced projectors who are far more likely to fight back.

Some types of astral wildlife seem attracted to, and possibly even to feed upon, the energetic vibrations generated and broadcast by overly fearful projectors. Once encountered, continued fear and timidity, on the part of a projector, seems to make astral wildlife more aggressive. Their intimidating behavior is, however, always minus any kind of direct attack. This indicates they are not capable of mounting a

direct attack on a projector, and my experience supports this. Increased and continuing fear on the part of a projector will often attract others of the same type, thus increasing their numbers and making things generally worse for a projector. For all this, the appearance of these types is still quite rare.

The vast majority of astral wildlife do not, I believe, have the power to directly injure a projector, but caution is always advised in these matters. It is commonly thought that non-physical entities of any type are completely harmless to projectors, and are only capable of scaring them. While this is generally true, as with the Elemental and Dweller types discussed in 'Astral Dynamics' there are exceptions. The real time, astral and all higher bodies are virtually invulnerable, and definitely cannot be destroyed or killed. However, it is possible to suffer energetic damage and weakness through intense or prolonged attack by the stronger and more intelligent types of non-physical entities.

While cases of this are extremely rare, if the energetic substance of a projected double became damaged, this damage could reflect back into its physical body. In this case, the physical body could experience unusual tiredness. Even more rarely, swellings, rashes and strange marks could also appear on the physical body. These are much like the swellings, watery blisters and rashes that are an occasional side-effect of energetic development work, ([See Astral Dynamics for more details](#)) especially during the early stages when energetic pathways are being cleared and conditioned. All these symptoms heal unusually quickly, often disappearing within just a few hours. The energy body heals and restores itself very quickly if its substance is disturbed or damaged in any way.

Any significant attack causing energy substance loss in the projected double has a fail-safe side-effect. It causes the immediate abortion of that projection as a reflex

action. Projection is a delicately balanced process involving a constant two-way energetic-cum-telepathic exchange between the physical body and its projected double. It does not take much to interfere with this process and cause it to abort, resulting in the immediate return of the projected double to the safety of its physical body.

Please keep in mind here that attacks, and especially attacks causing actual energetic damage or substance loss, are rare in the extreme and are not something to overly worry about. To draw a parallel of the risks involved, this is roughly equivalent to a recreational swimmer being seriously injured by dangerous marine life. Injuries are fairly rare events for the average swimmer, with the biggest danger being nothing more than an occasional jellyfish sting. Professionals and deep-sea divers, however, spend a great deal more time in the more unexplored and untamed parts of the ocean depths, and thus face a slightly greater risk of harm than do recreational swimmers. This also applies to frequent projectors, especially those with a natural propensity for the more occult and metaphysical aspects of out-of-body exploration. Lastly, this also applies to more experienced and adventurous projectors, most especially those who actively help people suffering from psychic/demonic attack and other such entity related problems.

The above section provides some clues as to how the relative strengths and threat potential of any type of astral wildlife or non-physical entity can be gauged. If anything manifests directly and acts in an openly threatening or intimidating manner, it can reasonably be judged as having no real strength and thus of being no actual threat. These types can thus be safely confronted and will be found easily discouraged and driven away, by even the most inexperienced and timid of projectors if they have the right attitude. If, however, anything is encountered which acts in a timid or furtive rather than an openly threatening manner, and

immediately tries to hide or leaves the area, then this is best left well enough alone and not followed or interfered with. Discretion is always the better part of valor during such encounters.

To the very best of my knowledge, if a projector minds their own business, stays calm, uses common sense and projects away if they ever find themselves in a bad situation, they have very little to worry about. Out of all the thousands of projection related case histories I have been consulted on, I have only come across a very small handful of situations where really troublesome astral wildlife were involved. And, in the majority of these cases, once this situation was confronted with a braver and more positive attitude the problem entities, whether real or imagined, simply vanished. Below are two fairly typical experiences where very low orders of astral wildlife are encountered:

Low Astral Wildlife - Case Histories:

White Whirring Things: "Mr.D"

My experience can only be explained as bizarre. My first OBE (*so far*) happened as I was just nodding off to sleep. I was trying to leave my body in my waking state but did not succeed and so I fell asleep and began to dream. Suddenly I felt as if my astral body were being sucked out of my body through my mouth (*I thought my teeth were going to fall out!*). Then I'm floating above my body and my vision is all blurred. I was in shock and forgot that I shouldn't panic. I decided to try flying and so began floating through the roof but quickly willed myself to stop this as it was all getting just too weird. A little white thing suddenly flew through the wall making a whirring noise (*imagination? You tell me?*) and latched on to my finger, and this also was just too weird. I found a bottle of chocolate milk on my bed which wasn't there in real life, but it seemed empty when I picked it up. Then

more little white things started flying in and sticking to my fingers and it all got just too weird for me. I couldn't handle this so I willed myself back into my body.

Furry Sharp-Toothed Things: "Mr.K"

My brother and I experienced what we both believed to be conscious astral projection. We both "saw" each other that night. (*we were both projecting at the same time, and from the same room*). I saw him through a murky vision...but what he saw on me scared him. He said he saw what looked like small, pale, hand-sized, furry little creatures all over my projected body. Their only recognizable features were fur and a mouth full of tiny sharp teeth. Either we both had the same dream, or nightmare, or our attempt at joint projection was successful. It was our first intentional and conscious attempt and because of what we experienced that night we have not tried it since. As a matter of fact, we have avoided the subject all together since then.

My Comments:

These both appear to be fairly normal first time projections, apart from the astral wildlife involved. In Dave's case, the exit sensations were felt from within the dream state. These appear to have woken Dave and he then experience the full conscious exit. The sucking pressure he felt on his mouth is a little unusual, but quite understandable. There are some fairly large secondary energy centers situated in and around the mouth and lips, and the tongue is also covered with a high concentration of energy exchange ports.

The active configuration of the energy centers of individual projectors varies quite a bit. The mouth area may, as in Dave's case, be more active than usual and thus cause more noticeable sensations during a projection exit. All new projectors

should therefore expect many subtle variations of what they have heard are normal conscious exit projection sensations.

The small entities encountered in both the above cases are a very low order of astral wildlife. These are a small, energy feeding type of entity, something like a lower astral version of a mosquito or leech. These things are quite common and seem to bother some people more than others, just as mosquito's are attracted more to some people than to others. These small entities would have fed on these people regardless of whether or not they were projecting; and done them no real harm in the process. It may be coincidental that these projectors surprised them while these mosquito-like beings were feeding. It is likely these were attracted to these projectors solely because it was sensed they were sleeping at this time. They either didn't notice, or didn't have the intelligence to care, that their intended prey was consciously projecting and not sleeping at this time.

The fingers or toes are the most common attachment areas for energy feeding types, large or small. These areas both contain high concentrations of energy exchange ports and important secondary energy centers, through which energy is normally exchanged. These areas can also function in reverse, as with healing where a reverse energetic flow is generated by a healer. An energy feeding entity, in a similar way, creates an energetic demand upon the etheric body in order to drain energy from it. If the entity is hungry or low on energy, this energetic flow is probably triggered automatically through simple contact.

It is also possible the sucking sensation Dave felt in his mouth, during the exit, was caused by these small energy feeders. Some of them may have been attached to the mouth area of Dave's etheric body and were disturbed or dislodged when he projected, only to return and attempt to reattach a short time later.

The above types of experience, while fairly rare, can also be classed as something like a Dweller on the threshold kind of experience. This type of astral wildlife appears to be no more dangerous than the average leech or mosquito. They are more annoying than harmful, although they will often scare the daylights out of an inexperienced or uninformed projector. I suggest all small energy feeding types, in any possible variation of the above, be treated accordingly...as natural pests. If these projectors had actively imagined these small entities as bursting into flames, or even swatted at them with their real time hands, they would have vanished or detached themselves and beat a hasty retreat. For more on this subject ([*See Astral Dynamics*](#)).

Astral Rest & Recovery Areas

Robert Bruce

I have visited astral rest and recovery places many times. The hospital-like scenario and atmosphere is always similar, but each room I visit is quite different. These rooms seem to reflect the life conditions surrounding patients at the time of their passing, i.e., as in the case of my friend Peter ([*See "Peter's Tale"*](#)).

I do not really think there is an actual hospital floating around somewhere in the astral, per se, staffed by beings intent upon nursing sick and tired spirits back to good health; although this is a beautiful thought. I believe this scenario is created by my own mind as it interprets the energies broadcast from these areas in the only way it can. This perception interpretation is done according to my mind's own learned mental associations, as well as by those set in me by the collective consciousness of mankind. As this is a healing, resting and recovery area for the recently departed, my mind interprets this as a hospital type scenario staffed by caring doctors and nurses.

The doctors and nurses that staff and run these astral hospitals do not appear to be real spirit beings, although I could be wrong here. So far I have not been able to strike up anything resembling a meaningful conversation with any of them. They seem to be very two dimensional in nature, re why I suspect they may not be exactly who they appear to be.

On the other hand, many of the people/spirits I have met there seem to be quite real. All are visiting or waiting for a patient in the hospital, just as Peter's mother and father were waiting for him. Many spirit visitors will respond and converse in

a reasonably normal fashion. Spirits I have spoken with in this situation do not seem to be aware of the length of time that has elapsed since they passed over, or of many details concerning their afterlife since that time. Memories of their earthly life also seem vague, much like how a half-forgotten dream is remembered by a living person.

Many spirits only seem to be aware of their present reality, that of being in only the hospital scenario for an indeterminate length of time. Some spirits, however, do have vague memories of their earthly life, and of coming from other dimensional areas; but have so far given me only very sketchy details. Often they will speak of a warm, brightly-lit, interesting place where they have many friends and loved ones, but with little more detail than this. The most common response I get from asking spirits what its like where they come from is: "Its really lovely there and everyone is so nice. I don't understand this. I'm very sorry. I know it well and can picture it in my head, but I just can't describe it to you."

The surreal and dreamlike quality of memory exhibited by I have encountered in these astral hospital areas may be caused by their being too far away from their natural, base-level of consciousness at the time. Keep in mind here that the natural or base level of any spirit is, logically, in one of the spirit worlds, and no longer in the physical dimension. And astral R & R hospital-like areas may be somewhere in between. It seems that any shift away from the natural base level of consciousness, either for a spirit being or a human being, causes them to have a surreal experience and memory translation problems. This type of translation problem also accounts, I believe, for the many difficulties and vagaries common to spirit communications and channeling in general.

Astral Sex

Robert Bruce

Once the exit out-of-body has been mastered and projectors begin tentatively exploring their new environment, another natural barrier will soon raise its ugly head. As projectors begin expanding their horizons they will soon begin encountering other projectors. Out-of-body sex (*more commonly called astral sex*) is a human-nature complication of consciousness and bioenergetic incarnation. It forms a strong natural barrier in the way it can hinder serious out-of-body operations. It severely limits projectors' time out, and hence what can be accomplished, in the control they have over sexual thoughts and urges. Sexual thoughts are veritable time bombs waiting to go off in the minds of projectors.

In real life, sexual thoughts and fantasy type sexual imagery pop into peoples minds all the time, privately and harmlessly. These are perfectly natural and do no harm whatsoever. In the sensitive out-of-body environment though, where projectors really are what they think, thoughts are not quite so private and harmless. Sexual thoughts not only affect the sensitive environment, but are also inflicted upon other projectors, often against their will. The quality of projectors' thoughts have a strong influence on OBE operations, as well as on any other projector or being they happen to come across. If sexual thoughts are not well controlled, projectors will not get very far or last very long in the OBE environment.

The telepathic, energetic and empathic linkage provided by the Silver Cord, between the physical/etheric body and its projected double(s), transmits energies and emotions back and forth between them. This includes sexual urges and

energies generated by erotic thoughts. The sex instinct is one of the most powerful primal urges and, like all strong emotions, can cause serious energetic problems if allowed to flourish unchecked in the sensitive out-of-body environment.

Unchecked sexual thoughts and urges can cause powerful energies to compound back and forth between the physical/etheric body and its projected double. This can cause a type of sexual energy feedback to occur which can have a powerful effect on projectors.

Real Time Sex:

Out of body sex is much more intense during a real time projection. The closer to real time a projector is, the more sensitive and vulnerable he/she is to sexual energies. There is a more direct energetic connection between the physical/etheric body and its real time projected double, than there is with its astral double; this being dimensionally more remote. Because of this, primary energy centers can become heavily involved when triggered by real time sexual encounters, especially the genital and base centers. These are the underlying causes of the intensity and speed of real time sexual encounters. Real-time sex can be almost instantaneous, as compared with an astral or lucid dream types of sexual encounters.

A real time sexual encounter, accidental or deliberate, always has the same outcome. It results in almost instantaneous orgasm for the physical body of the initiator. The same thing can also often happen to the initiator's passive or unwary sexual partner as well, when another projector is involved.

With real time sex between two living projectors, there is more at work than just emotional and sensory feedback between the physical and projected bodies of a single projector. The genital centers of both projector's can connect in a powerful

way. This causes a flooding exchange of male and female sexual energies to occur between the physical bodies of both projectors, via their connecting Silver Cords, regardless of the genders of the projectors involved.

Once real time sex is triggered between two projectors, a strong two-way energetic connection forms. This can cause them both to experience uncontrollable sexual arousal which may be completely out of character for either of them. The sexual urge compounds back and forth, causing a shared real-time sexual experience and energy exchange. Each projector contributes to the intensity of the real time sex act, albeit often unwittingly. In most cases there is no deliberate intent on the part of the initiator of the real-time sex act; only a few stray sexual thoughts gone awry. Both projectors are victims of their own built-in sensitivity to sexual urges and energies, with these being greatly intensified in the sensitive out-of-body environment.

Real-time sex does not require physical close contact as it does in the physical dimension. Sex can be initiated and consummated from a distance of several meters or more, with the two projectors involved never getting any closer. But some attempt to enact a semblance of physical copulation will normally occur once the real-time sex process is triggered.

Enhanced Genital Sensitivity:

When a genital center connection (*genital chakras*) is made during the real-time sex act, both projectors become intimately aware of the sensation of their genitals interacting with each other; as if their physical bodies were actually copulating. But as with all other senses of the projected double, the sensation of touch is enhanced, thereby greatly magnifying OBE genital contact sensations. I would say genital sensitivity is multiplied by a factor of at least ten. It can be so sensitive that

orgasm can occur in the physical bodies of both projectors within only a few seconds. This will normally end both projections, for obvious reasons.

Because of this enhanced sensitivity, genital sensations experienced during real-time sex encounters are highly abnormal and feel nothing at all like they do in the physical dimension. The nearest I can describe this abnormal sensation is that both projectors feel themselves expanding into and becoming their oversensitive genitals. They become their genitals and then feel they are copulating with another set of whole-body genitalia, those of their real time sex partner.

Male Initiator:

A male real time sex initiator (*his projected double*) perceives the rapid extrusion of a giant penis-like limb as extending from his genital area. He then flows into and becomes this penis-like limb. This extends rapidly and deeply penetrates the body of his real-time sex partner in the genital area, even from several meters distance. It rises up through and fills his partner's whole body. The initiator has the sensation that the inside of his partner's body is made of dense, warm, energetically tingling and throbbing, ultra-erotic jelly.

Female Initiator:

A female real time sex initiator (*projected double*) feels a similar sensation to the above. But her genital limb is usually perceived by her as more of a vagina-like tube extension. This tube grows from her genital area and she flows into it, becoming it. This then extends and deeply penetrates her real-time sex partner's body in the genital area. It then rises up through her partner's body. Her sensation is more of an engulfing of the inside of her partner's body rather than one of simply penetrating. This variation in female genital sensations has also been described to me as an engulfing of the spine of her real-time sex partner.

Real Time Sex Process:

There are as many possible variations of the real-time sex act as there are variations with physical body sex acts, including gay and lesbian varieties. Also the type of genital-like extension sensations that can be experienced, male or female, are not limited by gender. However, the genital and base centers are always involved somewhere in the sexual energy feedback equation. The coming break-down of a real-time OBE sexual encounter is therefore best considered as being the basic real-time sex process only.

1. Some variation of boy meets girl happens between two real-time projectors. Sexual thoughts and imagery cause desire to be felt by the initiator. This desire reflects back and causes immediate sexual arousal to occur in the initiator's own physical body.
2. Physical sensations of sexual arousal now rebound back into the initiator's own projected double, from their own sexually aroused physical body.
3. Sexual thoughts, imagery and erotic sensations flood back and forth, compounding swiftly on telepathic, emotional and bioenergetic levels. This rapidly intensifies sexual arousal in both the initiator's projected double and physical body.
4. Now fully aroused, the initiator's physical body floods its projected double with sexual energy from its now highly active genital center, via the Silver Cord, as his/her physical body rapidly approaches orgasm. This sexual energy flooding momentarily strengthens the initiator's projected double, but sexual urgency now consumes the initiator and results in a total loss of control. Once this stage is reached there is no way to avoid the inevitable consummation of the real-time sex act.

5. The initiator's own projected double will now usually attempt some form of rapid and urgent copulation with his/her ensnared passive partner. This forms a remote energetic connection between the physical bodies of both projectors, via both their projected double's Silver Cords. This connection is much stronger if the passive projector becomes sexually active at this stage.
6. Erotic thoughts and sensations, emotional and sexual energies feed back and forth between the initiator's physical body and its projected double, resulting in a type of erotic sexual energy feedback, swiftly compounding and increasing. This will usually involve the passive partner as well, especially if he/she has become aroused and more or less involved. This creates something like a four sided sexual energy feedback loop, greatly increasing its intensity.
7. Orgasm now occurs in the physical body of the initiator, and very often in his/her passive partner's physical body as well. Physical body orgasm usually ends the projection immediately.

Depending upon the speed and intensity of this type of real-time sexual encounter, the passive partner may or may not become actively involved in the real time sex act. Therefore his/her physical body may or may not experience orgasm. This depends greatly upon the timing of the encounter: on whether or not there is enough time before the energy connection is broken by the initiator, when he/she consummates their side of the real-time sex act. The entire real-time sex process can take place, from the first stray sexual thought to orgasm, in under ten seconds; with either male or female initiator.

The above real-time sex process can have many variations and subtle nuances. Orgasm will almost always occur in the initiator, and more often than not in his/her passive partner as well. The above process can happen so fast that the initiator will

often be unaware he/she has initiated sex. That is, until a rapidly approaching physical body orgasm signals the end of his/her projection.

Age, physical condition, sexual orientation and inclination do not have any effect on out-of-body sex. Many people, although they may be old and think they have outgrown the sex urge, find they feel young and sexually active again during OBE. In the out-of-body environment everyone is young and vital and therefore has an inherently sexual nature. And you will never see an old, fat, skinny, crippled or ugly projector. The innate sense of whole-body self-awareness that everyone has sets when a person is in their prime, usually around the age of thirty-five. This sense of whole-body self-awareness shapes the image of the projected double, which is not limited by the true appearance and condition of the actual physical body.

Because of the above, sexual identity can also affect perceptions of the physical body during OBE. For example, a male with female sexual identity can appear as having a female body during OBE. In the fluid OBE environment you are what you think and can become what you feel. ([*See 'Shape Shifting' -- Astral Dynamics*](#))

Astral Sex:

Astral sex (*and even lucid dream sex*) is dimensionally more remote and thus causes far less sexual energy and sensory feedback than real-time sex; although this will still occur to some degree. Astral sex is therefore slower and more like normal physical body sex. The enhanced genital sensitivity and abnormal genital sensations, as discussed above, are also greatly reduced during astral sex. Because of this, astral sex can provide extremely realistic sensations: much more like normal physical body sex. Astral sex can also sometimes be orgasm-less due to

this reduction in sensitivity, and because of the lengthier time it takes to achieve orgasm and hence consummate the astral sex act.

Apart from other living projectors, many of the characters encountered during astral projections do not appear to be real; although some are what could be called native inhabitants of astral realms. Also, as I mentioned earlier, most of the characters encountered during lucid dreams do not appear to be real. Many seem to be something like created shells, whose sole purpose is to form a temporary part of the scenery.

It is possible to have sex with a created or unreal character, although the genital contact sensations resulting from this type of sexual encounter are greatly reduced; seemingly more distant than sex with other projectors. The sensations of sex, in this case, appear to be provided by the subconscious mind of the projector/dreamer; probably based on memories of past real-life sexual encounters. The erotic mental imagery and sexual sensations are, however, just as real to the physical/etheric body and energetic feedback will still occur, albeit less strongly and in a kind of solo sexual energy feedback loop.

In my experience, other people encountered during real-time OBE's are usually other living projectors. However, this does not hold true once a projector shifts out of the real-time zone and into the lower astral; which will often happen unnoticed. There is one main way to tell real projectors and sentient astral beings from unreal created characters. Real and unreal beings behave and react quite differently to interference, including sexual advances. An unreal character will simply stand there and let anything be done to them, be it sex or murder. They will not resist or complain in the slightest, no matter what is done to them. However, real astral beings and other projectors, even unaware sleep projectors, will be found to object,

resist, fight, verbally abuse and even attack interfering projectors; although they will usually just leave the area.

In the crowded areas of the lower astral (*the lower astral is heavily populated, mainly with unaware sleep projectors*) projectors may find themselves occasionally passing through the bodies of other projectors. This often cannot be avoided, given the usual directional control problems. If they are not careful, this in itself can often trigger the astral sex process, especially when passing through the projected doubles of the opposite sex. Even if a projector keeps his/her mind clear they will still feel a sexual stirring; although this can be controlled and overcome if his/her stays focused and keeps moving. This type of accidental astral sex will only snare projectors if they are careless.

As I said, the majority of OBE sexual encounters are unintentional and/or accidental affairs; although there most definitely are exceptions. Sex just happens when sexual thoughts, fantasy imagery and sexual energies get out of control. Either male or female can initiate the out-of-body sex process with the same end result. This can also happen between two projectors of the same gender.

Only one projector is needed to initiate out-of-body sex, which in most cases is usually enough to involve and consummate sex for both projectors. If projectors do not wish to have out-of-body sex, they have to be aware of what can happen and act quickly. If they meet another projector and think or sense a sexual encounter may be likely, they must move away very quickly to avoid it, especially in real time. But this is easier said than done. It can happen very quickly and the initiator may not even intend to have or cause a sexual encounter. He/she will often be just as shocked by what transpires as their unwitting partner may be.

One comforting thought here is that no one can get seriously hurt through chance out-of-body sexual encounters; no matter what or how it happens. It is not only very quick, but there is no actual physical contact. It is also rarely remembered by either party; and if remembered then only as a dream. And as there is no actual physical contact, it really is the ultimate safe sex. In my opinion, OBE sex can cause no more psychological scarring than a bad dream might.

An important aspect of the natural barrier which out-of-body sex forms, which deserves consideration, is just what this can do to the energetic value of a projector. In the out-of-body environment like attracts like in a very big way. If projectors deliberately seek out and engage in disreputable sexual behavior during a projection, they will find the dimensional level they are capable of operating on will begin to lower significantly. Repeated deliberate sexual encounters (*one could call this astral rape, with all this implies*) could well mean projectors will begin sliding down the dimensional scale until they find themselves frequenting the very low astral sub-planes. This new level will have a more predatory sexual nature and theme to it; better suited to this type of projector.

For all the above, occasional chance or unintentional out-of-body sexual encounters do not appear to cause any significant or lasting drop in projector's natural dimensional level of operations. And this does not apply to out-of-body love and romance: where there are shared feelings of love, intimacy and desire. The energetic values involved with love and sex are, I believe, quite different from those generated by lust and sex merely for the sake of release. Consummation of the out-of-body sex act will, however, still be found to cut OBE short, especially real-time OBE sex.

Privacy, Ethics and OBE

Robert Bruce

There is a widespread belief stemming from early this century that has not only remained unchanged but has been continually propagated ever since. This belief is that if a projector deliberately invades the privacy of another person for immoral purposes or unethical gain, or engages in any disreputable or sexual behavior during OBE, they will be banned or stopped from further projecting -- grounded by a higher authority. It is even believed by some that there is a kind of astral police force watching out for ethical, moral and astral rights transgressors.

According to my experience this belief is a total myth. There are many natural barriers associated with OBE, but there are no ethical nor moral limitations. No higher authority is interested in the activities of projectors. No astral police force will appear and punish bad or naughty projectors.

The ethical and moral correctness of any out-of-body action depends entirely upon the judgment and conscience of the projector concerned. With out-of-body sex especially, strong natural barriers are encountered and there are natural repercussions for repeated disreputable behavior. If projectors cannot control their behavior they will not last very long nor travel very far while out of body. Their experiences will tend to be quickly curtailed whenever they meet any potential sex partners, real or unreal. This cuts their OBE's very short indeed and keeps them off the astral streets, so to speak.

If projectors go actively seeking sex, they will come across an ever increasing number of potential sex partners. The lower astral planes teem with these. Like

attracts like in a big way in the sensitive out-of-body environment. The only repercussions stemming from habitual bad behavior, as far as I am aware, are a lowering of energetic values and of the levels of operation possible. In this case the attraction of other like-minded projectors and beings is, I consider, natural consequence enough. This has the effect of keeping sexually overactive projectors away from more serious-minded projectors. This has, I feel, a certain poetic justice to it.

As to invading the privacy of people in the real world, or other projectors in the out-of-body environment, even for deliberate unethical gain or immoral purposes, there are no restrictions. In my experience there is no astral police force or astral overseer who will suddenly blow a whistle and say: "OK mate, I saw what you just did! Get straight back into your body and stay there, Right Now!" Imagine the enormous number of astral police that would be required just to keep tabs on several billion people day and night?

The intentions involved with privacy issues are important. Continual deliberate breaches of privacy will cause a serious alteration in a projector's energy values. This will attract other like-minded projectors and negative-type beings into their OBE's as well as into their real life; which is consequence enough methinks.

It seems the whole idea that out-of-body behavior is policed was started by early researchers and authors on OBE and related subjects, early last century and late in the century before this. Most would have realized the real truth of this matter, of this I am quite sure. However they seem to have worried that if the public knew the whole shocking truth about the sheer freedom of OBE, they might use OBE for what they considered to be immoral purposes. In a way, these researchers and

authors tried to impose their own set of moral judgments and values upon the public with a "Stop it or you'll all go blind!" kind of attitude and blanket warning. They hoped by this, I am sure, to influence people into using OBE for good and noble purposes only.

Stemming from this, these early writers and researchers have unwittingly imposed this same set of values upon the present day. Consider the early written works in OBE and related fields, and how these have been used as reference and source material by all researchers, authors and teachers ever since. All of these early works have had some influence on present day thought, concerning behavioral limitations of OBE. As a result of this we now have many versions of 'The Astral Overseer' and 'The Astral Police' types of beliefs to deal with; all stemming from the original morally inflicted Victorian fallacy.

Miscellaneous Case Histories

Robert Bruce

Waking Paralysis Related Case Histories:

#1: Ms. E:

Ms. E. I had another spontaneous, unwanted, OBE a few days ago. I was sitting in for a Math lecture to take a nap (*I don't take Mathematics*) and was feeling very cold, rather hungry and miserable as I tried to fall asleep. Since I felt guarded trying to nap, I was thus fully conscious while trying to sleep. Then it happened again! That inexorable "falling" or "drifting apart" sensation and before I knew it, I was racing forward at this crazy speed. Goodness know to where.

I 'instinctively' knew I was floating a few feet in the air, and I could 'actually feel' my astral body being whizzed away from my physical!!!! At that moment I thought unhappily to myself - "oh, no, its happening again!!!" Then I tried to get out of it, pulling and dragging myself back mentally, but my physical body was absolutely paralyzed (*once again*).

I could "see" what was happening all through this! It was rather bright (*like the lecture theatre at the time*), but greyish with "stars" and bright dots everywhere, and I was in a tunnel of some kind. I was still very aware of being inside my body which was slumped over the desk, while about 70% of my consciousness resided in my projected body. I could also see myself whizzing away from where I actually was, seen from inside my physical body, into this awesome tunnel. At first I only whizzed headfirst into the tunnel, and I knew I was only looking ahead. After a second or two, when I desperately tried to look back at where my desk was, I turned my head around, but then as I looked back, I realized to my absolute

astonishment that I could see 'all' around me at once, all at the same time!! My attention was focused on looking behind me, but I could also see all around myself at the same time. The best analogy I could use was that I was some sort of ball (*of light????!!*) and could see all around myself. I felt smaller than usual, definitely weightless, and much less clumsy.

My Comments:

The above case history shows a very interesting paralysis-cum-projection experience, with a mixed bag of sensations and perceptions. These came from a fully paralyzed physical body as well as from its projected double, both at the same time. While no vibrations were evident here, it does show the warning signs of the onset of a waking paralysis episode and the link between this and spontaneous projection (*the sinking feeling marking separation and exit*) from Ms. E's deeply relaxed but awake state. A tube-type of projection exit occurred here (*probably brow centre related*) against Ms. E's will. Ms. E also experienced the mind-split effect (*dual existence*) first-hand, and was aware of existing in two bodies at the same time. Ms. E was fully aware of being out of her body, but was also aware of being inside her paralyzed physical body slumped at her desk. Astral sight was also experienced from within the paralyzed physical/etheric body, as was spherical vision from within the projected double.

#2: Mr. T.S.:

Mr. TS: Just before all the strange sensations, I was focusing on my body, trying to bring each part into a deeper level of relaxation, for a planned projection attempt. I then felt a numb pressure, a strong but gentle force pressing into the centre of my forehead. This was quite relaxing and soon my whole forehead began tingling. I tried to expand that feeling through my body, moving it down into my chest. As I did I felt a strong wave of vertigo - like I had lost my sense of up and down. I also

felt rather nauseous and began to feel very hot. I felt very uncomfortable at this point and tried to remove the covers and get my bearings, but I found I was paralyzed and couldn't move a muscle. It was as though my body weighed a ton. After a few minutes and a lot of effort I suddenly regained motion, and as soon as I did all the strange sensations vanished. Other than the heat (*and to a degree the nausea*), it was not an uncomfortable episode, in fact the sensations were rather exciting.

My Comments:

While there were no feelings of fear, dread or presence in the above case history, there was excitement and total physical paralysis, plus other sensations associated with a projection being in full progress during this whole waking paralysis episode. The pressure and tingling this man felt in his brow area point to his brow centre being very active during this projection, indicating this is probably his most naturally active primary energy centre. I'd say he succeeded with his projection attempt, but lost the shadow memories held by his projected double during reintegration. I would say the moment of separation was marked by the wave of vertigo he felt. His experience was centred in his physical/etheric body the whole time, creating strong physical memories (*excitement*) which would have contributed to the failed shadow memory download during reintegration. The nausea and heat he experienced, while unusual for a projection attempt, are typical of heavy energy movement sensations coursing through the physical/etheric body. The discomfort these sensations caused indicates energy blockages and narrowed energy pathways are present. These sensations would, I suspect, gradually ease during subsequent projections, through the forced type of energetic development this causes.

#3: Ms. P:

Ms. P: Paralysis episodes have been happening to me since I was a small child (*I'm 40'ish now*) and they seem to happen in "clusters". In other words, I might not have anything for months, and then many will happen in a short period of time. They usually come during my sleep at night, waking me up, but have also happened while trying to nap during the day.

I actually projected once during the day, which was a wonderful experience and quite different from the paralysis I normally get.

Here's what usually happens: during sleep, my normal dream state seems to take on a bizarre or sinister twist and I'm overcome with fear - because I know what comes next! The dream (*of whatever*) ceases, and the vibrations start. As they increase in intensity, I find myself completely heavy and totally paralyzed in my physical body...and at the same time very frightened. Sometimes it feels as though an evil entity is trying to overtake my body. At this point I feel a primal scream coming from the very depths of my soul, as if to save myself. Apparently, I do actually yell out and cry at times, as my husband reports that he frequently has to wake me because I'm having a bad dream. The moment he touches me, or I am able to move even a little finger, it's all over. But I am left with a sense of dread and uneasiness, although I am then wide awake. And the funny thing is, if I go right back to sleep, it will happen again...as if the first episode wasn't complete.

I've tried everything over the years, including fighting it, accepting and relaxing into it, surrounding myself with white light, praying before sleep, commanding it to stop, and actually wanting and trying to consciously project -- nothing works.

Those times in which I really try and relax into it and just let it happen seem to be the most frustrating, because it feels like such an effort and struggle, and then nothing happens - I just end up getting paralyzed again.

The most dramatic time, the time that I did get out, was quite pleasant, although it

was extremely brief and during the daytime. This particular time, I was napping in my bed during the day, and suddenly the vibrations started. This time was different, though, I seemed to roll over right through the frame of my waterbed, and it felt as if I was hovering right by the side of my bed. But I didn't feel completely out, it seemed as if the lower part of my body was still attached. I remember looking at my night stand, the floor, and other things in the immediate area. They seemed to "glow" with a blue colour. Then I was able to lift my hand and look at it, and as I did, I realized that this was the "real" thing, and I felt very happy and excited...then it was over. For the rest of the day, I walked around on cloud nine, almost as if this were concrete proof to me that there is an afterlife. I was very elated.

My Comments:

This above case history shows fairly severe and repeating waking paralysis. Ms. P appears to have fairly strong natural projection abilities, but has obviously become intimidated by the fear her frequent bouts of paralysis are causing; which is quite understandable. It is also quite possible that emotional feedback is playing a significant part here. This is compounding her natural fears, causing an emotional tug-of-war between her dream mind, etheric mind and her projected double, in varying combinations. The latter part of this letter also shows the marked differences between night and day projection, and how much less fear is caused during daylight projections. She thoroughly enjoyed her one remembered daytime projection and experienced no fear at all. This strongly suggests that her natural fears are contributing to or even creating the underlying conditions which are causing her waking paralysis episodes. Of note, her hand did not melt when she looked at it, but it is possible she did not look at it for long enough to cause the melting hands effect.

Miscellaneous Case Histories:

#1: Ms. S:

A:

Ms. S: I got up early one morning to go to the bathroom. When I returned to bed my body felt tingly and fuzzy all over. I lay down and after about ten seconds I felt a strong sinking feeling. When the sinking feeling stopped I felt as if I was moving inside of myself. I then had the most distinct feeling of leaving my body and then of hovering in the air above my bed. I felt disorientated and my vision was distorted (*I think I was seeing in all directions at the same time*). I had no body. I was a point of consciousness. I wasn't sure how to move (*I've since read your 'Treatise on OBE -- 1994*). After a few seconds, I was suddenly pulled back inside my body, but I never felt myself re-enter. I raised my head, laid it back on the pillow and began the process again. I left my body four times that morning. I was really excited because everything felt so real.

B:

For the last few nights I've been trying to get out using the Rope Method. I lay on my bed and feel myself climbing the rope. Its hard for me to stay still for long because I start to get an extremely ticklish sensation (*especially my face*) and sometimes it feels as if parts of my face are twitching. Eventually, it gets unbearable and I have to scratch, which breaks my trance. Also, if I do feel that something is really happening, I get a surge of fear and excitement in my chest. I think this also hurts my chances of getting out, but I'm not sure what to do about it. At times I get the subtle feeling that the sinking energy feeling is about to start, however, as soon as I have this

realization the feeling subsides. Its as if realizing that the sinking feeling is about to occur prevents it from happening.

My Comments:

A:

I would hazard a guess that this lady had an OBE already in progress while she went to the bathroom. When she returned to bed her projected double appears to have returned and immediately exited again (*sinking feeling*) taking her center of consciousness with it this time.

B:

While managing spontaneous exits well, this is a good example of how heavy Cobweb sensations can ruin an otherwise successful projection through distraction. The torso energy surge is also quite evident here. This all indicates Susan is very close to succeeding at conscious exit projection, despite all these problems. ([*See Astral Dynamics for more information on Cobweb phenomenon, and how to overcome it*](#))

#2: Mr. C:

Mr. C: I lay on my back in bed and went through my relaxation techniques and my body went completely numb and felt very heavy. At the point where I start to actually project I realized I was having a projection and my heart jumps in excitement and shocked me back to my physical body. My heart felt like it was going 150 plus. Next time, I was just relaxing and not intending to have a projection. All at once my astral body rose out of my physical body at what felt like a 90 degree angle. Like a SNAP. Then I knew again where I was about to go. All of a sudden thunderous lightning sounds tingled and crackled loudly all around

me. I struggled to maintain this place, but faltered and slipped back again, in excitement, into my physical body.

My Comments:

The above experience shows some fairly heavy exit sensations, with heavy thrumming and surging of emotional energy through the chest and heart center, plus loud astral noises ruining an otherwise successful projection. The surge of emotional energy through the chest area and the problems this can cause are also quite evident here.

#3: Mr. T:

Mr. T: I have tried to project many times, and tried energy work with my chakras, but have never quite managed to get out of my body. I did have some very interesting experiences though: I could definitely feel energy coming up through my legs, and could feel my base chakra pulsating and throbbing. When I get into the trance state, my arms and legs feel strange and enlarged, as if they are floating, and I can't tell if they are touching anything, or upside down or which way they are. I think I have started to separate from my body a few times, but each time this happened I think "Wow, something might happen this time" and my excitement ruins it. A few other times I have just been lying in bed trying to get to sleep and it has just started happening. I feel this incredible rush of energy go right through my body, very strong in my chest area, then once again I get excited and think "Wow, something is really happening and I'm not even trying", and this ruins it again.

My Comments:

This is a good example of energy movement up the legs and strong physical sensations in the base center. The emotional energy surge is especially strong here and appears to be causing most of the problems. It also shows how reacting to the

torso energy surge by becoming excited can ruin an otherwise successful projection exit. Conscious exit projection, or even going along with a spontaneous projection exit, requires a delicate mental balancing act. The physical body and its mind and emotions must be kept under strict control at all times. Emotional reactions to the projection reflex are especially troublesome for new projectors.

#4: Mr. F:

Mr. F: Recently, I was sleeping in a tent and had a strange experience. I became totally relaxed, and then started to feel this energy, a really light energy, all through my body. I felt this very strongly in my hands. I lay very still, thinking about nothing for several minutes. Then, I felt these really strong vibrations and thought "I can go out of my body now!" My vision changed from pitch black to blurry white. It was really freaky. At the same time, I felt the definite sensation of my upper body slowly moving out of my regular body. The weird part was that I was in control and could feel the essence of being in two bodies at the same time. My heart then started pounding really fast and I got scared. This ended the experience.

My Comments:

The above experience shows strong energetic sensations, vibrations and energy movement in the hands and up the arms (*two main energy conduits into the upper body and the higher primary centers*). Partial astral vision is experienced prior to the projection (*blurry white*). It also shows a mild sensation of duality caused by the mind-split at close range and of fear caused by normal exit sensations (*racing heart center*) ruining an otherwise successful spontaneous conscious exit projection.

#5: Mixed Experience - "Ms. S"

This case history illustrates some confusing aspects of projection, and how dream memories often become mixed with projection memories. I have broken this up into parts A & B, to clarify my comments on each part.

A:

Ms S: After trying your new rope technique, I suddenly became aware of myself floating 5 feet above my body. I was paralyzed and scared and couldn't move. Strong vibrations were travelling throughout my body. A black hole appeared near me and I started really zipping through it. I suddenly realized I was in the stages of a full astral projection and panicked. Fear of what was happening stopped the process.

B:

I woke up half an hour later, then finally went back to sleep and began what I thought was lucid dreaming. In the lucid dream I decided to practice my flying. I went outside, ran and jumped into the air and was soon flying very high and fast. Suddenly I felt my real body back in bed and the flying/falling sensation became much stronger. At first I was scared, but then decided to go with it. Suddenly, I was back in my physical body, briefly, and was then catapulted out of my body again and was left standing (*wobbly sea legs and all*) in my bedroom facing my dresser. I was so excited! I knew I was out of my body in what you have called the real time zone! I decided not to go too far or to stay out too long (*taking your advice to keep it ultra short*) so I returned to my physical body. I lay on top of my physical body, expecting to be reunited with it immediately. My projected double seemed not to connect with my physical body right away, so I decided to go back out again. The moment I had the thought I popped right out again. I turned around to look

at my body on the bed but could not see it, but I did see my husband clearly in bed beside me. My attention was then drawn to a bright light coming from my side of the bed. As I looked closer, I discovered a long rectangular TV screen playing Mickey Mouse cartoons. I was amused. I couldn't wait to tell my husband, so I laid down to re-enter my body again. It took a few minutes to get settled back into my body. I patiently waited, not scared at all. Several times I lifted my astral arms out to see if I was back, and could see them clearly each time. I started counting and feeling for and wiggling my toes and then, suddenly, I was back in my body. I woke my husband to tell him "I DID IT!!!"

My Comments:

A:

This first part shows waking paralysis, but as felt from the projected double's side. I'd say its possible the physical body was also awake and paralyzed at this time, but the memories of this seem to have been lost here. Ms. S's projected double may have been picking up the vibrations and paralysis from her physical body. Some degree of emotional feedback (*fear and anxiety*) seems to be at work here, possibly causing paralysis - the most likely scenario. The projected double's side of these memories has replaced the physical body's side after this part of the experience ended. This also shows the start of an astral tunnel or tube type experience. If Ms. S had gone with this she would have definitely ended up somewhere within the astral planes.

B:

This shows how strong physical sensations, often felt during a projection exit, can be equally felt from within dreams, lucid dreams and projections. This also shows the strong, often visceral connections which exists between

all these states of being. And, how a dream or lucid dream can be converted into a projection if the projector initiates and/or goes with the projection sensations when they occur, i.e., falling, vibrations and other projection related sensations. This experience also shows how Lucid Dreams and projections can happen at the same time, and how these will often become mixed during the memory download into the physical brain - all contributing to the final memory set.

This experience shows the wisdom of keeping early projections ultra short. Ms. S's missing physical body and the Mickey Mouse on TV part shows how reality fluctuations can occur during a projection. Ms. S studied the area where her physical body should have been, maybe a little too closely, possibly causing this reality fluctuation. Ms. S's subconscious mind may, on the other hand, have been unable to accept the possibility of seeing another Ms.S. It may have created the TV set when it hid her physical body. If Ms. S had not re-entered her body so quickly after the exit I doubt she would have recalled any part of this experience - reentry was difficult enough as it was. I would say Ms. S's physical/etheric mind had only lightly fallen asleep and was a fair way off the deep-sleep state. A very early light-sleep state is the perfect time for the projected double to reenter its physical body and cause it to wake or partially wake. This maximizes the chances of shadow memory recall. Working out this perfect time is quite difficult though, as everyone slides into sleep, and through the various stages of sleep, at different rates.

#6: Duality experience - "Mr. S"

This next case history shows duality, a symptom of the mind-split, being experienced during a real time projection.

A:

Mr. S: I was meditating in a chair when, quite suddenly, I began to see through my closed eyelids, and could see the room around me clearly.

B:

I then got up, out of my body, and was walking down the hall to see the rest of the house when the phone rang. It sounded as if I was hearing this 'twice', one ring slightly before and out of phase with the second, almost like an echo. I assumed it was because of some kind of a lag in my physical body's nerve impulses, etc, from when the ear comes in contact with the sound to when the brain recognises it as a sound. This was not a very pleasant experience, and it was something unlike anything else I had experienced previously, so I immediately sped back to my body.

C:

I got out of the chair to share my experience with someone. The only person I could find had just picked up the phone and was talking on it. This was the telephone I'd heard during the OBE.

My Comments:

A:

This shows clear real time sight was enabled just prior to the exit, which is typical of most conscious exit projections.

B:

Shows some of the effects of the mind-split, re the uncomfortable effects Mr. S experienced, indicating some mild auditory astral feedback. This was probably caused by hearing the same sound from two different but connected bodies at the same time. It also shows how real life sounds can be heard during a real time projection.

C:

An apparently real life event (*objective experience*) was witnessed during this projection (*telephone ringing*) and this event was verified immediately after the projection.

Welcome Beginners!

Robert Bruce

What is The NEW Energy Ways System?

Following is a brief explanation and hands-on demonstration practices for running energy with the New Energy Ways System - called 'NEW' for short.

NEW Energy Ways is cornerstone of the superior practices developed by Robert Bruce. No prior skills or experience is required and most people get results immediately. Practicing NEW methods significantly increases energy body activity, thereby greatly accelerating all aspects of spiritual development, including healing ability, astral projection, aura sight, remote viewing, and all other psychic abilities.

NEW is a simple yet powerful method of directly simulating your energy body with your tactile senses - a true armchair system. It is easy to learn and to use. The majority of students move energy well and experience noticeable energy movement sensations during their first practice session. Energy movements are felt with a variety of predictable sensations, including warmth, tingling, heaviness, tightness, bone deep tickling and buzzing.

The human energy body can be likened to a subtle reflection of its physical counterpart, including central nervous and circulatory systems and major organs. The energy body contains several interdependent energy systems. The primary circuit (containing major charkas) is the higher energy circuit responsible for all psychic and spiritual abilities. But this cannot be properly used (barring natural

ability) until its subtle underlying circuitry (secondary chakra system) has been developed. NEW is an easy-to-learn method for developing and strengthening the secondary and primary systems.

The underlying principles of NEW can be found in all Eastern energy systems, like Qi-Gong, Tai-Chi, Yoga, and Tantra, albeit in obtuse and difficult to comprehend forms. But NEW Foundations has been designed completely for Westerners, using easily understandable Western terminology.

Essentially, NEW is a tactile system (based on the sense of touch and 'feel') that utilizes focused body awareness actions to move energy through your body.

In practice, when one's attention is focused in a specific part of one's body, that part becomes energetically stimulated. When this focus of body awareness is given motion-meaning, when one focuses on a specific body part and then moves that focus through the body-the underlying energy body structures of that area are directly stimulated. This body awareness movement causes energy body stimulation and development.

In this way, energy can be moved at will throughout the body, and specific energy centers (chakras) can be targeted and directly stimulated. This stimulates higher levels of energy body functioning, opening the way to psychic and spiritual abilities.

The NEW system also has strong self-healing side effects, and healing and self-healing methods can also be accomplished with energy body stimulation. ([See the Heart Center Healing Method in the 'Tutorials' section.](#))

The NEW Energy Ways system can be demonstrated with the following practice:

Rest your left hand on your desk or lap with palm up. With the fingertips of your right hand stroke the whole underside of your left hand from wrist to fingertips repeatedly. While doing this, memorize the feel of the touch this movement produces in your left hand.



Continue stroking for half-a-minute, until you can reproduce the feel and movement of this action in your left hand from the touch memory, with your mind alone.

When you can do this, stop physically stroking and continue moving this feel through the whole of your left hand. Continue this and you will begin to feel some peculiar sensations, like pressure, heaviness, tingling, buzzing, or tickling. These indicate successful energy body stimulation in your left hand.

Repeat the above exercise with your right hand, then with each foot, then with other parts of your body. Remember, the key ingredient to making this work is to move your sense of 'touch' and 'feel' through your body.

Another demonstration exercise is to hold your hands out in front, palms facing, 12 inches apart. Imagine and 'feel' that you have a tennis ball sized globe of energy held in the right. Next, bounce this ball between your hands, without moving your hands. Imagine and 'feel' this ball bouncing from palm to palm. Keep doing this for half a minute, then extend the bounce action so the ball is passing 'through' your hands, several inches each side.

Repeat the above exercise with the soles of your feet, by resting your feet on their sides, 12 inches apart, roughly facing each other. Repeat this exercise with your knees, then your elbows, then your ankles. Note the sensations that each exercise produces in your body.

The NEW Energy Ways system builds upon the above demonstration exercise with easy and progressive steps. Larger and deeper parts of your energy body-including the primary chakras-are thus stimulated and exercised. Regular practice of these methods significantly increases energy body activity, thereby accelerating psychic/spiritual development.

NEW ENERGY WAYS (NEW)

BY ROBERT BRUCE

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Introduction

Robert Bruce

Welcome to NEW Energy Ways, or "NEW" for short. NEW is the simplest yet most advanced bioenergetic development system in the world today. It is also child's-play to learn and use, and requires no prior experience or knowledge. Anyone can learn the NEW system and have speedy results. It is also more effective, I believe and intend to show, than any other energy body (*bioenergetic*) manipulation and/or development system available in the world today. Results with the NEW system are quite rapid for most people, with noticeable energy movement sensations being experienced the first time it is used.

The NEW system has as much to offer advanced practitioners as it does novices. It can either be used as a stand-alone system, or its principals applied to enhance any other existing system, i.e., Tai Chi, Qi Gong (*Chi-Kung*), Yoga, Tantra and Reiki, to name just a few. It can also be used to enhance any form of spiritual or psychic healing, and to empower any type of psychic ability. Any ability (*natural or developed*) requiring personal energy usage can be enhanced by the NEW system. It can also be used to boost the immune system for self-healing, to enhance athletic performance, and to speed the healing of physical injuries.

Using a radically new energy body manipulation technique based on the sense of touch, called "Tactile Imaging" (*T.I. for short*) the NEW system concentrates on the smaller secondary and tertiary energy centres of the human energy body. By working with these, the flow of energy into the physical/energy body and its primary energy centres (*Major Chakras*) is significantly increased. Energy pathways and conduits through the energy body's internal structure (*often called*

meridians), and into its storage areas, are thereby cleared, redefined and enlarged. Progressively more and more life enhancing vital energy is thereby made available to the physical and energy bodies as these are developed with the NEW system.

I have written this tutorial with the complete beginner in mind, but while also catering for needs of intermediate and advanced students, and those experienced with other systems of bioenergetic development. Everything you need to learn the NEW system is carefully laid out within these pages. All information is presented in easy bite-sized pieces, written in plain English. This is essential reading for anyone undertaking any kind of bioenergetic, psychic or spiritual development; and for anyone in need of healing. And on the matter of self-healing, my research shows that the energy raised by an individual is uniquely in tune with his/her own physical/energy body. It is therefore far more powerful and effective when used as a self-healing tool than any amount of energy raised and provided by another person, i.e., a healing practitioner.

The terminology and constructs (*constructed words*) used throughout the NEW tutorial are Western descriptive, which are largely self-explanatory. These avoid the problem of having to rely on traditional Eastern terms - which are largely meaningless and confusing to the average English-speaking layman. The Eastern terms commonly used today for human energy related work make comprehension and learning more difficult than it needs to be. For example, if I were to ask you: "What is the lower Dantian and where is it?" I doubt most people would have any idea of what I am asking. But if I were to ask: "What is the Sub-Navel energy storage centre and where is it?" you immediately have a reasonable idea of what I am asking. I am obviously talking about an energy storage centre of some kind which is most likely situated near the lower navel area. The lower Dantian (*a Chi*

Kung term) and the Sub-Navel energy storage centre (*my term*) are one and the same thing. And on the matter of Eastern versus Western terminology, I rest my case.

And lastly, before we begin, some other terms I frequently use are:

Bioenergy

A construct describing energy that relates to both the physical body and its energy body.

Bioenergetic

A construct describing an energy function or process or aspect or sensation that relates to both the physical body and its energy body.

Energetic

A construct describing an energy function, aspect or process or sensation relating more to the energy body than the physical body.

Chapter 1 - The Energy Body

Robert Bruce

The energy body is a complex structure. In many ways it can be likened to a subtle energy reflection of the physical body, composed of highly structured etheric matter. Etheric matter is not scientifically recognized but, metaphysically speaking, this is the binding substance that exists in-between matter and non-matter, the substance that binds physical with nonphysical.

The energy body contains several interdependent energetic circuits. I have defined these logically, through experimentation, observation and reasoning. My terminology, definitions and descriptions here provide a good rule-of-thumb way to understand and deal with the nature and processes of the human energy body, without being overly technical or mysteriously esoteric.

Five Main Energy Circuits:

- | | |
|----------------------|---|
| 1. Master Circuit | Kundalini Circuit |
| 2. Storage Circuit | 3 Main Energy Storage Centres |
| 3. Primary Circuit | 7 Primary Centres (<i>major Chakras</i>) |
| 4. Secondary Circuit | Supporting Secondary Centres (<i>minor Chakras</i>) |
| 5. Tertiary Circuit | Energy Exchange Ports |

Each of these circuits has many different functions, on the physical, bio-energetic and pure energetic levels. While each can be said to be a completely independent bio-energetic circuit, these are all interconnected and work together supporting

each other's energy requirements and functions. All are integral parts of the underlying bioenergetic support structure of the physical body.

The primary energy centres and their higher functions cannot properly be developed or used (*barring accident or natural ability*), until their underlying energy support structures have been developed to allow this. If attempts are made to develop and use the higher centres first, a great deal of time must be spent waiting for these support structures to develop in response to the new demands being placed upon them. The lower energetic circuitry will eventually develop in response to higher energetic demands but this will happen very slowly, often requiring many years of waiting time.

Early bioenergetic development work, especially involving primary energy centres, causes some pretty major disruptions and realignments to occur within the existing structure of the energy body. New energy pathways are formed and old or blocked ones are redefined and cleared. This happens in response to the greater demands placed upon support structures, through the changed requirements and energy demands of the higher primary centres. Until these support structures develop to the point where they can meet this greater demand, energy can be taken from the storage areas of the energy body. This can drain the bio-energetic aspect of the etheric body, and can even cause the physical body itself to become energetically depleted; which can cause physical tiredness.

While these symptoms do not always occur during early energetic development, they should always be kept in mind: fatigue, dizziness, headaches, digestive problems, depression, cramps, aches and pains, and a variety of emotional disorders can become temporary problems, in varying combinations and degrees of severity. These effects can be especially pronounced if the recommended

procedures and cautions given within these tutorials are not adhered to. Primary energy centre work should never be undertaken too vigorously, or at too early a stage of development. To avoid most potential problems, and before any primary centres are worked upon, supporting structures need to be developed, nurtured and conditioned to handle a greater flow of energy.

The first step in developing the energy body is to stimulate and clear individual secondary energy centres, energy exchange port clusters and connecting energy pathways. While this process may sound laborious, it yields great developmental rewards in the long term. Once this process is underway, energy will begin flowing more freely and strongly throughout the energy body. This alone promotes faster and healthier development in every aspect of the energy body, while also empowering the immune system and other self-healing processes of the physical body.

Energy Flow:

The average person normally absorbs only a small quantity of the energy available to him/her each day. Energy is absorbed during sleep, as well as through other means like digestion, breathing and sunlight. Now let us say, for example, that the average person absorbs 100 units of raw energy per day, and that this is enough for his/her average daily requirements. But when this same person undertakes bioenergetic development exercises, and energy usage increases, he/she begin using 200 or more units of raw energy (*vitality*) per day. This deficit of 100 units will usually be made up for through the energy body's storage areas. The physical symptoms of bioenergetic depletion, as discussed above, can be the result if the storage areas become depleted.

With a little time and attention, however, the energy body can be conditioned to handle anything. This is best done through stimulating, developing and nurturing the all important secondary and tertiary centres. The energy body can adapt and develop to fulfill any new energy requirements fairly quickly, but only if the development process is managed intelligently. If left to develop under its own steam, as a natural response to increased energy demands of higher energy centres, overall energy body development can be extremely slow.

Secondary Energy Centres:

According to my observations: secondary energy centres share many similarities with primary energy centres (*major chakras*) but are smaller, simpler and have fewer functions. Their main purpose is to refine, transform and condition energies received through the tertiary system (*energy exchange ports*) into energy with specific qualities, as required. In a way, secondary energy centres can be thought of as something like bio-energetic electronic components of the energy body.

The above diagram represents a typical secondary energy centre (*skeletal*) based upon logic. I find it easier to picture this type of secondary centre as having 4 poles and a central core running through its bone marrow core. Each pole is a small vortex like energetic structure which flowers on the surface of the skin directly above the joint, in and on the skin's surface. These poles are connected to a larger internal conduit which runs through the centre of all bones. Energy flowing through bone marrow cores may be the cause of the bone-deep tingling and 'rushing-water' type energy movement sensations commonly felt while working with the NEW system. The skeletal secondary centres are also interconnected through energy pathways running through flesh, muscles, tendons and nerves, as well as through and along the surface of the skin.

Slightly different but with similar functions are those secondary centres attached directly to physical organs, nerve ganglia, glands and muscles. These types of secondary centres are not directly attached to the skeletal system. Some of these seem to have only one or two poles flowering on the skin surface, and others do not seem to have any surface vortex at all. I have not determined a great deal more about this particular type of secondary energy centre at this time.

Secondary energy centres and their interconnecting energetic pathways seem fairly well in line with traditional acupuncture meridians and accupoints. Not surprisingly, striking similarities exist between the secondary system as a whole, and the human nervous and circulatory systems.

Energy Exchange Ports:

Energy exchange ports (*tertiary system*) are tiny pore like energy centres with very simple functions. These are much like the millions of tiny pores and hairs covering the skin of the human body. Their basic function is to absorb and discharge energies; and on a higher level to detect energy. The whole surface of the skin is lightly covered with these, but they are heavily concentrated in several main areas.

1. Soles of the feet
2. Palms of the hands
3. Nasal passages and lungs
4. Lips, mouth and tongue
5. Genitals

The hands and feet are the largest energy conduits into the body and thus contain heavier concentrations of energy exchange ports. These are, therefore, the most

important areas to stimulate, develop and make awareness sensitive, during early development exercises.

Energy Storage Centres:

The human energy body has three main vitality storage centres, where different qualities of energies are accumulated and stored. These are quite different from the primary energy centres (*major chakras*) that share the same general area with each of these, although they can be said to be energetically interrelated.

The Sub-Naval	The Sub-Heart	The Sub-Brow
<u><i>Position</i></u>	<u><i>Position</i></u>	<u><i>Position</i></u>
Midway between belly button and pubic line, two inches inside average sized body.	Centre of chest at base of sternum, two inches inside average sized body.	Between eye socket ridges in centre of brow, two inches inside average sized body.
<u><i>Function</i></u>	<u><i>Function</i></u>	<u><i>Function</i></u>
Raw physical vitality energy storage.	Raw emotional energy storage.	Raw mental and psychic energy storage.

Of these three storage centres, the most important and safest to actively fill is the Sub-Navel storage centre. The three storage centres are interconnected. As the Sub-Navel centre is being filled it automatically overflows into the Sub-Heart storage centre; and as the Sub-Heart storage centre is being filled it automatically overflows into the Sub-Brow storage centre. So when energy is directed solely into the Sub-Navel centre, the two higher centres above it are automatically filled at the same time.

I have found that directly filling either of the two higher storage centres is a very unwise practice indeed. This can, experience has shown me, have many adverse effects. It can unbalance the energy body and significantly lower overall energy levels. This is not only developmentally counterproductive but it can also have adverse affects on emotional, mental and psychic stability. Filling all the storage centres is a lifetime's work. So it can take several months or more of regular energy raising before energy levels significantly increase. This slow start is mainly due to excess energy (*energy that would normally be stored*) being used up during the early development process.

It is important to note that you do not have to actually fill the Sub-Navel centre before energy begins overflowing into the Sub-Heart and Sub-Brow centres. As the Sub-Navel centre is being developed and filled, pre-conditioned energy is fed into each of the two higher centres automatically. If the procedures given in this book are followed, the three storage centres will fill and develop together, naturally and in a well-balanced way; and when it comes to long-term energy body development balance is extremely important.

Unfortunately, there are no safe shortcuts with the NEW system. If you long for psychic abilities, as people often do these days, practice regular trance meditation and work daily at filling your Sub-Navel centre; and using other energy circuits given in this tutorial. Make trance meditation and energy raising a part of your daily life and your energy body will safely and progressively develop in a natural, balanced and healthy way. Any dormant psychic abilities will begin to manifest when they are ready, when the energetic conditions which allow them are created.

In theory it might sound like a good idea to work solely on the higher centres if psychic abilities are being developed, but a plethora of potential problems can arise

doing it this way. These can all be avoided by conditioning the secondary centres first, and overall progress will always be much faster if this rule is adhered to.

Chapter 2 - NO Visualization

Robert Bruce

Taken all together the required skills for any kind of energy work or metaphysical development can seem pretty daunting. But please don't panic! Taken one at a time the individual skills needed for development are very simple. They are all very easy to learn and do when explained and taught in just the right way. Anyone can learn them! The following development units are carefully structured to present everything in just the right order to make the learning process as easy and painless as possible.

No prior skills are required to begin with. I have designed the coming sections with the complete novice in mind, but while also catering for the needs of intermediate and advanced students. Anyone can learn and use these techniques, even if they have never had any previous success with energy or development work. I say this without reservation. Some of the theories, techniques and processes offered here are quite new, while other components are clever innovations on existing knowledge; but all are extremely effective. Using these tools it will not take years of hard work before any noticeable results are achieved. In fact, because of their effectiveness most people will get worthwhile results the very first time they use them.

What's NEW About Visualization?

Let's face it, 99% of people can't visualize for peanuts! No, let me rephrase that, 99% of people think they cannot visualize. But this is all wrong too, because I know that one-hundred percent of people can visualize perfectly. Everyone does it all the time. They just don't know they are doing it. If you are one of the many

people that has problems with visualization, then this is the chapter you have been waiting for all your life.

The above stated problem comes about simply because visualization is generally so poorly explained and taught these days. Visualization is considered by many to be an ability that takes years to master. But visualization is extremely easy and it does not take any time at all to master. It is a natural ability that everyone has and uses all the time. It is an ability that anyone can do with virtually no training or practice.

There are profound in-built problems with the majority of today's popular New Age visualization-based techniques. This is especially apparent with popular energy body and Chakra development techniques, if you seriously examine them. I have come across countless developmental problems relating to this single issue. This problem is so serious it greatly increases the difficulty levels encountered with any kind of serious development work. Development time is thereby seriously lengthened. As a consequence the majority of people give up well before they get any noticeable or worthwhile results.

To illustrate a part of this problem: if you belong to a meditation or development group, go and ask everyone, one at a time and in private, how they really get on with visualization. Note the slightly worried looks you'll get with this question if you push it, especially from those teaching it. If they are completely honest most people will admit to having a few basic problems with visualization, or that they just can't do it at all. But you will also find a few who will claim to have no problems whatsoever. These lucky few can easily see in their mind's eye whatever they visualize - just as if they are watching a little TV behind their closed eyelids, in their mind's eye. The lucky few with this type of visual ability are unintentionally a part of this widespread self-propagating problem.

Mind's Eye Visual Ability - Or Visualization?

The commonly used term [visual-ization] is at the root of this whole problem, plus the inadequate explanations people are usually given when learning or being taught this essential skill. A lot of teachers in this field intimate to their students that, with a little practice, they will one day be able to see what they are visualizing, just like watching a little TV inside their heads. Unfortunately, while this is partly true, it takes more than just a little practice and ability to do this. It is not something learned quickly; barring natural ability of course.

To put it in a nutshell: Visualization is NOT a visual skill. You are not supposed to actually see what you visualize. If you do see something it is then no longer classed as visualization. It then becomes a Mind's Eye vision type of ability.

During any type of meditation or training exercise requiring deep physical and mental relaxation, when combined with a visualization exercise, some people will always be found who develop partial clairvoyance, or an awake semi-lucid dream type of creative visual ability, or a combination of these. These are very visual abilities, enabling people with them to actually see what they are visualizing in their mind's eyes.

Lucid Dreaming

The normal lucid dream state occurs when the dreamer's mind becomes aware it is dreaming while its physical body is asleep. The conscious mind then takes control over the dreamscape, gaining some measure of creative power and influence over it.

Clairvoyance

The visual aspect of clairvoyance is where mind's eye visions are seen, just like the clairvoyant is watching a little TV inside his/her head.

Lucid dreams and clairvoyance are both very visual mind's eye experiences. Now don't get me wrong here, as there is nothing wrong with this type of lucid dream-cum-clairvoyant ability enhancing visualization. It is a very interesting and useful ability. But it is just not an ability the majority of people have. It is also not easily or quickly learned; barring accident or natural ability. It is therefore reasonable to suggest that it is misleading to expect everyone to have or to be able to quickly and easily learn this type of visual mind's eye visualization ability.

The problem progresses from here when the above type of visual mind's eye ability becomes the accepted norm that everyone is told to aspire to. When this happens people start to believe they must develop this level of visual mind's eye ability in order to visualize properly. All it takes in any group is for a single person, especially a group leader, to tell to the rest of the group he/she can actually see what is being visualized. Once this happens the rest of the group immediately think they are doing something wrong. They begin to think they lack basic ability and therefore cannot keep up with their group. In time, if they continue believing this, they fall into the age-old trap of believing they can never learn to visualize properly, and therefore never develop themselves significantly. And belief is a powerful thing indeed.

A similar problem arises when neophytes are exposed to more advanced students, or to those who have realized visualization is actually the constructive use of imagination. These people, even though they do not truly see anything when they visualize, always use visual terms when describing their visualizations or

extrasensory perceptions. For example, the terms: "I can see", "I saw", "I see", "I am seeing", are all visual terms commonly used in development groups today. These visual terms are also habitually used throughout the New Age movement, even though in the vast majority of cases nothing is actually seen in any kind of visual way.

For visualization, more accurate terms like: "I sense", "I feel", "I perceive", or "I am imaging", should be used instead, but are usually not. Be this as it may, these visual terms are now common usage and will continue to be used. But keep in mind just what visualization really is and what it is not; and please spread the word to all who will listen.

Because of the above problems and misconceptions there are a great many people today who have become developmentally withdrawn. They think themselves incapable of serious progress simply because they believe they lack real 'visual' visualization ability. Most people faced with this dilemma continue to go along to their development groups anyway. They pretend and intimate they can see what they visualize and never mention their embarrassing problem. They do this so no one will think they have abnormally low natural ability, lacking what they have been led to 'believe' is basic visualization ability.

Now, here's the other big part of this problem: All energetic stimulation, manipulation and development techniques taught today are 'totally' reliant upon visualization. If anyone has any problems with visualization they cannot use any visualization based techniques properly. And given no viable alternatives they cannot develop themselves properly.

The solution to all these problems is to understand just what visualization is and how it really works. Once this is done everyone becomes equal in visualization-based development exercises. This allows everyone to develop themselves to whatever level they aspire to. I believe and fully intend to show here that everyone, without exception, can visualize easily and perfectly if taught correctly.

The development exercises and techniques given in this book are NOT based on visualization. Instead, a concise non-visual imaging system called 'Tactile Imaging' is used. This is based on the active use of body awareness, using the sense of touch and feel. These techniques are very easy to learn and use. They are also far more effective than visualization-based techniques could ever be.

A person who actually sees what they visualize may be at a slight disadvantage when they first start using the non-visual tactile imaging techniques and procedures given here. That is, if they do not change their way of doing things. They will have to stop trying to visually see what they are doing and start feeling what they are doing with their body awareness for these techniques to work effectively. This means that if you cannot visualize very well and cannot actually see what you visualize, you are going to do very well indeed with these new techniques.

Concise Use Of Imagination:

Without exception, every person is capable of easily creating the most complex scenarios in their mind's eye. I have asked many people who have claimed they cannot visualize, if they ever fantasize or daydream or imagine things. The answer is always a resounding YES! Everyone is perfectly capable of using their imagination to build 'detailed' fantasies in their mind's eye, even though they claim not to be able to visualize effectively; as discussed above. So let's get something

straight here once and for all: Imagination **is** visualization and visualization **is** imagination. These are one and the same ability.

Memory plays an important part with imagination. Have you ever lost anything: your keys, a pen, your Koala, money, etc? If you have, after searching vainly for the item, you probably tried to recreate recent actions in your mind's eye to help remember where you lost the item. You would have replayed these actions in your mind's eye, going over your every step. Recreating actions and events like this is pure mind's eye imaging, the constructive use of imagination, based entirely upon memory. This is perfect visualization! And everyone has the natural ability to do this whenever they want, perfectly and with no training at all.

- ***Explanatory Exercise:***

Get up and go to the kitchen, get a drink of water and then return to where you are now. As you do this, take note of everything you do and see and feel along the way. After you have done this, sit down and close your eyes and relax for a moment. Remember what you just did from the very beginning and recreate this entire sequence of actions with your imagination; in your mind's eye. It is important to feel everything as if you were actually doing it. This is exactly like creating a fantasy based upon real life events. Remember yourself getting out of the chair and standing, and how the room looked as it moved around you as you turned. Remember your steps as you walked towards the kitchen, what you saw and felt when you arrived. Remember how your hand looked and felt as it reached out for a glass, filling and drinking it, and how the water tasted, smelled and felt. Remember returning the glass and walking back to your original position and then sitting down again. Do this in real time, taking roughly the same length of time recreating this in your mind's eye as it took you to actually do it.

With the above exercise, you are recreating and replaying remembered actions in your mind's eye. You will not actually see these actions, but you will be able to 'perceive' them clearly in your mind's eye. This is exactly like any fantasy created in your mind's eye, and you can almost see a good fantasy; they can be that realistic. Fantasy is the constructive use of imagination; something more commonly called 'Visualization'.

Once again, relax and close your eyes before starting the next exercise. I want you to construct a completely fictional scenario in your mind's eye with all the necessary parts taken solely from your memories. I want you to remember, to fantasize, brushing your hair. Rehearse this in your mind, in your mind's eye, without actually doing it:

Imagine there is a table in front of you with a hairbrush lying atop it. Carefully feel yourself reaching out (*without actually doing it*) and taking the imaginary brush and lifting it slowly to your head. Start brushing your hair. Feel your arm and hand moving as you do this in your mind's eye. Feel your hand dragging the brush repeatedly through your hair. Imagine what the brush feels like as it moves through your hair and tingles your scalp. Finally, return the imaginary hairbrush to the imaginary table and relax.

You must feel all these movements as you construct them in your mind's eye. Do not physically move or try and actually see anything happening in your mind's eye. Imagine and fantasize and feel and perceive them as happening in a real-time frame. You successfully created a concise construction of pure imagination (*a complex fantasy*) in your mind's eye, in the above exercise. From now on, when doing any visualization or constructive imagination exercise, no matter how lengthy or complex it might be, it is simply an extension of what you are doing in

these exercises. This is also how you follow a led meditation: where a voice leads you through a fantasy like the ones above and below, while music and special effects stimulate your imagination and transport your mind there. You don't actually see what you visualize or imagine, but you have an incredibly detailed awareness and perception of it all the same.

- *Note:*

Some of these early exercises may cause slight feelings of vertigo or a localized dizziness in the stomach and lower chest areas, and even bone deep tickling sensations in the arms and legs. These exercises tend to move body awareness outside the bounds of the physical body. This affects the etheric body and will often cause energy movement sensations like these to be felt. If done in the trance state, they can also cause an out of body experience, or OBE, to occur. For more information on this aspect see *The Treatise on OBE*, available on the author's website. Or better yet, get hold of a copy of the author's book, *Astral Dynamics*. *Astral Dynamics* contains an illustrated version of the NEW Energy Ways system. But this is written specifically for OBE training and does not cover the other aspects of the NEW system, i.e., self healing.

One last constructive imagination exercise: With your eyes closed, remember what it feels like to walk barefoot across a beautiful lush lawn on a lovely sunny day, with trees and shrubs and flowers all around you. Construct this from your memories, in your mind's eye, and feel yourself as being there inside your fantasy creation. Remember a time when you actually did something very like this, or remember a scene from a movie or TV that you can use for this purpose. Feel yourself walking across the lawn towards a massive ancient tree with heavy, leafy branches hanging down all around. Some of these branches are touching the

ground. Sense the tree getting bigger and bigger as you approach it. Walking through a small break in the branches, you now move into the restful shade within its stately boughs. You find yourself standing in a secret clearing. You can smell the living wood and leaves of the tree, intermingled with soft, earthy smells like moss, bark, rotting leaves and damp earth. Walking closer to the great bole of the ancient trunk you see the shape of a comfortable looking chair molded in the living wood of the massive root structure. Soft green moss is everywhere and you can feel its friendly touch underfoot. Moving closer you sit in this great chair and relax. Leaning back with hands clasped behind your head, you close your eyes and listen and feel and smell the secret world all around you. You hear the wind gently whispering and murmuring through branches. You hear small birds fluting and insects humming and fluttering all around, calling and chirping sweetly to each other. Smell and feel the wind, the flowers, the tree, the leaves, the moss and the grass all around you. Sit here awhile, feeling totally relaxed and at peace with the world, letting all your cares and problems drift away into nothingness. After a timeless moment you take a deep breath and return to your other reality, gently stirring your physical body back into wakefulness.

You have just successfully constructed a very complex and detailed fantasy scene in your mind's eye. This was full of actions, sights, sounds, smells and tactile perceptions, based entirely upon your memory and constructed with imagination. This is exactly what you need to do when you follow a led meditation, where a voice leads you through a fantasy scenario like the one above, while music and special effects stimulate your imagination and transport your mind there. You don't actually see what you are visualizing or imagining, but you can create an incredibly detailed awareness and perception of it all the same.

Non-Sighted Advice:

If you are blind and cannot imagine in a sighted way, please adapt and convert all the exercises within this tutorial to exercises using whatever perceptions you have available, i.e., tactile, sound, smell, etc. This can easily be done with any constructive imagination or visualization exercise, as given above. This can be done with any led meditation containing sighted details and instructions. Replace colours, scenes and sighted descriptions with something from your own non-sighted perception memory. Use your own remembered perceptions of a lovely walk you have taken in a park or in the countryside, and simply adapt the exercise to suit. Take advantage of your enhanced perceptions of sound, smell, texture, taste, and of spatial awareness.

Chapter 3 - Mobile Body Awareness (M.B.A.)

Robert Bruce

Your body's point of awareness is normally centred in the eyes. This is its natural location, but it does not have to stay there. Mobile Body Awareness (*M.B.A.*) is the ability to move and focus body awareness upon any specific part of the physical body. Being able to do this is very simple and easily learned, but is an extremely important skill. Combined with other techniques, this enables the dynamic manipulation of the energy body and its energy centres. This allows specific parts of the energy body to be directly stimulated, and the flow of energy increased in a controlled and deliberate way.

- **Note:**

With all the coming exercises, a deep level of relaxation or the trance state are NOT required. Light relaxation is quite adequate. Just close your eyes, take a few deep breaths and allow your mind to wind down and settle for a few moments, and begin. This is all that is required. I also suggest that you do not use a bed for these early exercises unless you have to. Sit in a comfortable armchair with your shoes off, place a cushion under your feet, wear loose clothing and do not cross your legs. But this is not mandatory and if an armchair cannot be used, please adapt and use whatever is necessary or available. For example, if you have spinal injuries as I do, sometimes it may be physically impossible to sit upright.

Targeting & Highlighting:

With all the coming exercises, lightly scratch or rub specified body parts as needed. This is a learning aid which helps highlight and target specific areas on the

physical body. Body awareness can then be focused more easily and accurately. Use a small stick or ruler if you have difficulty reaching some parts of your body. This scratching and rubbing is not necessary when you become used to the technique and can target specific areas with body awareness alone; which for most people does not take very long. Repeat the MBA exercises below without scratching and see how you get on without this aid. Try and do this with your eyes closed so you are focusing with body awareness only, but please use your eyes if you need to. As with scratching, the use of the eyes for targeting should be done away with once this can be comfortably done with body awareness alone. The reason for this is that some of the exercises given later in these tutorials do not allow the use of the eyes for targeting body awareness.

Localizing Body Awareness:

To demonstrate shifting your centre of body awareness and targeting specific areas on the body, please do the following exercises:

- Lightly scratch the skin of your left knee with your fingernails to highlight it. Do this just hard enough to leave a slight tingling sensation there after you stop scratching. Close your eyes and feel for this tingling area with your body awareness. Become intensely aware of that area as you focus on it. Highlight it with your body awareness until it stands out. You will feel your knee tingling and will easily be able to locate and target it. Feel for this tingling area with your body awareness alone, with your sense of touch; your sense of feel. Focus on the target area and forget about the rest of your body for a moment. Move your knee slightly and feel for more of the same knee and become aware of it as a whole joint. Feel its outline and shape and really

get the feel of it with your body awareness. Your centre of body awareness is now focused entirely in your left knee.

- Shift your point of awareness to your right knee, scratching it first to highlight it. Feel its shape with your awareness. Your centre of body awareness is now focused entirely in your right knee.
- Shift your point of awareness to your right big toe. Scratch it on top of the large joint where it joins your foot. Wiggle your big toe to help get the feel of it, so you can zero in on it with your awareness. Feel the tingle on top of it, then feel its shape with your awareness. Your centre of awareness is now focused entirely in your right big toe.
- Shift your body awareness to several other parts of your body (*anywhere you like*) highlighting them first by light scratching. Feel these areas as you target them with your new sense of, now mobile, body awareness.

Increasing Body Awareness Sensitivity:

To improve body awareness sensitivity, do the following exercises as often as you can until you get the hang of it. They will progressively improve your body awareness sensitivity, which is extremely important for later exercises and techniques within these tutorials.

When first learning to move a point of body awareness through the surface of your body, it helps if you trace the pathway along your skin with fingertips or a paintbrush, to highlight the path your point of awareness will be taking. This teaches your body awareness the pathway, making it easier to follow this with a point of awareness alone. If this is not enough, lightly scratch a small pathway along your skin with your fingernails or a ruler, to highlight it more strongly.

Follow the slight tingling sensation this leaves behind on your skin with a point of awareness alone.

For tracing and learning wider energy pathways, they can be stroked repeatedly with a hand, or a paint brush be used of an appropriate size. You can do this by yourself or have a partner do it for you, while you follow the sensations caused by this touch with your point of body awareness.

To start with I suggest tracing a pathway from the base of your left thumb, along the sensitive inside of your arm and on up to your left shoulder. Close your eyes and concentrate on the feel of the brush or fingers touching and moving along the surface of your skin. Ignore the hand doing the brushing and concentrate solely on its touch. Repeatedly stroke this pathway, from thumb to shoulder and back to your thumb again, following this with your body awareness until you have a good feel for the action.

- Repeat the above exercise with your right arm.
- Next, trace and follow a path from your left big toe, up over your foot to your ankle, up the outside of your shin to your kneecap, and on up the outside of your thigh to your left hip joint; then back down to the same big toe again.
- Repeat the above exercise with your right leg.

Practice this technique until you can trace a pathway to anywhere on your body with a point of body awareness alone, feeling your way along the surface of your skin without having to follow a manually highlighted pathway. Please rub and scratch and highlight, however, as often and for as long as you need to while learning this technique.

If you are training with a partner, you can help each other by stroking and brushing each other's body to stimulate pathways, or with a slow, stroking massage.

Massage is a good way of learning how to focus and move body awareness. Have your partner give you a massage and follow the touch of their hands with a point of awareness. Have them trace pathways up your legs and arms, and up your back, following their touch. It may help if they use only one hand at a time, at least to start with, making it easier to follow their touch with a point of awareness. Soon you will progress to being able to split your awareness and work with two points or more of body awareness at the same time.

M.B.A. Exercise:

Focus a point of awareness in your right knee until you can feel it well. Slide your centre of awareness slowly down the outside of your right shin. Keep your awareness moving until your centre of awareness comes to your right foot. Move your awareness slowly out to your right big toe. Feel this toe with your awareness. Wiggle it a little and make sure you can really feel it and are targeting it well. Move your point of awareness to the toe next to it and feel its shape and outline. Tense, move, wiggle, touch or scratch each toe, as needed, to highlight and target each of them one at a time.

Next, move your awareness across to your left foot and feel your whole foot with your awareness. Flex and tense your foot slightly to get the feel of it as a whole. Now centre your awareness in your left big toe. Slide your awareness back to your ankle and then slowly on up over your left shin until it comes to rest in your left kneecap. Keep it moving, sliding up your thigh to your left hip, and then slowly on up the left side of your body until you come to your left shoulder. Move your awareness down the outside of your left arm, moving slowly past your elbow to

your left hand. Feel your whole left hand with your awareness. Move and centre your awareness in your left thumb. Feel its shape and outline with your awareness. Wiggle it a little if you need to highlight it. Feel all your other fingers, one at a time, with your awareness.

You have just moved your centre of body awareness all around your body, targeting and focusing a point of body awareness in many parts of it. Without knowing it at this stage, you have also been stimulating your energy body in the process. As your centre of awareness moved through the surface of your energy body (*energy body = etheric body*) you may have felt some peculiar tingling, fuzzy or heavy sensations. These are caused by energy movement within your energy body. They are quite normal for this type of awareness exercise.

In order to effectively stimulate your energy body, it is necessary to be able to focus your point of awareness at a single point on your body, and then to move and manipulate that point of awareness. This is done with active body awareness, with something I have called Tactile Imaging. Tactile Imaging is very easy to learn and use. You have already learned the skills required for it and will soon get the hang of it - it just takes a little practice.

Chapter 4 - Tactile Imaging (T.I.)

Robert Bruce

Tactile imaging (*T.I. for short*) is the active use of body awareness. This is used to directly stimulate and manipulate the energy body in a controlled way. T.I. is a simple extension of M.B.A., and is very easy to learn and do. When body awareness is focused in a specific area, and that point of awareness is given motion, this motion stimulates the energy body in that area. When this motion is done at the site of a primary or secondary energy centre (*major or minor Chakras*), that energy centre will be directly stimulated. Individual energy centres can thus be targeted and stimulated in a strong and dynamic way.

Using Tactile Imaging:

Tactile Imaging exercises are only a little different from the simpler M.B.A. exercises given earlier, where body awareness is moved along the skin from one place to another. The only difference here is that your point of body awareness is often focused on a specific area, and a variety of repetitive body awareness actions are used to further stimulate that area.

Note: Focus body awareness alone on the specified target area and try not to use your eyes unless you really have to. Many people, however, find they cannot learn T.I. techniques without using their eyes for targeting. Do what is necessary for as long as you need to, but try and wean yourself off using your eyes as soon as you can. Many of the more advanced exercises and techniques given later in this tutorial do not allow the use of the eyes, or any other form of targeting or highlighting aid.

The best way to learn Tactile Imaging is by doing it. Rest your hands comfortably in your lap, or on the arms of your chair, palms down and fingers slightly spread. Close your eyes and relax, then shift your point of body awareness to the base of your right thumb, topside. There is an important secondary energy centre (*small Chakra*) in each of the thumb joints, and you are now going to stimulate one of them. Most people will feel one of their thumb centres activate noticeably the first time they work on it.

The area to be worked on first is on top of the large joint where the thumb joins the right hand. If you have trouble locating this joint (*the second joint in from the thumbnail*) flex your thumb while pressing this joint between your other fingers until you can feel it. Lightly scratch a circular area clockwise on top of the thumb joint, approximately half an inch (*1.5cm*) across, to highlight it with your awareness. Slowly trace a fingertip around this same circular path while following this touch with your point of awareness. That point of touch must become your point of awareness. Continue following this action until you can remember the exact feel of this circular movement, and can recreate this action with your point of awareness alone.

Feel the tingling target area on top of your thumb joint with your point of awareness. Recreate and feel this circular action inside your skin. Move your point of awareness in a small clockwise circle in that area, as if you were stirring it with an imaginary pencil or awareness fingertip. Concentrate and feel this action, continuing the motion with your point of awareness alone. Keep stirring this centre around and around with one or two circling actions per second. After a short time this action will gain its own momentum. It will then become almost automatic and take very little effort to continue.

After a while (*anything from a few seconds to a few minutes during a first attempt*) you should begin feeling a slight localized heaviness or pressure, or a tingling, buzzing or bonedeeep tickling or fuzzy sensation in your thumb joint and thumb. This sensation indicates the energy centre there has been successfully stimulated into increased activity. Once you feel this, immediately move onto the next exercise. If you feel nothing after trying for a few minutes, move onto the next exercise anyway.

Change the awareness action and move your point of awareness in a straight brushing action, up and down along the top of your right thumb, from just below the joint to just above the nail tip. Move your point of awareness continually back and forth through this area. You are now stimulating your entire thumb, including all the small energy centres within it. Feel this brushing action through the whole of your thumb as you do it. The sensations you may have felt earlier will intensify and spread throughout the whole of your thumb as you do this, as more and more small energy centres there are stimulated into increased activity.

- Repeat both the above exercises on the thumb of your left hand.
- Repeat both the above exercises on the big toes of both feet, one at a time.

T.I. Stimulation Notes:

Often, there are inactive secondary energy centres on one side of the body, but rarely on both sides. If you feel nothing after doing any awareness action for several minutes, move onto the next exercise. While energy movement sensations will usually be quite obvious to most people, a few may feel nothing at all; although I have found this to be rare.

No sensation at all simply indicates the energy body is for some reason blocked or inactive in that area. If this is the case, please continue with all these early exercises as best you can; you are still stimulating your energy body even though you cannot feel it happening at this point. It is more important to learn and practice these techniques at this stage than it is to cause sensations. Some of the exercises given later on in this book are designed to restore inactive areas and remove energy blockages. Once restored to activity, energy movement sensations will then be more easily and strongly felt. A hot shower or bath can also help, if done prior to doing these exercises. This not only relaxes the physical body and cleanses the skin, but also promotes a stronger energy flow through the energy body.

The tingling in the skin caused by scratching to highlight a target area, is not the cause of energy movement sensations. Test this if you wish by repeating the above exercises in the middle of your forearm or bicep where there are no significant secondary energy centres. This test will cause no energy movement sensations to be felt. Alternatively, try this same exercise on another small energy centre, but without the scratching. It is the movement of a focused point of body awareness through the energy body, at the site of an energy centre or concentration of energy exchange ports, that forces energy movement and causes these sensations to occur. Some of the exercises given later do not allow any kind of manual highlighting, like scratching or rubbing, but energy movement sensations will still be felt.

Awareness Hands:

The most natural way to use your point of awareness is to feel you have an imaginary pair of Hands. Awareness Hands are the business ends of Tactile Imaging, especially when it comes to raising energy. These are powerful awareness tools and you will become very familiar with them as we proceed. You will be

using your awareness hands in many ways: for raising energy, clearing blockages and for manipulating many different energy centres. You have already started using these Hands in the above exercises. You will soon learn how to use them over larger areas and in many other practical energy related ways.

Awareness Hands are extensions of active body awareness. You have a left and a right awareness Hand. While the awareness arms themselves are not important, each Hand should be felt as being attached to an imaginary awareness arm coming from each of your shoulders. Each Hand is related to a different side of your brain. One awareness Hand is usually slightly weaker than the other because of this, depending upon which side of your brain is the most dominant. Using awareness Hands is very progressive. The more they are used the easier they are to use and the stronger and more dexterous they become.

Awareness Hands Exercise:

The following exercise demonstrates how energy is raised with awareness hands: Close your eyes and relax, while sitting or lying comfortably. Take both your awareness hands down to your left foot, as if you were grabbing hold of it. Scratch or rub the top of your left foot and wiggle it a bit to highlight it first, to make this exercise easier. Draw your awareness hands through your left foot, to your ankle, and then slowly take them on up through your leg. Feel your whole leg, inside and out, as you move your awareness hands upwards through it. Draw your awareness hands all the way up your shin, through your knee, up through your thigh and on up to your hip. When you get to your hip, flick your awareness hands instantly back to your toes again and repeat the upwards stroking, energy raising action. Do NOT stroke your awareness back down your leg. Repeat this action over and over, taking several seconds per stroke, feeling the whole of your leg each time. This

action forces energy to flow into your foot and up through your leg. You may feel some peculiar sensations as you do this, like tingling, buzzing, warmth, cold, pressure, heaviness, or even a bonedeeep tickling. These sensations can be unbelievably strong in some people.

- Repeat the above exercise with your right leg.

Splitting Awareness:

Splitting awareness actions is quite simple to do. As an example exercise: split your awareness hands and feel both of your feet at the same time (*after targeting them*) feeling one in each of your awareness hands. Draw energy through both feet and up through both legs at the same time, exactly as you did with the previous exercise, repeatedly. Your awareness will split quite easily and with a little practice you'll be able to do this effortlessly. If you have trouble splitting awareness, however, please stick to working on one area or limb at a time until you feel more comfortable splitting awareness actions.

- When you have some practice at splitting awareness actions, increase the speed of the upwards energy raising action until you can draw your awareness up through both legs at the same time, taking two to three seconds for each upward sweep, from feet to hips; repeatedly.
- When you raise energy up both legs, imagine and feel as if you are sweeping or sponging water up through the whole of both legs with your awareness hands. Imagine your awareness hands are each holding a large sponge, and that you are sponging water upwards through your legs. The water keeps trying to run back down your legs, but focused awareness effort and concentration can be used to force the water (*the energy*) to rise. This

addition will give your awareness hands a better feel and grip on the energy, which increases the effectiveness of the energy raising action.

- It is more beneficial to be able to use one point of body awareness (*one awareness action*) effectively in these early exercises than it is to be able to split awareness. So if you have trouble with split awareness actions, please stick to using both Hands together, working on only one body-part or limb at a time until you feel more comfortable with split awareness actions.

Chapter 5 - Energy Body Stimulation

Robert Bruce

Five Tactile Imaging actions are needed to stimulate the energy body. Whether you are working on secondary or primary energy centres, or simply raising energy, variations of these same basic techniques are used throughout. With all of these techniques, hold your awareness very close, just inside your skin at the site of the area being worked on. Scratch or rub each energy centre or energy pathway as needed, to help target it and make it easier to follow with your awareness alone.

Five Awareness Actions:

1. Stirring Action:

Move your point of awareness in a clockwise circle through the surface of your skin. This is as if you were stirring the target area with a single finger, of one of your awareness hands. The size of this stirring action should be varied to suit the size of the energy centre or area being stimulated. This action can be counterclockwise if preferred, or if it seems to work better for you in that way. Do not be afraid to experiment with this.

2. Brushing Action:

Move your point of awareness back and forth through the skin as if brushing that area with a paint brush. The size of this awareness brush is to be varied to suit the task at hand.

3. Wrapping Action:

Move your point of awareness around the targeted area or joint, as if wrapping an imaginary bandage around it over and over. The size of this action is to be varied to suit the task at hand.

4. Tearing Action:

Use your awareness hands in a two-handed tearing action. Imagine you are holding a small bread-roll or cake or donut on the skin, or just under it. Feel your awareness Hands repeatedly tearing it apart with your hands, over and over. The size of this tearing action is to be varied to suit the task at hand. This action is mainly used on primary energy centres, but can also be used as an alternative method for stimulating other areas.

5. Sponging Action:

Imagine and feel your awareness hands are holding a large sponge, and that they are sponging water (*energy*) upwards through the entire area being worked on. This is the basic 'whole-of-limb' energy raising action. It can be used to sponge energy up just one side of a limb, but is primarily used for raising energy through the whole of a limb or body part. This action is normally only used for energy raising. For example, if raising energy through a leg, feel as if that whole leg were being sponged, as if using a large invisible sponge through the whole of the leg to make water move upwards through it.

- **Note:**

With all the above awareness actions, it is the action of feeling your point of body awareness moving 'through' your physical body that stimulates the

energy body enmeshed within it. This motion causes energetic stimulation and movement within the energy body itself. Imagine the awareness action is causing a kind of Ripple Wave effect in the energy body whenever it moves through it.

NEW Instructional Notes:

The NEW system does NOT require a deep level of relaxation, or even a great deal of preparation for that matter. Once these techniques have been learned, it is possible to raise energy at any time: even while traveling, walking, talking, working, watching TV etc. For all the following training exercises, use a normal level of light relaxation only. The exceptions to this is where problems are encountered getting the NEW system to work; or where stubborn blockages are being cleared; or where the primary energy centres are being worked on.

I recommend sitting in a comfortable chair with your legs resting reasonably straight and slightly out in front of you, and with bare feet. Place a pillow or cushion under your feet. Do not sit cross legged during training sessions as this makes awareness targeting and learning how to raise energy more difficult than it needs to be. Once these techniques have been learned you can return to a cross-legged position and adapt these techniques to suit yourself. But for now, just relax and take a few deep breaths, generally settle yourself and begin the exercises.

- Do not wear any tight clothes, especially on legs, as this will cause body awareness sensations that will interfere with awareness targeting and energy movement in that area. I advise bare feet or loose socks. Shoes and tight socks can also cause slight pressure sensations that will interfere with awareness targeting and stimulation actions.

- When secondary energy centres or groups of exchange ports are found not to respond, continue on with the next exercise anyway; after working on them for the suggested length of time. Do not stop your progress and concentrate solely on a seemingly blocked area. Work on these and then move onto the next exercise. Working around blockages in this way helps increase the flow of energy through and around them; which helps to energize and clear them in a roundabout way.
- I suggest eyes are kept closed and that they are not be allowed to look towards the target area being worked on. I have found that looking towards the target area, even from behind closed eyes, tends to dilute the feeling and effectiveness of awareness actions.
- For all the above, some people have reported difficulty learning to focus their awareness without using their eyes to aid targeting and awareness actions. It is therefore permissible to have eyes open and to use them to aid awareness targeting and awareness actions by looking at the area being worked on. I suggest both methods be tried to find which is most effective for you during the crucial learning stages. If the eyes are used though, again, I suggest once these techniques have been learned you wean yourself off using them as soon as possible. Many of the coming exercises in these tutorials do not allow the eyes to be used in this way.
- While deep physical relaxation and/or the trance state are not necessary for the NEW system, if you have difficulty feeling and stimulating your energy body while learning the system, some preliminary deep physical relaxation and trance work will usually help overcome problems.

Caution:

The NEW system has minimal side effects if used correctly. If, however, at any time while using the NEW system, energy related symptoms arise that are disturbing or worrying, please stop using it immediately. The general rule for dealing with any problems that may arise while doing any type of energy work is to stop and take a break from all energy-related development exercises, including trance work. These should be returned to only when symptoms of the original problem are no longer apparent. A break, from a few days to a few weeks, will solve most energy-related problems completely. If problems reoccur when the NEW system is returned to though, take another longer break. Continue this process until the problem reduces to a tolerable level, or disappears altogether. If worse comes to worse and a particular problem continually recurs (*say your feet are too sensitive to awareness actions*) skipping the exercise that seems to be causing it will help by working around the problem area until it repairs itself, develops and settles down.

Preliminary Stimulation:

Some of the early development exercises in the NEW system appear to be fairly laborious, but this work is only done in the very early stages. They yield great rewards by way of clearing blockages and increasing energy flow, so are well worth doing. This is real energetic development work in the truest sense of the word, and everyone has to start at the very beginning here. With a little individual attention, the smaller energy centres quickly become awareness and energy sensitive, and will soon begin responding in progressively larger groups. Much less effort will then be required to stimulate large groups of them into activity. Once they are properly sensitized, a few simple waves of awareness will be found to stimulate large groups of energy centres and exchange ports. For example, both

feet can be made to respond energetically with just a few passes of awareness through the whole of both feet; as opposed to the early work of stimulating dozens of smaller centres in each foot, one at a time.

The early stimulation exercises given here are specifically designed to isolate and stimulate individual energy centres and small clusters of energy exchange ports. Picking through them like this, one bit at a time, allows blocked areas to be identified so they can be cleared, repaired, redefined and strengthened. Each successfully cleared and stimulated area increases the flow of energies into and through the energy body significantly. This level of energy work, while admittedly seeming a little tedious in the early stages, is very progressive. The energy body has a memory and learns and adapts very quickly. Individual secondary centres and energy exchange ports do not have to be worked upon every time, only in the early stages. This preliminary work must be continued, however, until these smaller centres begin to respond in larger groups.

Redefining Energy Pathways:

Connecting energy pathways in the energy body can become blocked and narrowed to the point where they become virtually disconnected - just as the physical body can malfunction in specific areas. Energy pathways can be healed and redefined by repeatedly drawing energy into, through and around them. The energy body, like the physical body, learns quickly and develops a kind of energy memory of often repeated awareness actions. As energy is consciously drawn through the energy body, energy pathways become highlighted in the energy body's substance. The more often energy is drawn through them the stronger and more well defined they become, and the more energy can thus be drawn through them.

Chapter 6 - Feet & Leg Development

Robert Bruce

The preliminary stimulation and development work on the feet and toes in this section is vital to the NEW Energy Ways system. Like roots are to a tree, toes are important parts of the powerful energy structures within the feet. Each joint in each toe contains a secondary energy centre, with four poles flowering on the skin's surface. These are connected to the heavy concentration of energy exchange ports which exist on the underside of the feet and toes. As energy raising structures the feet are bases for the largest and strongest energy conduits into the energy body. They are therefore the most important energy structures to stimulate, condition and develop; especially in the early stages.

The following exercises must be done thoroughly if energy flow is to be significantly increased. One foot will normally activate easier than the other, usually the left foot. It may take several sessions before the less active side begins to respond in the same way. If you feel no sensation in either big toe with the first exercise below, this simply means both these areas are currently inactive. It does not mean that other toes will not respond, or that the NEW system will not work for you...it will. These sluggish areas will progressively clear as the individual parts of larger energy structures are cleared. If nothing is felt after spending several minutes working on each big toe, continue on with the next step in these exercises regardless. In the very beginning, spend at least two or three minutes on each big toe joint centre, or until they begin to respond well. Once a toe centre begins to respond, immediately move onto the next joint centre exercise.

Toe Work:

Toe Exercise - 1:

Awareness target the top of the joint of your left big toe where it joins your foot. This is the second joint in from the toenail. Press your finger into this area, and the slight bony lump you feel there is the top of the joint. This is the site of the first energy centre to be worked on. Give this area a light scratch or rub with your fingernail to highlight it, until it tingles slightly. Use a clockwise stirring action, approximately one inch (*2cm*) in diameter; depending upon the size of your big toe of course. Slowly scratch or trace this circle on your skin and follow this action with your point of awareness, until you can recreate the exact feel of the stirring action needed there. If you have trouble reaching and touching this area, use a pencil, ruler or artist's paintbrush for this purpose, or have someone else do it for you.

Concentrate on feeling this stirring action inside your skin. Keep stirring with your point of awareness until you feel a slight buzzing, fuzzy sensation and/or localized pressure in the joint and around that area. When this centre is successfully activated, the sensations caused by it can be quite noticeable. Repeat this process on top of the next big joint out towards the toenail, on the same big toe.

- Repeat the above exercise on both joints of the right big toe.
- Use the brushing action on both big toes, one at a time. Feel this action as if you were brushing a one inch paint brush back and forth through the top of each big toe: from the tip of each toenail to a couple of inches (*4cm*) past the big joint where it joins the foot.
- Use the wrapping action and wrap both big toes thoroughly, one at a time.

- Use the sponging action through the whole of each big toe, one at a time.
- Try splitting your awareness and brushing or sponging both big toes simultaneously.

Toe Exercise - 2:

Use deep brushing and sponging actions only on every other lesser toe, starting with the toe next to the big toe on your best foot (*best foot = most responsive foot*). Spend slightly more time on the least unresponsive foot, and on any unresponsive toes to help free them up.

- **Note:**

The deep brushing and sponging actions are the only actions normally used on all the lesser toes, along their entire length from the tip of the toenail, to a couple of inches past where they join the main foot. The stirring and wrapping actions are not normally used on these. The reason for this being that most people have difficulty awareness targeting small parts of their lesser toes, and the brushing and sponging actions usually provide adequate stimulation.

Toe Exercise - 3:

Using a slightly wider brushing action (*width = from tips of toes to just past where they join the main foot*) and starting with your best foot again, brush your awareness across the entire tops of all your toes at the same time, from side to side, from big toe to small toe, back and forth. Feel this wide brushing action penetrating deeply into all your toes. This will stimulate all the toes of each foot with a single awareness action.

- Repeat this action on your other foot.
- Try splitting your awareness at this point, and repeating the side to side brushing action across all the tops of all toes of both feet at the same time, in whatever way or direction is felt as being the easiest. Opposing directions are fine, with the split awareness actions meeting in the middle if your feet are resting together.

Sole Work:

The entire underside of the feet and toes are covered with a high concentration of energy exchange ports. These form the outer layer of the complex exchange energy structures within the feet. The soles are thus extremely important to energy flow, and these exercises should be done as thoroughly as possible.

Sole Exercise - 1:

Awareness target the middle of the sole of your left foot. Scratch or rub this area if you need help targeting it. Use a small clockwise stirring action, about one-and-a-half inches in diameter (*3cm*) and circle your point of awareness there continually. Next, move this continuing stirring action slowly over the under-surface of your foot and all toes. Keep this stirring action going at all times, covering that entire area thoroughly. Continue this mobile stirring action until you have covered the entire underside of your foot several times, including the underside of all toes and the heel. This awareness action is a little like you are using a small rotating electric massager. Spend at least five minutes on each sole with this rotary action, (*early exercises only*) or until the surface of each sole begins to respond well.

Sole Exercise - 2:

Using a wide brushing action, as if painting the soles with a large paint brush. Brush awareness back and forth, from heels to toes, covering the entire underside of each foot deeply with the brushing action, one foot at a time.

- Try splitting awareness and repeating wide brushing action on soles of both feet at same time.

Feet & Sensations:

Working on the undersides of the feet will usually cause some pretty major energy movement sensations therein. These can be uncomfortable, even a little painful, especially in the very early stages of these development exercises. Unfortunately this cannot be helped. They must be tolerated and accepted as the price for development. Intense buzzing, tingling and bone-deep, vibrating energy movement sensations will often be felt. These may continue for some time, even after the awareness actions which caused them have been discontinued. This will sometimes be accompanied by nervous twitching and spasming in the feet and legs; and this can also be quite intense. Occasional hot or cold burning spots and heavy, fuzzy patches inside the feet and legs can also be felt, indicating blocked and damaged areas.

All the above sensations are quite common and should be considered as being perfectly normal for this type of energy development work. The degree of sensations felt indicates the degree of resistance to the energy being raised. Energy movement resistance sensations are caused by larger than normal amounts of energy being forced through narrowed energy pathways and conduits. This causes

over-stimulation of the physical body's nerves, in the skin and surrounding tissue related to affected energy pathways.

Strong energy movement sensations (*energy flow resistance sensations*), should be ignored as much as possible, and the exercises continued with unless it becomes unbearable. If sensations become too strong for comfort, try and move on to the next exercise and ignore the strong sensations until they settle down. If these sensations go way beyond acceptable comfort levels, however, immediately discontinue all awareness exercises and wait until they completely settle down before continuing. If this is the case, I suggest you wait until at least the next day before continuing, to give them a chance to settle down and adapt. These sensations will usually be significantly reduced the next time you work on the affected area. Strong sensations are, however, a very good energetic symptom. They indicate a strong energetic flow potential through the affected area.

Sensations will normally ease off gradually, usually over five or ten minutes, sometimes a little longer, and walking will usually help ease them. On the other hand, if only very mild sensations are felt, this can also indicate a naturally strong pre-existing energetic flow. If this is the case, there may be significantly less energy resistance and thus reduced energy movement sensations will be felt. If no sensations are felt at all, however, then severe bioenergetic inactivity and widespread blockages should be suspected. Extra work will be required to clear these. Actual physical pain is fairly rare, but intense hot or cold or painful aching spots, plus occasional sharp needle-like pains, are not uncommon. These indicate particular types of energy blockages, which will usually reduce in severity only gradually, as they are progressively cleared.

It is a good idea to take extra good care of your feet and hands, at least while doing these exercises. I recommend this become a habit for anyone doing serious, long-term energetic development. If you have difficulty getting foot energy moving, try soaking them in warm to hot water, and then scrubbing them with a nail-brush, paying particular attention to soles and heels. Scrub feet until they tingle slightly, then dry and rub some light body oil or cream into them. This extra attention will make you more aware of your feet, as the tingling sensation caused by this kind of attention will last for some time. This also helps with awareness targeting during further feet and toe stimulation exercises.

- The application of essential oils, plus massage and reflexology techniques, can also be a great help with activating or clearing energy blockages in the feet. If there is a buildup of hard skin on the feet, it should be removed, or a podiatrist consulted for same.

Heel Work:

Heels contain large energy structures and it helps if you do some extra work on these, separately and more deeply with a large stirring action, on top of the stimulation work done on them during the rotary sole work. Use a large stirring action that covers the whole of each heel, for at least two minutes (*early exercises only*).

- Try splitting your awareness and stimulating both heels together with stirring action.

Whole Foot Work:

Using a deep sponging action, draw awareness from tips of toes to heel, back and forth through the whole of each foot, one foot at a time. Feel this action as filling the inside of the whole of each foot as you do this.

- Try splitting your awareness and sponging awareness through the whole of both feet at same time.

Ankle Work:

(Spend approximately 20 seconds on each part of this exercise)

- Use stirring action on inner and outer left ankle centres, on bony lumps of ankle joint, one at a time.
- Use wrapping action around whole of left ankle.
- Repeat all above exercises on whole of right ankle.
- Try splitting awareness and wrapping both ankles at the same time.

Knee Work:

(Spend approximately 20 seconds on each part of this exercise)

- Use a large stirring action, then brushing action, on left kneecap.
- Repeat both above actions on back of left knee joint.
- Use wrapping action around entire left knee joint.
- Repeat all the above exercises on right knee joint.
- Try splitting awareness and wrapping both knee joints together.

Leg Work:

While the legs are extraordinarily complex energetic structures, for development purposes it is easier to consider there are only five main energy pathways in each leg. As a part of the awareness sensitizing and energy blockage clearing process, we will be working on each of the four outer pathways, until the entire leg begins to respond as a single energy conduit. When this happens, the inner bone marrow core conduit will automatically begin joining in with the flow of energy. After they have become more awareness sensitive, both legs will be used together with a single split-awareness sponging awareness action, to draw energy into the body, with energy raising techniques later in this book.

Five main leg pathways:

1. Front
2. Rear
3. Inner
4. Outer
5. Internal bone marrow core

Use a wide brushing action on the front of each leg, one at a time. Scratch, rub or stroke the whole leg pathway being worked upon if required to help awareness target it. Move awareness from the tips of toes, over top of foot and ankle, up shin to knee, and on up to top of hip joint on each leg, one leg at a time. Stroke awareness steadily back and forth, up and down, a dozen times each way. Each leg sweep should take approximately three seconds for each pass, up or down. This exercise is designed to stimulate that energy pathway there and not to raise energy

up through it. This is why awareness is brushed in both directions. Follow this basic procedure for each of the following leg exercises.

- Repeat the above procedure on the back of each leg, one at a time, from heel to back of knee joint, to rear of hip joint (*top of buttock*) and then back down again to heel.
- Repeat this on outer side of each leg, one at a time. Especially pay attention to taking energy from the smallest toe, through the outer side of foot to heel, to side of ankle, up to side of knee, to top of outer hip joint, and then back down to ankle again.
- Repeat this on inner side of each leg, one at a time, from big toe through inner side of foot to inner side of ankle, to inner knee, to inner groin crease at the top of each leg, and then back down again.
- Raise energy with large sponging action, through the whole of each leg, feeling all of the leg as you go. Draw awareness from whole of foot, through ankle, and on up through knee joint to hip, and then back down through whole of leg to foot again.
- Try splitting awareness and doing this last (*whole leg*) exercise on both legs at once.

Hip Centres:

There are four very large secondary energy centre vortexes flowering near the surface in each hip joint. The inner two of these are connected to some particularly sensitive energy structures within the groin, including the genital primary energy centre and its sex organs. These centres are situated at the top of each inner thigh, in the creases where the large tendons in the thighs enter the groin on each side. These centres must be handled with care. Please follow the groin crease

stimulation exercises exactly as I have outlined them, and heed the cautions given for working on these centres at end of this section.

- On one hip joint at a time, first use a wide stirring action, three or four inches (6 - 8cm) in diameter, then a wide brushing action up and down, and then from side to side, on the front part of the hip joint, then on the outer part of the hip joint, and then on the rear part of the hip joint. These three centres are not overly sensitive like the inner thigh crease centres, and thus no cautions apply. Cease stimulation once any noticeable energy sensations are felt. With these centres, heavy throbbing and pulsing sensations are commonly felt, as well as buzzing and tingling when active.
- On each inner groin crease centre, first use a stirring action an inch or two in diameter. You do not have to spread your legs for this (*optional*) as awareness will easily move through the flesh on either side of the groin crease centres. Next, use a narrow brushing action and move awareness back and forth over the centre, stroking through the groin crease as if you were sliding an artist's brush back and forth through it. Cease stimulation as soon as this centre shows any sign of becoming active.
- Finally, use a wrapping action around each entire hip joint, one at a time, taking in all four centres of each. This particular awareness action must be done at a slight angle to cover all four centres, because of the way the hip joint is shaped, and may feel a little awkward at first. Just do the best you can with this exercise.
- Try splitting awareness and wrapping both hips at once, in whatever direction is felt as being easiest. Often, split awareness actions, each moving in opposing directions, works better for this.

- Try using a figure eight awareness action and stimulating all eight hip centres with a single action.

Caution - Groin Crease Centres:

The groin crease centres are the largest, most powerful and sensitive secondary energy centres in the entire body. I do not recommend experimenting with or playing around with these centres just to see what might happen. These can cause some extremely heavy throbbing and pulsing energetic sensations, which can all too easily spread into the genitals themselves if care is not taken. Do not overdo the stimulation of the inner centres. Once you feel a slight pulsing, throbbing, tingling or buzzing in them, leave them alone and proceed on to the next exercise.

It is quite normal to feel some fairly strong throbbing sensations in the groin crease centres, and even to feel some slight sexual arousal; especially when you first begin working on them. This does not normally cause any problems so please do not become alarmed, unless these sensations become intense or overly distracting. If sexual arousal is felt as starting, immediately move onto the next exercise, as this is a sure sign the groin crease centres have become active.

Be aware that over stimulation and overly strong energy movement sensations within the groin crease centres will tend to lock body awareness into the genital area, and into the genital primary energy centre. If this is allowed to continue, it can cause unusually strong, urgent and continuing sexual arousal; making further development exercises very difficult at that time.

If energy movement sensations do spread into your groin and genitals and appear to be taking hold there, stop what you are doing and force your awareness strongly away from that area. Focus your awareness in your hands instead. Clap your hands

several times, hard, and use the tingling this creates in your palms to help lock body awareness there. Hold awareness strongly in your hands until your point of awareness stops trying to slide back to your genital centre.

If the above problem continues, get up and go for a short walk, and take your mind and awareness off the problem. Walking, jumping, running, clapping hands and slapping arms and face, or any other vigorous exercise, will help. If none of these do the trick, take a cold shower or two; and/or soak your feet and hands in iced water; which will normally fix the problem fairly quickly. Return to the groin centre exercises during future development session, but be a little more careful next time. However, if over-stimulation and genital awareness locking continues to reoccur at each session, discontinue inner groin crease centre work entirely, and skip these in all future development sessions.

Feet & Legs - Quick Reference Guide:

1. **Big toes**
 - Stir both main joints, then brush and wrap whole of each big toe.
2. **Lesser toes**
 - Brushing and sponging actions only used on each of these.
3. **All toes**
 - Wide brushing action across all toes on each foot.
4. **Soles**
 - Mobile rotary stirring action over entire surface of each sole.
 - Wide brushing action on each sole.
5. **Heels**
 - Deep, wide stirring action on each heel.
6. **Feet**
 - Sponging action through whole of each foot.
7. **Ankles**
 - Stirring action on inner and outer bony sides of both ankle joint.
 - Wrapping action around each ankle.
8. **Knees**
 - Stirring, brushing, wrapping knees.
9. **Legs**
 - Brush each leg (*4 pathways*), from foot to hip, both directions.
10. **Hips**
 - Stir, then brush, each hip centre (*see cautions*).
 - Wrapping action around whole of each hip joint.

Chapter 7 - Hand & Arm Development

Robert Bruce

The energy body also exchanges and draws energies into itself through the hands, from a variety of different sources. Rather than over-complicating matters here, it is best to think of these energies as being simply atmospheric subtle energies. Atmospheric energies have different qualities from the more earthly energies which flow into the feet and legs. The hands, like the feet, contain heavy concentrations of energy exchange ports in the palms and undersides of fingers.

Hand & Arm Work:

As with the feet and legs, many small areas and individual energy centres in the hands and arms, need to be worked through in order to clear blockages, redefine pathways and generally loosen them up. This early work progressively increases their energetic potential, which increases the amount of energy that it is possible to draw through them. Again, please keep in mind that much of this early work is only done while the NEW system is being learned. This work is very progressive and large areas will quickly come online. Stimulation then becomes a simpler matter, with large brushing and sponging awareness actions being used to stimulate whole hands and arms in pairs. And in time, these become rapid, whole of limb energy sweeping actions.

Finger Work:

Work on each finger, starting with your thumbs, in the same way and in the same order as you did with your toes, on both hands, one at a time. Unlike the toes though, all the finger joints can be effectively worked on with the stirring action (*if*

necessary or desired), as finger joints are easier to target with awareness than the smaller toe joints are. Using the stirring action on each finger joint should be considered optional, however, and only done if energy blockages are present, i.e., if the fingers and hands cannot be made to respond with brushing and sponging actions. It is easy to tell if any area is not responding as no energy movement sensations at all will be felt coming from the areas being worked on.

You may find it easier to do these early finger and hand exercises if you look at each finger as you work on it. Once these exercises have been done a few times though, please discontinue using your eyes for this purpose. The most important thing here, in the very beginning, is to get your fingers and hands to respond.

- Work through every joint and knuckle in each hand with the stirring action, starting with the thumb joints where they join your hands, one at a time. Use the stirring action on top of the joints only, and not on the sides or underneath. If you are having trouble getting your hands working, however, you may like to do both sides and undersides as well. Use the stirring action on all thumb joints, but using it on the finger joints is to be considered optional.
- Use a narrow brushing action to stimulate the entire length of each finger, one at a time, on top of both hands, from large knuckles to fingertips, for thirty seconds each or until they respond, and for longer if you so choose. Try and feel this action inside the whole of each finger as you do it. Turn hand over and repeat this with each finger and thumb on its underside, in the same way.
- Use wrapping action around the whole length of each finger, one at a time. The position the hand is held in can be varied to suit what is easiest for you to feel, palm up or down. Use a narrow, overlapping wrapping action, slowly

spiraling up each finger length as you wrap it. Continue this for thirty seconds per finger, or until they respond, and for longer if desired.

- Use a wide brushing action, as if you were using a large paintbrush, and stimulate the back of each hand, covering all fingers from fingertips to a few inches above wrists, one hand at a time, for thirty seconds or more, even if they respond well earlier. Feel this action as if you were drawing your awareness through the whole of each hand.
- Use wide brushing action across all fingers, from side to side, covering all fingers.
- Try splitting awareness and repeating the above actions on both hands at the same time.

Palm Work:

As with the soles of the feet, the palms of the hands and undersides of the fingers all contain a high concentration of energy exchange ports. These overlay and feed the complex energy structures within the hands and wrists.

- Repeat the same process as you did with the soles of your feet, on the palm of each hand, one at a time. First use a tight, mobile stirring action, moving this action about until you have covered the whole of the palm of each hand, including the underside of all fingers.
- Next, use a wide brushing action, back and forth, from a few inches above the heel of palm to fingertips, covering the entire surface of palms and undersides of all fingers.
- Try splitting awareness and brushing both palms together, from above wrists to fingertips.

- Palm work, as with sole work, can also cause intense energy movement sensations in the palms and fingers. These sensations will usually reduce more quickly than those in the feet.

Hand Work:

(Spend at least 20 seconds on each of these exercises)

- Using a large sponging action, move awareness through whole of left hand, from fingertips to a few inches above wrist, back and forth, feeling whole of hand.
- Repeat on right hand.
- Try splitting awareness and sponging through both hands at the same time.

Wrist Work:

(Spend at least 20 seconds on each of these exercises)

- Use a large stirring action, then wide brushing action, on top of left wrist.
- Repeat both above actions on underside of left wrist.
- Use wrapping action around entire left wrist.
- Repeat all above actions on right wrist.
- Try splitting awareness and wrapping both wrists together.

Elbow Work:

(Spend at least 20 seconds on each of these exercises)

- Use wide stirring action, then brushing action, on outer left elbow.
- Repeat both above actions on inner left elbow.

- Use wrapping action around entire left elbow joint.
- Repeat all above actions on right elbow.
- Try splitting awareness and using wrapping action on both elbows together.

Shoulder Work:

Each shoulder carries several large secondary centres, similar to the groin area, but work on these does not carry any cautions. Spend at least 20 seconds on each shoulder exercise. You may find it easier to hold your arms akimbo while working on armpits and wrapping shoulder joints.

- Use a fairly large stirring action, then brushing action, on each of these joint centres:
 1. Outer shoulder joint (*point of shoulder*).
 2. Armpit.
 3. Rear of shoulder joint.
 4. Front of shoulder joint.
- Use wrapping action around entire shoulder joint, with arm held akimbo.
- Repeat all above exercises with right shoulder.
- Try splitting awareness and wrapping both shoulders together, arms akimbo.

Arm Work:

As individual arm pathways are difficult to target, it is more practical to treat these as only two and to work on the inner and outer pathways only. Accuracy is not required for this as long as each pathway covers approximately half of the thickness of each arm (*inner and outer*) so the whole arm is covered. Move awareness back and forth, from fingertips to shoulder, a dozen times in each

direction for the following exercises. Take approximately three seconds over each upward arm sweep and the same down.

- Along outer left arm, use wide brushing action from fingertips to wrist, to elbow, to outer shoulder.
- Repeat above on inner left arm, from fingertips, inner wrist, inner elbow to armpit.
- Repeat on whole of left arm, using sponging action, feeling all of arm, inside and out.
- Repeat all above exercises on right arm.
- Try splitting awareness and repeating sponging action with whole of both arms at once.

Hands & Arms - Quick Reference Guide:

1. Fingers

- Stir thumb joints then brush and wrap each finger and thumb joint.
- Use wide brushing action across all fingers, side to side.

2. Hands

- Wide brushing action along back of each hand, fingertips to wrists.

3. Palms

- Rotary stirring action, then wide brushing action on each.

4. Hands

- Use whole of hand sponging action, through both hands.

5. Wrists

- Stir inner and outer, then use brushing and wrapping action.

6. Elbows

- Stir inner and outer, then use brushing and wrapping action.

7. Shoulders

- Stir inner, outer, front, back, then brush & wrap.

8. Arms

- Wide brushing action along outer, then inner, pathways.
- Sponging action through whole of each arm.

Again, please keep in mind here, after working so laboriously and painstakingly through your energy body, that most of the above exercises are only used during early training. The NEW system is very progressive and large parts of your energy body will soon begin responding to single, larger awareness energy sweeping actions. This will become apparent when you start working with some of the more advanced energy raising practices and full body circuits ahead.

Chapter 8 - Energy Bounce Techniques

Robert Bruce

Energy bounce is a simple but effective awareness technique. It makes use of the awareness resistance factor that occurs when awareness is drawn rapidly through the substance of the energy body. This helps to clear, redefine and strengthen all energy pathways, including the large, internal, bone-marrow cores; by forcing energy to move rapidly through them.

Awareness Resistance Factor:

When awareness is moved rapidly through the energy body, natural energetic resistance is encountered. This resistance feels as if something is slowing or dragging at the awareness action being used, like you are dragging your awareness through an almost liquid substance. Awareness resistance allows you to feel the substance of your own energy body. Awareness bounce actions create an energetic ripple-wave effect through the energy/etheric body. This ripple-wave causes a gentle disruption within its substance which forces energy movement. This helps clear and develop internal pathways and structures. It can also be said to have the effect of generally loosening up the energy body.

As an example (*using a rapid sponging action*), bounce your awareness up and down through the whole of one leg (*pick one*) from foot to hip, feeling it moving in both directions; as with the earlier whole of limb sponging exercises. Bounce your awareness from foot to hip and back, rapidly and repeatedly. Your body awareness is capable of lightning-fast movements and of flicking from one body part to another instantly, but not so when you are moving it through the energy body in this way. Slowly increase the speed of this leg bounce and you will soon feel

resistance to the bounce action. You will find there is a natural speed limit of about half a second each way. If you move faster than this, your awareness will lose contact with the substance of your energy body and begin flicking from foot to hip and back, while skipping the leg in between. Once this happens you are no longer driving your point of awareness through your energy body, and are therefore no longer stimulating it.

Bounce Testing:

Whatever part of your body you wish to bounce awareness through, first experiment with the speed, increasing the bounce frequency until resistance is encountered. Once resistance is felt, slow the speed a little until you are quickly and comfortably bouncing through your body while still retaining the feel of body awareness contact. This is the correct speed for the bounce action in that area. Do not count or time this with a watch, just get the feel for what seems like the best speed for you.

Bounce Actions

Leg Bounce:

As above, take your awareness through one or both legs, from feet to hips. First test for resistance to gauge the correct speed and bounce frequency, then bounce repeatedly from feet to hips and back to feet again. You will quickly develop a natural rhythm with this action and you will feel the slight dragging effect it has within your energy body. There will often be energy movement sensations in the bounce area, but these are usually fairly mild. Continue bouncing for at least a minute, or for as long as you wish. Its quite a pleasant sensation when you get used

to it and the bounce action will become almost automatic with a little practice. Try splitting awareness and bouncing through both legs simultaneously.

Arm Bounce:

First test for resistance and adjust speed to suit. As above, bounce awareness through one or both arms, from hands to shoulders and back again repeatedly. Try splitting awareness and bouncing through both arms at the same time. An alternative to this is to hold your arms wide and level, and then bounce from one hand to another with awareness passing through shoulders and chest in between.

Spinal Bounce:

This is a wonderful technique if you suffer back tension or spinal pain. I have a few spinal injuries myself and find this very soothing and healing. Once you master the spinal bounce technique you can set it in motion and then use your mind for other things, meditation, etc. Only a small part of your awareness is required to keep the bounce action continuing in the background.

This technique is beneficial for overall energetic development as it has a gentle stimulating effect on the roots of all primary energy centres. All primary centres (*also called major Chakras*) apart from the brow and crown centres are rooted within the spine. The spinal bounce technique gently stimulates all these roots without actively stimulating the more sensitive vortex-like structures that flower on the front surface of the human torso. I recommend that serious energy developers spend at least a few minutes per day on this exercise, with particular attention being paid when using the brushing action on the coccyx at the start. I find this exercise is easier to do regularly during pre-sleep each night. This soon becomes habitual, although it can of course be done at any other time, as desired.

- Awareness target the coccyx (*tail bone*) at base of spine, scratching or rubbing if necessary. Pre-stimulate coccyx with a brushing action for thirty seconds or so. Cease pre-stimulation of coccyx if any erotic symptoms or strong energy movement sensations are felt. Move straight onto the following bounce action if this happens, and be more careful brushing the coccyx next time. If this is the case, reducing the amount of time spent doing this may be wise, or even avoiding the coccyx brushing altogether if it becomes a recurring problem.
- Move awareness along the full length of spine to just above top of head. Bounce awareness back and forth, from coccyx to head, feeling this up and down the middle of your back, in your spine, all the way. Try and keep this action narrowed to the spine itself. Increase the speed of this action until you encounter resistance, then back off to a more comfortable rhythm - about half a second or so in each direction. Breathe naturally while doing this.
- If you have spinal injuries, use a blade-like awareness action and slice from side to side, starting at the base of your spine and working your way slowly up your spine. Pay particular attention and spend more time using this slicing action on damaged areas.

Full Body Bounce:

The full body bounce takes awareness up and down through the entire body. This can be done while in any position, but is best learned while lying down with arms raised straight above your head. Take your awareness from both feet, up through both legs, hips, torso and spine, head, arms, and all the way to just above your fingertips. Bounce your awareness back and forth, from feet to fingertips, increasing speed until resistance is felt. The bounce rhythm should be fairly quick, one or two seconds each way, but whatever feels easiest and most natural is best.

Try and feel the whole of your body with each full body bounce. This whole-body feel does not have to be exact, just a general feel of your awareness moving through your body is all that is necessary.

- A variation of the above is with arms resting at sides, where awareness is bounced from feet to just above top of head. This is far more practical while sitting or standing.

Chapter 9 - Energy Raising & Storage

Robert Bruce

Feel all the coming awareness energy raising actions as if you were drawing a large sponge up through each pair of limbs, and were sponging liquid up through them, feeling the whole of them as you do this. Try and stay as physically relaxed as you can while doing these, but don't worry if you tense up a little or tend to twitch a bit at times. A little physical tension will not interfere with this type of energy raising. In time, you'll learn how to do this while standing, walking and even running.

- A deep level of physical relaxation is not required for any of these training exercises; unless physical tension is suspected as interfering with the energy raising process. If tension is a problem, deep physical relaxation and/or trance systems (*See Treatise on OBE, or better, Astral Dynamics*), should be practiced first.
- If awareness cannot be easily split, and two limbs cannot be effectively worked upon at the same time, it is permissible to work on only one limb at a time. It is much more important to raise some energy than it is to be able to split awareness actions and follow this tutorial exactly as written. Just do your best with all the exercises in this tutorial and adapt them to suit your needs and capabilities.

Do not worry if one leg or arm does not appear to respond well. Usually one side of the body will be stronger and will thus be easier to draw energy through than the other. Keep trying with the unresponsive side and continue trying to use arms and legs as pairs, when doing these exercises. If one leg or arm is all you can feel, draw

energy through it but do not neglect the unresponsive ones. Unresponsive body parts require more development work and should be concentrated on with the energy blockage clearing exercises given earlier (*see early training units*). If unresponsive areas are present, some time should be put aside for extra work on these at the start of each training session.

Areas with a weaker flow of energy are signs of energy body inactivity. Regular stimulation will revitalize these areas and the energy pathways therein will widen and redefine, progressively allowing more and more energy to flow through them. In time and with regular development work, the entire energy body will come online and energy flow will steadily become more evenly distributed. Any part of the energy body that feels in any way different from the rest of it should be suspected of having an energy blockage. It should then be treated with appropriate energy blockage clearing exercises.

Energy Raising:

Basic Procedures For Leg Energy Raising:

There are two ways to raise energy into your body: with awareness alone or with awareness aided by the natural breathing action. First, here are the basic procedures for raising energy with awareness alone. These are generally used as a part of the full body circuit (*coming up later*) or for raising energy to primary energy centres. They are also very useful on their own for when it is impractical to do anything more elaborate. For example: if you are too tired to do anything else and just want to raise some quick energy to empower your sleep and dreams, while in the process of falling asleep.

- **Pre-Stimulating Feet:** First brush back and forth across all toes of one foot, with a single wide brushing action, for about thirty seconds. Next, use a wide brushing action on the sole, also for about thirty seconds. Finally, draw a deep sponging action through whole of the foot, for about thirty seconds. Repeat the above process on your other foot. Split awareness and repeat above sponging action with both feet at the same time, if possible. Continue this process until some activity is felt in one or both feet. If you have no trouble doing this and get a good response, pre-stimulate using split-awareness with a whole of feet sponging action only, for all future exercises. The most common energy movement sensations felt with this type of pre-stimulation are whole of feet heaviness and fuzziness, with mild overall tingling and buzzing.
- **Splitting awareness (*optional*)** reach down and grab the energy of both feet with your awareness hands, and pull energy upwards. Sponge it up through the whole of both legs to your hips. Feel the whole of your legs as you do this. The action of feeling awareness moving up through legs forces energy to flow upwards through them.
- Take energy up over front of hips (*avoiding genitals*) and flow this directly into your Sub-Navel energy storage centre - midway between belly button and pubic line and two inches inside body, depending upon the size of your body, of course. The Sub-Navel target area does not have to be exact, as long as energy is made to flow inside the body somewhere roughly in the middle of the lower navel area.
- Feel the energy flowing deep into your belly for a moment, feeling your Sub-Navel centre sucking it all in like a vacuum cleaner. Then flick your awareness back to your feet, ready for the next upwards energy raising sweep.

- Develop a rhythmic drawing action, sweeping and sponging energy upwards through your legs, over and through the front of your hips, and deep into your Sub-Navel storage centre.
- Take two to three seconds over each upward sweep - but whatever feels most natural is best.
- At the end of each upwards sweep, flick awareness back to your feet, ready to start over.
- Alternate legs, if you are drawing energy up through only one leg at a time.

When you get a good flow of energy moving you may feel a slight pulsing, bubbling sensation in your lower navel area. This feels a little like warm, localized stomach wind near the site of the Sub-Navel storage centre. The exact site of this sensation varies slightly from person to person, but is usually within a couple of inches of the Sub-Navel storage centre. This sensation indicates leg energy is successfully stimulating the Sub-Navel centre and being stored therein.

Basic Procedures For Arm Energy Raising:

Energy can also be raised through the arms. This is normally only used as a part of a full body circuit or for stimulating the higher primary energy centres. However, energy can also be raised on its own in this way when there is a need for it.

- Position: If sitting in a chair: either hang your arms by your sides, or rest them palm upwards in your knees. If you are lying down: lift your hands above the bed, with your elbows resting comfortably beside you on the bed surface, while you stimulate your hands. Rest them flat on the bed again once they become active, if you so wish. Natural comfort is the most

important thing with these exercises, rather than following every instruction here to the letter.

- Pre-Stimulating Hands: Stimulate all fingers with a wide brushing across them; and then both palms with a large brushing action along their length; and then the whole of both hands with a large sponging action (*as show earlier*) feeling whole of hands, wrists and all fingers. You can work on one hand at a time, or both together with a split awareness action. Cease pre-stimulation when energy movement sensations are felt, i.e., a heaviness, fuzziness, tingling or buzzing in hands.
- Split awareness (*optional*) and draw energy through both hands with a large sponging action. Continue this action on up through the whole of both arms to your shoulders; and from there take the energy to the back of your neck. The back of the neck is where it will be joining in with the energy stream being raised through your spine, as part of a full body energy raising circuit (*coming up*).
- If this technique is used on its own, take energy through shoulders; down over chest and stomach; and then take it directly into the Sub-Navel storage centre, with a single, sweeping, sponging awareness action.
- Feel the energy flowing into your Sub-Navel centre for a moment, then flick your awareness back into your hands ready for the next energy raising sweep up through your arms.
- Use two to three second upward energy sweeps; flicking awareness back to hands at the end of each upward sweep, ready to start on the next.

Raising Energy With Breathing:

Now we get to the part where you start putting all that you have learned into practice and begin raising and storing energy in your Sub-Navel storage centre with a full body circuit. A full body circuit stimulates the entire energy body, using the above two basic energy raising techniques. This steadily increases energetic flow and vitality levels while causing widespread bio-energetic development, in a safe and progressive way.

Breathing creates a natural motion within the energy body: that of something flowing into and then out of it. This creates a natural upwards and downwards, inwards and outwards motion. This is very useful when combined with body awareness-based energy raising techniques. The breathing action also gives energy raising actions a natural rhythm, creating regular energy pulses throughout the energy body. Awareness actions quickly take on their own momentum which makes them easier to do, especially when used with the natural breathing rhythm.

Arms & Legs:

If you are just starting out with these exercises, the first step is to loosen up and stimulate the your feet, legs, hands and arms. Repeat the above two sections on basic arm and leg energy raising (*referring to earlier sections as needed*) until you get some energy movement sensations. If nothing is felt, however, continue with the following exercises anyway. Energy will still be drawn into your energy body and stored even if nothing is actually felt. This process also helps stimulate inactive areas into greater activity.

Full Body Storage Circuits:

#1. Two Part Storage Circuit:

The Two Part storage circuit is a simple procedure designed to take arm and leg energy directly into the Sub-Navel storage centre. This soon develops a natural rhythm, making it easier to continue for lengthy periods of time. Feel free to vary the positions of your arms and legs to whatever feels most natural to you. This circuit can be done while sitting, lying down, standing or even while walking and running, but is best learned while lying down with arms spread wide or extended above your head.

I like to use this circuit when I am raising energy outside, e.g., while watching sunrise or sunset. I find there are larger than normal amounts of available energy at these times, as well as in other beautiful natural settings; although this observation may be entirely subjective. If I am alone, I usually stand with legs and arms wide, eyes closed, and feel for the wind with my hands, and then for the Earth under my feet, as I raise energy into myself. The only caution here is that large amounts of energy can make you a little dizzy while standing in this position, especially if your eyes are closed. I have staggered and almost fallen over several times while doing this, so please be careful.

- Use The Basic Leg & Arm Energy Raising Techniques, as given above, for the below circuit.
 1. Before IN breath, centre awareness in feet.
 2. During the whole IN breath, raise energy up legs, and flow it into Sub-Navel.
 3. Continue flowing energy into Sub-Navel until IN breath is completely finished.

4. When the IN breath finishes flick awareness instantly into hands.
5. As OUT breath starts draw energy through arms, down chest, and into Sub-Navel.
6. Continue flowing energy into Sub-Navel until OUT breath is finished.
7. At the end of the OUT breath flick awareness back to feet again.
8. Repeat above steps 1 - 7 continually, settling into a relaxed, natural rhythm.
9. IN and OUT can be reversed for the above sequence, if preferred.
10. If you cannot split awareness, alternate legs and arms, using one limb at a time.

#2. Full Body Storage Circuit:

The full body circuit is the end result of all you have learned here so far. This combines awareness energy raising with breathing, as with the above technique, but covers the entire body with a continual flow of energy, rather than having two separate flows. This stimulates the majority of energy conduits, pathways and energy centres in the entire energy body. It also gently and safely stimulates all primary energy centres, as well as their roots in the spine and brain. The full body circuit is the ultimate energy development tool. No matter what part of the energy body being developed of for whatever purpose, it will require development of whole-body energy circuitry to allow, support and power it; which the full body circuit provides.

The full body circuit should be done, if possible, for a minimum of fifteen minutes per day to gain significant long term benefits. Thirty minutes or more is even more beneficial. This exercise can be split into many shorter sessions, if more convenient. Even a ten second session is valuable. Better use can thus be made of

waiting and traveling time, as the full body circuit can be done anywhere, anytime and in any position. There is NO limit to the length of time this can or should be done for, and the more often the better, provided all relevant cautions given herein this tutorial are heeded. With a little practice the full body circuit will become virtually automatic. It can then be combined with other types of meditation and trance work. Try and make this a part of your daily life and raise energy as often as possible. If you raise a little energy, even if just one or two breaths worth every time you think about energy, raising energy will slowly become habitual.

If a full body circuit is done for just a few minutes prior to falling asleep, the extra energy raised will increase the vividness and power of your dreams and lucid dreaming. It can also cause more frequent spontaneous Out of Body Experiences and make these easier to remember. The extra energy provided by these techniques empowers all subtle and dream bodies alike.

The awareness actions used in the full body circuit can be fairly wide and do not have to be narrowed to just the spine. Allow the action to spread out as energy is raised up through your back. Hold awareness close, feeling the movement as you take your awareness down the front of your body. This part of the action can, again, be quite wide and should be allowed to spread out as it descends, then narrowing again slightly as it starts to flow into the Sub-Navel.

Use slow, reasonably-deep, natural breathing and hold awareness firmly in your body at all times. Pre-stimulate feet and hands and bounce awareness through your whole body a few times before starting, as necessary. The full body circuit can be done in any position, but is best learned while lying on your back with arms resting comfortably at your sides. All preliminary stimulation exercises can be skipped if many short sessions are being done during the day.

1. Before the IN breath, centre awareness firmly in feet.
2. During the whole IN breath, raise energy up legs, through hips and spine to back of neck and on up to top of head.
3. Hold awareness firmly in whole top of head and feel energy flowing into and accumulating in the crown centre, until the IN breath is completed. Note that the crown centre is quite large and covers the whole top of head above hairline.
4. As the OUT breath starts, sweep awareness down over face; into mouth; down throat and out over chest; then down over stomach; flowing energy deep into Sub-Navel for remainder of OUT breath.
5. At the end of OUT breath, flick awareness back into feet ready for beginning next IN breath.
6. Repeat the above process continually, settling into a natural rhythm.
 - IN and OUT can be reversed if preferred.
 - If awareness cannot easily be split, again, alternate arms and legs, drawing up one side of body at a time. IE, first draw up left leg and left arm to top of head on the IN breath, then down front of body on OUT breath. Next draw up right leg and right arm on IN breath, then down front of body on OUT breath. Alternate sides with each new breath.

Joining Arms Into Full Body Circuit:

Once you are comfortable with the above full body circuit, try and join your arms into the energy flow as well. This increases overall energy flow as well as drawing in different types of energies through your hands. But including your arms in this way should also be considered optional. It can be omitted if you have difficulty with it, or find this addition makes the process too complicated. It is far more

important to have some kind of a full body circuit that you can use and do well, rather than to literally follow every step of these techniques.

- During the above full body circuit, as body awareness passes where hands are resting, on its way upwards, draw energy in through hands and up arms as well. Raise arm energy in line with the rest of the energy flow from this point onwards, in one fluid, upwards, whole-body energy raising sweep. Feel your arm energy joining into the spinal energy flow at the back of your neck; or just feel it as generally rising with the flow and joining in. This does not have to be exact. Smoothly continue the awareness action upwards into the crown centre. Continue the full body circuit, as given above, from here on. The only change is the addition of arm energy into the flow with each upwards sweep on the IN breath; and everything else stays exactly the same.

The continual awareness motion around the body used with the full body circuit does not have to follow an exact path. It does not matter if it wavers slightly this way or that, or if it spreads out or narrows as it moves around your body. As long as you are feeling your energy raising action moving roughly in-line with the procedure given above, this will have a good overall effect on your energy body.

If the full body circuit given above does not suit you for some reason, or if you find it too difficult, please feel free to stick with the Two Part storage circuit, as given earlier. This is a much simpler and easier circuit to do and will have the same general result, i.e., causing whole energy body development. Its more important to have some type of energy circuit that works for you than it is to follow my directions here to the letter.

Direct Sub-Navel Energy Raising:

When your body becomes more energy sensitive, say after practicing energy raising for a few weeks, you will find yourself becoming more aware of many other types of subtle energy. You will also become more aware of your Sub-Navel storage centre. Once this begins to happen you will be able to draw energy directly into it through both arms and both legs, all at the same time. When you first start doing this though its best to start with only the legs, drawing energy up through them as a pair. The arms can also be used on their own, as a pair, drawing energy in and down to the Sub-Navel. Once each of these methods has been practiced on its own for awhile, an attempt can then be made to combine them and draw energy through both arms and both legs simultaneously.

This technique is very versatile and can be done anywhere and anytime, to take advantage of high energy areas and situations. But this should not be used to replace the full body circuit. Direct energy raising, while effective as an energy raising method, does not cover the entire energy body. This is simply a useful alternative energy raising method.

Legs:

Pre-stimulate and bounce feet and legs, as necessary. Centre awareness in Sub-Navel centre. While holding this, reach out with more of your awareness and become aware of the whole of both legs and feet. Feel your legs as being attached to your Sub-Navel centre, imagining they are part of a large upside-down V, with the Sub-Navel at its tip. Feel a vacuum-like emptiness in your Sub-Navel centre. Feel energy flowing and being drawn up through the whole of both legs simultaneously. Do not brush or sponge your awareness up your legs, just feel the

energy flowing up through them like water under pressure, in a continual stream. Feel the energy/water flowing deep into your Sub-Navel and being stored therein.

Arms:

Pre-stimulate and bounce hands and arms, as necessary. Centre awareness in Sub-Navel. While holding this, reach out with more of your awareness and feel of the whole of both arms and their hands. If your arms are resting at your sides, feel them as being attached to your Sub-Navel, like they are part of a large M. If arms are resting in a raised or other position, imagine another figure, say a V or a T. Feel a vacuum-like emptiness in your Sub-Navel. Feel energy flowing and being drawn into and through the whole of both arms simultaneously. Do not brush or sponge up your arms, just feel the energy flowing up them. Feel this energy flowing up both arms to the shoulders, and then feel each of these energy streams flowing down over the front of your chest, before flowing down into the Sub-Navel. Feel the energy flowing into Sub-Navel and being stored therein.

Arms & Legs Together:

Pre-stimulate limbs, as necessary. As above, centre awareness strongly in Sub-Navel centre. While holding this, reach out with more of your awareness and feel the whole of both arms and both legs simultaneously. Create a feeling of emptiness in your Sub-Navel, a feeling of vacuum and suction, drawing energy in through both arms and both legs, all at the same time. Feel the energy flowing into your Sub-Navel and being stored therein.

All the above actions create a strong energy demand in the Sub-Navel. Energy will be drawn into the body through the hands and feet in response to this energy demand. Again, this should not be used to replace the full body circuit, but can be very useful under certain circumstances.

A simple litany can be used each time you do the above, to help program your energy body to respond to this Sub-Navel vacuum-type energy raising action. For example, "I...am...Energy..." can be repeated slowly and with deep feeling several times, silently, as you centre awareness deep within your Sub-Navel and reach out through all your limbs, feeling your Sub-Navel sucking energy into itself from all directions at once.

Energy Flow & Effort:

As mentioned earlier, a deep state of physical relaxation and/or the trance state are not generally required for the NEW system. Effort can thus be put into awareness actions without breaking any delicate mental state. Once your body becomes more energy sensitive, more effort can be applied to energy raising actions, where necessary. The amount of energy that can be raised is directly affected by the application of will to awareness actions. This is particularly useful when there are low background energy conditions; for those times when a greater energy flow is required; and for clearing stubborn, unresponsive and blocked areas with brute awareness force.

For normal energy raising and development, however, I strongly recommend that only a normal level of awareness effort be used. This is not only easier but far more natural and the result will be a more even and robust development of the energy body as a whole. If too great an awareness effort is used all the time, it will cause too rapid expansion and growth in the delicate bio-energy circuitry of the energy body. This will make developing energy structures too weak, brittle and delicate to be of much practical use. Forced development through excessive effort grows large but delicate and unstable energy pathways. These will retract back to

their original narrowed state fairly quickly, often becoming even smaller than they were before, if they are not gently nurtured during their development.

Use increased effort to clear blockages and to overcome low background energy conditions, but not for general energy raising and long term development purposes. And if the flow of energy into the Sub-Navel storage centre does not equal the energy expenditure used to raise it, temporary energetic exhaustion can also be the result. This is though, often an unavoidable side-effect during the early stages of energy body development, while blockages are being cleared, redefined and grown.

Please keep in mind that when a blockage is cleared it can often cause high energy usage, far in excess of the amount of energy available or being stored at that time. This can result in fatigue and temporary physical exhaustion; seemingly for no apparent reason. Often more energy is used to clear and repair blockages than can be raised and stored, thereby causing a temporary energy deficit. This can also cause noticeable energy movement sensations to continue for some time after energy raising actions are ceased. Energy will consequentially sometimes continue flowing into depleted areas because of continuing energy demands therein.

Blockages can also clear themselves spontaneously as a result of earlier development work; for no apparent reason. Because of this you may experience energy movement sensations outside of development session times, say in the middle of the night or during the day for no apparent reason. This is a very good sign, however, and shows your energy body is responding well to the overall development process.

Chapter 10 - Energy Movement Sensations

Energy Resistance:

Strong energy movement sensations are primarily caused by resistance within the energy body. This is natural resistance to an increased flow of energy through blocked or narrowed energy centres and bioenergy circuitry. Many people, especially during the early stages of energy body development, will feel some very strong energy movement sensations indeed. These sensations will fluctuate from day to day, but will be found to gradually reduce in severity as the energy body develops to handle the increased energy flow.

It is a big but natural mistake to measure energy flow by the strength of the sensations experienced. Always keep in mind that energy movement sensations will always steadily decrease as blockages are cleared and energy resistance is reduced. Sensations must be expected to steadily reduce and this must be looked upon as a sign of real progress. On that same note, a few people can expect to feel only very mild energy movement sensations, even in the early days of learning the NEW system. This can be caused by them having naturally more well-developed energy body circuitry than average. Some energy movement sensation will, however, always be experienced unless acute and widespread energy body inactivity is present. My bio-energy research shows this is not only unusual but is a generally unhealthy sign.

Energy Movement:

Bio-energy, when it responds in the early stages, will most commonly cause a surging, bubbling, rushing water kind of sensation. This is especially strong and noticeable in the feet, shins and thighs. These can be quite intense, even breathtaking at times. You may also feel strong, bone-deep tingling sensations coming from deep inside your bones. This is usually felt much more strongly in the shins and thighs, especially during early days. I have had many of my volunteers report that they have, quite literally, fallen off their chairs and been unable to stand for several minutes while working with the NEW system. This usually happens during early feet and leg stimulation and energy raising exercises, when surging energy movement sensations have become exceptionably strong. But this level of energy movement sensation is not usually painful. It is more like how it feels when you restore circulation after your legs have fallen asleep; which is fairly uncomfortable but not exactly painful.

There are several peculiar, sometimes very strong, energy movement sensations that can be caused by the NEW system. It is fairly normal while working on feet, legs, hands and arms, to feel strong buzzing and tingling sensations within them. These sensations will fade slowly with regular use and development, to a gentle, warm and comfortable, tingling energy flow. The degree of energy sensations experienced depends greatly upon the state of the energy body in question, and how many energy blockages and narrowed energy pathways are present. The strength of these sensations is also affected by many other factors, i.e., the condition of the physical body; plus the strength and availability of planetary and atmospheric energy which will be found to fluctuate daily. The energy conditions at any geographical location will also be found to fluctuate daily, with them being influenced by a great many environmental factors.

Common Energy Movement Sensations:

- Tingling, tickling, buzzing and vibrating, in soles and palms, fingers and toes.
- Rushing water sensation, up legs and arms.
- Bone-deep tingling inside hands, feet, legs and arms.
- Heaviness and fuzziness, especially in hands and feet.
- Tingling, energetic body-rush feelings, up arms, legs and spine.
- Localized fluttering and pulsing in flesh and on skin.
- Muscular spasms and twitching limbs.
- Cobweb like tickling, like ants crawling all over you.
- Localized stinging and prickling sensations.
- Aching or burning hot or cold patches, especially in soles and palms.
- Needle-like pricking pains.
- Muscular cramps.

Reduced Energy Movement Sensations:

It is quite natural to think that, over time, as energetic movement sensations become steadily less intense, that you are doing something wrong or that the NEW system just isn't working for you anymore. Please rethink this while keeping in mind that heavy energy movement sensations will always lessen as the energy body develops. Masters of energy raising with highly developed energy bodies will feel only gentle, tingling warmth as massive amounts of energy are drawn into their bodies. Look upon the lessening of energy movement sensations as signs of real progression in energy body development.

Case Histories:

Following are several case histories supplied by some of my volunteers while helping road-test the NEW system. I have included these to give readers a better idea of some of the effects the NEW system can have in the early stages of development. Many of these volunteers had only a very primitive version of the NEW system to work with; while it was in the throes of development, or so to speak. Some of the terminology and procedures mentioned in these letters may therefore differ slightly from those given in the rest of this tutorial.

#1 - "Mr. A"

Update 1:

I got both thumb centres working well, buzzing and tingling at the same time, until I felt a tingling deep inside my hands. Then I worked on all my other fingers, feeling strong energy pulsation's, etc, all over my hands.

I did the stirring awareness action, on one foot at a time, until I felt the energy start up, then I switched to the larger brushing action. I started the stirring action on both heels together, and after a couple of minutes, used wide brushing actions on both soles, up and down. Then I started doing it on my hands, but my feet continued the brushing on their own, until I felt a strong burning sensation on both soles. I had to walk to ease the discomfort. Again, while working on my hands, after 2 or 3 minutes, my hands hurt a little from the burning, down to the bones, like someone had smacked my hands hard. I walked and moved my hands to reduce the feeling, as you advised. I worked on my feet, with and without shoes, and it seems to work better without shoes, as you said it would.

When I worked on raising energy through my legs, I got one leg going, and suddenly the feeling started in my other leg as well, but I hadn't done any work on it. After, I tried to move energy all through my body, raising my hands above my head. I then bounced energy through my shoulders and arms, to my fingers, up and down. I did the same on my legs, and after several tries on them, they felt very warm and tingling, especially strong in my feet, and I felt strong energy moving all throughout my legs.

Update 2:

When I tried to do the exercise again, the next day, the energy centres and exchange ports in my soles, and at the base of my thumbs, just started warming and tingling as soon as I started thinking about them, but before I actually started working on them with awareness actions. A few moments after starting work on them, less than a minute, my hands and feet started tingling strongly also. I had somewhat of a problem getting the feel for the brushing action this time, because of the intense energy feelings all through my hands and feet. Is this like a "plug once" thing that you can turn on like a switch after the first time you have done it?

Update 3:

When working on the upper part of my body, after a few tries, I started to feel my whole body energizing, tingling and buzzing, etc, making it difficult to localize my awareness anywhere. The overall sensation is about the same as with the lower part of my body, as I mentioned in my previous letters, but is more widespread.

One comment: I got a cold on Friday, and by doing the energy work straight away, as you suggested, I am completely over it in just 2 days! Colds are usually much worse for me, so I think that I may be doing something right. As you said, this

appears to be boosting my immune system and helping with colds and influenza, and it sure has.

Update 4:

Here is some feedback on my wife's high risk pregnancy, as you requested: For just over a month now, she has been working with the NEW system every day. She doesn't seem to have a problem with the split awareness at all, as I did at first, and says she feels good energy every time. She said that she was having problems with getting the feel for her toes individually, because when she tries to do this exercise both her feet start tingling all over. I told her to skip this part for now, and to only work on her soles, heels and ankles with larger awareness actions, as you suggested.

Her doctor told her today, that her blood sugar level is now completely normal (*he was very perplexed as to why, repeated the test, and asked us many questions - but we didn't mention the NEW system*). As a result, she was immediately moved off the "high risk pregnancy" status.

- **Note:**

The woman above delivered a healthy baby, with no more complications during gestation.

#2 - "Mr. C"

Update 1:

First off, I am left handed, and find that my left foot works better when doing the NEW exercises. When I started the energy exercises you sent me, I felt the entire base of my foot buzz quite noticeably, and not just at the big toe joint. When I

began to draw energy into my right knee I become light headed. Both feet felt like there was something like water rushing into them and up through my shins. This sensation was very strong! All I did was concentrate on my big toe, and all of a sudden I got this overwhelming dizzy sensation, and could actually feel the energy pouring into my body. After a while I started getting cold, and could not concentrate a lot on what I was doing. Even now, hours later, with my feet propped under my desk, I can still feel a little energy going into them.

I noted that after a while, my right foot started working better than my left. Perhaps this is because I am partly ambidextrous (*left-handed writer, right handed batter and thrower*), I am not sure. As it was, that was my first time and I experienced quite a big rush of energy. Where it went I don't know. That storage centre below my belly button was hard to sense, because of the intense energy I was feeling in my whole body. I'm glad I was sitting down while I was doing it, because if I wasn't I would have fallen right on my ass!!!

Update 2:

As I was trying to relax before sleeping tonight (*after completing those NEW exercises*) I had some strange things happen. First off, it seems as if my consciousness was wandering. For a second I heard the people in the next room perfectly, as if I was in the room with them. Secondly, my ears and head were acting strangely. I kept getting this rush of energy, like an ethereal punch on my face. This wave of energy would hit my face audibly with a sort of WHUMP!! Feeling and sound. Also I noticed an incredibly bright flash in my eyes as this happened. It did so quite a few times. Also, this time the tingling and muscle spasms and twitches, hit me AFTER the exercises and not during them.

- ***Strobe Effect Note:***

The bright flash and mild facial concussion, as described above, comes from the brow centre strobing visually. This is seen in the mind's eye as it pulses accumulated energy upwards into the crown centre, as is its nature. The facial concussion effect, comes from their support structures in the facial area, reacting to the strobe. For more details on The Strobe Effect, read, [Astral Dynamics](#):

Update 3:

A suggestion on stimulating the energy centres, is to listen to some music that is spiritual and relaxing. I popped this new age CD into my player this morning, and immediately my spine tingled and I felt strong energy rushing into me. The energy centres in my feet turned on by themselves, with no effort from me, and wave after wave of energy rushed up through my legs and into my body.

Update 4:

I can now do energy work at any time. In class, walking, and in cars and busses while traveling. For me it didn't seem too hard. My only concern is that I learned this stuff kinda fast. I mean, its sorta freaky how easy the NEW tutorial you gave me was to use, and how fast it was to learn. When I try this in cars, first off it seems harder to feel that rushing water effect in my legs, because the car is shaking and vibrating itself. Also, certain parts of the road seem to be a lot stronger, energy wise, than others. Specifically, I notice a greater surge of energy over certain parts and a dwindling of energy over others. It seems stronger and more noticeable as I move through open or tree lined green areas of land, and weaker in the more built up areas in the city and industrial areas.

Update 5:

As I relaxed in bed today, I decided to try to draw energy using the NEW system (*my feet evidently don't need to be touching the ground any more*). Anyway, I was drawing energy while I was falling asleep, when all of a sudden, out of nowhere this huge surge of energy woke me up. It was the type that was very vitalizing physically. I suddenly felt this energy coming from all over. It was like the energy was pouring into my skin everywhere on my body, and I'm not sure where it went from there. It was a very intense and interesting experience.

#3 - "Ms. C"**Update 1:**

I begin by sitting on the couch with bare feet. I close my eyes and focus on my breathing until I reach a state of light relaxation. Focusing awareness on top of right big toe, I feel nothing for a while, and have to touch and scratch it a couple of times with my fingernail, to center my awareness there. It soon starts to throb hard. Next I work on left big toe. This takes slightly longer. My feet are cold. I can feel the awareness stirring action I am using, and the effect it is having. I work on each toe individually, brushing them one at a time. I feel a tingling in all my toes. I keep at this for a while, but I am having trouble balancing and splitting my awareness - stimulating my toes in pairs. My feet feel like they are building up speed, so I sweep their energy up through both my shins to my right knee first. I feel a tingling in my right kneecap, then my left. The energy seems to have stopped in an area below my left knee, in the calf at the back of leg. I feel like a band is extending half way around my leg at this location, and blocking the energy flow. This feels a bit painful, as I try to focus on it and draw the energy through it. My feeling is of my body being distorted and twisting to the right. I don't know if I am physically

twisting or not (*like looking over ones shoulder*) but I think I'm bracing in order not to turn. I try several sweeps up my left leg again, but the pain is still present. My distortion settles and I feel straight again.

Update 2:

As before, I sit on the couch with bare feet flat on the floor. I start with my right big toe, and start awareness stirring a spot on the top of its main joint. This starts to become itchy. Go to my left big toe, and there isn't as much response, but enough to let me know its there. I keep trying for a while, then decide to move on to my other toes. They respond well, and my feet feel kind of prickly all over. I move awareness up my right leg to its knee. This leg is tingly and responsive up to the kneecap. I try and bring the energy up my left leg, and again find there is a painful spot on the back of my leg, so I keep trying to bring energy up through this leg, to clear the blockage. It still hurts, but the pain is not sharp any more, just a dull and heavy ache. I keep pulling up right leg, and up through groin area into the lower belly button region.

My left leg is still not very responsive, and has another heavy spot around the back of my left thigh. I try pulling energy up both legs at the same time with my awareness hands, and feel some tingling running up my thighs and into my lower back. Now I pull the energy up my legs and into my lower heart area (*my hands and fingers start to feel very tingly as I do this*). I figure now is the time to stand, so I do, but I seem to be rocking and feel distorted again (*its hard to keep my balance*). I open my eyes, but can't focus, so close them again and proceed. I try pulling energy up to my throat, brow and crown centers.

The top of my head is tickling a lot all over, so I move its energy back down over the front of my body. In line with my breathing, I move the energy up and down, but its hard to my keep balance, so I sit back down again before I fall over. I repeated this for a few minutes while sitting, and then stopped. As I am writing my notes, immediately after this session, I feel a little light-headed, and the heaviness in my left leg is still very noticeable, but not as bad. I am feeling some tingling and energy movement. Strongest areas are: feet, pain in left leg and knee area, belly button area, and the tingling in my crown center.

Afterthoughts: Today, after the energy work, I felt a lot easier at work for much longer than usual. I felt more optimistic about a lot of things, and felt generally happier. I had more energy, and was more relaxed and clearer headed than usual.

Update 3:

I am not sure if I should try this in a car, but I had a long car ride, and so I thought it would be appropriate to attempt it, especially while waiting at traffic lights. As usual I started with my right big toe, but by doing this the whole foot seems to activate this time. My left foot still did not have much feeling, but it must be there, because once I start pulling up both legs, the pain came back into my left leg. I can't focus too easily while driving, but just enough to pull it up and down my body a few times. This produced an energetic feeling afterwards, and cleared my head. My left leg seems to ache after an energy work session, for approx. 1 hr afterwards.

I don't know if it was because of the NEW energy work, but I didn't get my daughter's cold (*I have been very susceptible to viruses this winter*), and this was a notable exception.

I want to report something very out of the ordinary for me. I was with my boyfriend this evening, and I suddenly became very emotional. I have only ever felt this way before, during a very select few meditations. At first it was just a flicker in my chest, and then it felt like I was going to burst. It was a feeling of absolute, all encompassing love (*it made me bawl*). I felt so overwhelmed by this, I was soon sobbing uncontrollably. It came upon me in a wave, and lingered for about 20 minutes. This is very unlike me.

- ***Sub-Heart Note:***

The Sub-Heart storage centre was being worked upon and deliberately filled in the above case history - experimentally and under my supervision. These experiments produced consistently negative emotional results. It caused episodes of temporary emotional unbalancing in the majority of volunteers experimenting with this, with bouts of strong emotional feeling, tears, and rapid mood swings ranging between depression and ecstasy. The results of these experiments were similar enough that results soon became predictable. I therefore do not advise the direct filling of the Sub-Heart energy storage centre.

- ***Sub-Brow Note:***

Other negative results came from similar experiments as above, where the Sub-Brow storage centre was deliberately filled - again under my supervision. This caused everything from headaches, migraine, depression, paranoia, delusional states, and even psychic instability - all short-lived (*thank goodness*), showing how unwise this practice can be. One of my volunteers (*the worst case ever*) had a type of psychotic episode that lasted for well over a week. I subsequently discovered she had a history of mental instability, but it seems very likely this experiment triggered the actual

episode. All my volunteers recovered and stabilized completely shortly after this unwise practice was stopped. I therefore most strongly advise that the Sub-Brow energy storage centre is never directly filled - not under any circumstances.

Update 4:

It was hard getting started today, and I found it hard to focus. I wiggled my toes to get my awareness centred there. Then I brought the energy up my legs to my knees, then up through my thighs, and through my groin area (*no pain in my leg today, only a light tingling spot*), and on up through my body to my crown centre, and then back down again. It feels that in some areas, as I energy draw into them, that they automatically become tense (*especially arm and thighs*). I have to consciously re-relax them before I can continue. Today, it almost feels like its calming my senses, instead of intensifying them. I feel very relaxed and have a great sense of well being after the NEW exercises.

Update 5:

Today, I concentrated on the full-body energy circuit. After I felt comfortable, and that it was flowing well, I brought my hands up to my face to see colours. I saw no colours this time, but the heat off my hands was almost like basking in the sun. It was sweet smelling too. I smelled my hands later, and the nice smell had disappeared.

I came down with a cold the next day, but after doing the NEW full body circuit straight away (*as you suggested*), the pain in my ears, throat and nose disappeared completely. When I finished and got out of my chair, the pain and fatigue was completely gone, and I felt great! WOW!! does this NEW system ever work!!

- ***Self-Healing Note:***

Apart from my own experiences with doing this, I have received a large number of letters very similar to the above: from volunteers who have fought off colds, virii and influenza. They have often circumvented the onset of illness completely, or at the very least minimizing its severity and duration to a couple of days, with only very mild symptoms being experienced.

#4 - "Mr. T"

Update 1:

I had minor sensations in all my toes, nothing very strong, and tingling was the most prominent feeling. Strong tingling in my soles, accompanied by lots of muscle contractions and twitching in my ankles and legs, and some stiffness. The brushing action on my soles made it more pronounced, and almost uncomfortable. The toe work also seemed to make me sleepy. I felt a strong tingling in my heels. It burned a bit and felt kind of like a cramp. It didn't hurt much though, mostly just strong tingling like the rest. My ankles and knees were about the same. I couldn't feel much on the insides of my ankles, but everything else had the same tingling feeling.

Update 2:

Moving energy up through my legs felt good and refreshing. It caused a lot of twitching and vibrations in my legs, a bit of stiffness, but no actual pain. When I focused on my groin centres, I had immediate strong sensations, in all 4 centres, on both legs. I didn't spend long doing this though, because of your warnings about

this in your NEW research tutorial. It was mostly a tingling, throbbing feeling, and it burned a bit as well. It lingered after I had stopped, and made me feel a bit tired.

Update 3:

Basic Energy Raising: my legs-responded well, sensations as before (*tingling*).

Sub-navel storage centre vibrating and bubbling noticeably. This exercise cleared my mind and woke me up. I felt the sensations better when I went more slowly, maybe 5-6 seconds from my feet to my Sub-Navel centre. I had no real problems with my arms, but I didn't try coordinating my arms and legs together. I also did not have as much response from my arms, and had fewer sensations in them this time. After a while, my groin area became uncomfortably sensitive, hot, tingling and throbbing inside all its centres. I couldn't move my focus away from it, and so I had to stop and go for a walk to ease it.

Update 4:

I didn't do much structured work over the last week, mostly just in 5-10 minute segments. All sensations as before. After 5-10 minutes the sensations in my groin began again. It seems that as soon as I focus my awareness in any part of my body, my groin starts to tingle, throb and burn.

Note: I don't know if this is related to the NEW energy work or not, but my stomach has been very upset the last day or two. It feels like I am very hungry all the time, and I am already eating about twice as much as I normally do, and it doesn't seem to help.

- **Note:**

The over-stimulation of this man's digestive system is, in my opinion, related to his stimulation of the Sub-Navel energy storage centre. After receiving many similar reports, this side-effect shows the strong effects the NEW system can have upon the physical body. In all cases, this side-effect has settled down fairly quickly, usually within a couple of weeks, and has caused neither weight loss nor weight gain in the early stages. Long-term use of the NEW system has, however, consistently caused a shedding of excess fat in some overweight people, and a weight gain in underweight people. Also, this man's oversensitive groin centres settled down after a few weeks and caused no further problems.

Update 5:

Strong tingling, coolness, numbness, stiffness in arms and fingers, palms, wrists, elbows, shoulders. Stiffness is like when I first wake up. No problems moving energy up my arms. Not much resistance felt when using the energy bounce action in my arms, but I found it a bit difficult to speed up the bounce faster than about a second each way. No feelings of fatigue today. My arms and hands felt tingly and a bit stiff for a while, after these exercises. Strong sensations in raising energy up my arms. Bubbling in lower stomach, coolness in arms and chest, and in most of my upper body.

Both targeting and stimulating have gotten a lot easier, without me really having noticed it. My concentration has improved also. I still feel the heat in my groin area, but it has reduced and is not as distracting. I have not felt any incredibly strong sensations, and everything is about the same level of tingling. A couple of areas are a bit less responsive now (*shoulders and insides of ankles*), but not much.

I still get some lingering heat in my groin area. This is not arousing, just mildly uncomfortable. Also, my mind/perceptions seem a bit distorted sometimes, but only while doing the exercises. I feel almost dizzy at times.

I woke up after a nap, and found I was seeing the room around me through my closed eyelids, but my angle of vision seemed different. I felt like I was looking down on myself, instead of forward from myself. I think I might have been having, or about to have, an out of body experience, at the time.

#5 - "Mr. S"

Update 1:

I started the toe work on my left big toe joint and almost immediately felt a tingling/buzzing sensation begin to develop in that joint. I continued the stirring action, and the tingling/buzzing became more pronounced. I went on to the next join in the big toe same effect as above. I then tried to stimulate the right toe. I tried for a good 7 minutes but could feel only very light sensations there. I decided to do the rest of the toe work on the left foot first, and then switch to the right foot. It was very simple to get all the left toes to feel the buzzing/tingling feeling. Then I switched to the right foot, and tried all of the toes, but with still only very slight feelings there. I then began to use the brushing awareness technique on the left toes, and although the tingling/buzzing had faded since I had started working on the right foot, they came back almost instantly, and all at the same time. I continued for a bit, and then I noticed that my left thigh was starting to ache, so I went back to the right foot, and used the brushing technique over all of the toes.

What happened next was strange, and for a little while I did not feel anything. Quite suddenly, I had a sort of explosion of pain in my toes, that traveled up into

my navel area, and then dissipated there. This happened about 4 or 5 times, like a pulsing wave, and then I started to feel tingling/buzzing in my right toes. This was now almost as strong as it was in my left foot. I think that the initial intense burst of pain, was just my right toes and leg unblocking, so I think anyway. Now, both my feet and their toes seem to be working equally as well, and are just as easily stimulated.

I tried dividing my awareness, so that I could stimulate both feet and their toes together. I found that this was a little more difficult than doing it one foot at a time, because I kept putting more attention into my left foot, and less into my right foot. After a bit of practice, I think I will be able to do it with no problems. I think I have progressed well, and will try this again later today. Also, while writing this, all my toes on both feet are buzzing. Its a really neat experience!

Update 2:

I had only intended to try and get my toes working again, but when I did a general awareness brushing, about 10 times over all the toes of both feet, they all came alive with buzzing very quickly. So I went onto the sole work. As it turns out, the sole work is extremely easy to do, and to get going, once I figured out how best to use my awareness there. Both feet worked well, and there seem to be no blockages there. I went onto the heel work after a few minutes. When I began, I could feel nothing in both heels, but after working on them for a little bit, the same thing that happened with my right toes happened with both my heels, at roughly the same time. I felt a moment of intense pain in both my heels. This pain traveled in waves up into my lower navel area, and then dissipated there. After about 7 of these painful waves, the buzzing and tingling feelings began in both my heels. I find I

can now turn my heels on and off, just like my toes, and there has been no more pain since these blockages cleared.

Just as a side note: this pain I keep feeling, I'm pretty sure that it was energy blockages breaking apart. I just want to know if it is normal for blockages to be so painful when they clear? I mean, its not like excruciating pain, but it gave me a such a jolt that I almost fell off my chair, the first time it happened.

After the heel work, I went on with the ankle work. I remember thinking: 'wow, I'm really cruising now.' I was only about 40 minutes into it, and I wanted to see how far I would get before an hour was up. I did the ankle stuff, and felt very little tingling in the ankles, but I did feel some. After that, I worked on my knee caps again, but again I didn't feel a lot of buzzing and tingling, but I did feel some tingling in each leg. I assume that the buzzing and tingling will become more intense the more times I do it, before it begins reducing as my energy body develop more. I probably have a slight blockage in both knee caps.

I then moved on to the legs. Here is the part that really bugs me: I did all of the exercises in the legs, and felt absolutely nothing in either leg. I must have some blockages in my legs? Anyway, I did the leg exercises for quite a while, then I proceeded to do some hip work. Almost before I finished, I felt pressure and buzzing in my hips, as both came on line together. I stopped applying the stimulation as soon as this happened, because I remember you said to stop as soon as you feel anything in the hips.

Oh, as a side note, with my legs, although I didn't feel any tingling or anything while working on them this time, right now as I'm writing this, both legs are throbbing kinda painfully, so I think I have blocked legs. If this follows the same

pattern as the other blockages when they cleared, maybe the throbbing is a sign they are clearing in response to my earlier work on them.

#7 - "Mr. C"

I have been working with your NEW Energy Ways system for some months now, with great success. A few weeks ago, I did a course in Reiki healing. When the teacher laid her hands on my forehead, they started shaking. I asked why, and she answered that I had a very active third eye, and that when there was a lot of energy under her hands, they always vibrated and shook. I thought I would test this, and so when she laid her hands on my lower back, I started raising energy with the NEW system, from my feet and through my legs, to the place where her hands were resting. To my surprise, her hands started shaking again, even stronger than before. I stopped raising energy, and the shaking in her hands slowed down and soon stopped. I then raised more energy to the same place, and her hands started shaking again. I repeated this experiment several times, always with the same result - with her hands shaking. I think this experiment shows that sensitive people, can feel the energy raised with the NEW system, as well as the person raising the energy. This experience gave me confidence, and confirmed to me that NEW Energy Ways is a very effective energy system - probably the best ever.

Chapter 11 - Side-Effects

Robert Bruce

Physical Side-Effects

The NEW energetic development system, especially in the early stages, will occasionally cause temporary swellings, lumps and rashes; even watery blisters to appear on the skin. These, I believe, are all caused by narrowed energy pathways having a greater than normal energy flow forced through them, and by energy blockages being cleared. This seems to overload the nerve endings in the physical body which temporarily affects surrounding tissue and skin, causing these peculiar side-effects.

If you do get any of these symptoms though, please treat them as you would any normal swelling, rash, blister or infection; and consult a medical doctor if you are at all worried about them. Energy-related rashes and blisters will normally itch and sting noticeably when energy is drawn through them. These heal unusually fast though, if you continue regular energy development work; with them often disappearing completely overnight.

And finally, if your energy body does not respond at all, even after several weeks of regular effort, I advise a full physical checkup by a qualified medical doctor. Energy blockages of this magnitude are not a good health indicator. This can indicate early disease conditions that have not yet become symptomatic. As early diagnosis of many medical conditions is paramount to their successful treatment, this can be thought of being a potentially beneficial side-effect of the NEW system.

Self-Healing Side-Effects:

The NEW system can be used to concentrate the body's own natural healing energies in a specific area. This can aid the healing of any physically damaged or diseased area, minor or major. Myself as well as many of my volunteers have had some particularly notable success using the etheric wrap technique (*coming up*) to heal damaged knee joints injured through sport and exercise. Pain and swelling often disappear like magic overnight. Any painful, damaged or diseased area of the body can be soothed by using the etheric wrap technique. It is not, however, advisable to forgo proper medical treatment for any condition, but the NEW system can definitely aid the healing process. It is also wise, experience has shown me, not to overuse a damaged joint even if swelling and painful symptoms disappear overnight. It will still be delicate and need a couple of days rest in order to complete the healing process.

As mentioned earlier, my volunteers and I have also had a lot of success using the NEW system to fight off colds and influenza. For best results it is important to use the full body circuit for at least thirty minutes, immediately the first symptoms of the coming illness are felt. If done early enough and strongly enough, it will often stop common illnesses dead in their tracks; or at least reduce their severity and duration. I am not making any outrageous claims here. I am simply reporting my observations and speculating on a frequent phenomenon associated with practicing the NEW system.

To speculate on how this may work: it is reasonable to suggest that the NEW system stimulates and energizes the immune system in a subtle bio-energetic way. This is not an unreasonable supposition if you consider the, often extremely strong, bone-deep energy movement sensations commonly felt while using the NEW

system. These are especially noticeable while raising energy through the legs. It is possible that deep bio-energy movement inside the legs affects the bone marrow and consequentially empowers antibody production therein. Note that bone marrow is strongly linked with blood production and can be said to be the seat of the immune system. Try this for yourself and then, if you find it works, you'll be living proof this may not be such a preposterous speculation after all.

Continuing Energy Demands:

As mentioned earlier, once an energy blockage has been cleared there can remain a continuing energy demand in that area. The energy body will often continue flowing energy through newly cleared areas until energy demands therein are fulfilled. Energy movement sensations may thus continue to be experienced for some time after stimulation actions have ceased, continually or intermittently. Energy blockages can also clear themselves spontaneously in response to earlier energetic development exercises. This can happen at any time of the day or night, which can cause energy movement sensations to be felt for no apparent reason at the time. And a cleared energy blockage or depleted area of the energy body can take several days or more to heal and repair itself once energy flow is restored.

Chapter 12 – More NEW Energy Ways

Robert Bruce

Energy Centre Spin:

Primary energy centres are non-physical vortexes of energy that look, clairvoyantly, like spinning wheels of multicoloured light. Although secondary energy centres cannot so easily be observed, it is logical to suggest they would also have similar attributes. The natural direction an energy centre is spinning in can often be felt with the stirring awareness action, especially with the larger skeletal joint centres. If you feel resistance while using the stirring action, try reversing the direction of that action. If the new direction feels easier and more natural, or has a more positive effect, then there is a good chance that centre will respond better to the new stimulation direction.

Awareness Momentum:

After repeating any awareness or energy raising action several times you will find it will tend to continue of its own accord, even after deliberate awareness actions have ceased. I call this effect Awareness Momentum. This seems to be caused by a kind of energy body memory taking over and continuing often-repeated body awareness actions. This makes the learning and practicing of NEW techniques and procedures much easier.

Etheric Wrap Technique:

Etheric Wrap is an extremely versatile technique. It is particularly useful for clearing energy blockages and restoring damaged parts of the energy body. Energy blockages and damaged areas can easily be detected once you get used to the NEW system; as your body becomes more energy sensitive. Areas that are unresponsive; that tingle noticeably; are heavy; sting, buzz or burn; or act in any way different from the rest of your body, sometimes indicate energy blockages or damage in that area. These areas will thus need special attention to restore them.

When you draw or bounce awareness through your body you may also come upon areas that feel heavier or lighter or fuzzier. Or you might come across areas that provide more, or less, resistance to bounce actions, or that seem to deflect them. These areas should be suspected as being damaged and of needing restoration work.

Etheric Wrap Technique: Use a wide wrapping action over the damaged area. Using your imagination, imagine an endless white bandage of pure energy flowing from your awareness hands. Feel this bandage of energy flowing into the damaged area as you wrap it. Feel the substance of your own energy body flowing into it. This action is to be varied to suit the size and position of the area being worked upon.

For example, if you want to etheric wrap a leg:

- Awareness target your foot, then begin wrapping from toes up, as if you were carefully wrapping an overlapping energy bandage around it.
- Feel your energy flowing into that area, into the foot, through your awareness hands.

- Continue wrapping up over foot, over ankle and on up leg, all the way to the hip.
- Take your time over this, overlapping the wrapping action all the way.
- Repeat this as often as required, wrapping up and down the leg, as this cannot be overdone.

If you need to work on a particular internal organ with the etheric wrap technique, first find out exactly where the organ in question is inside your body. Surprisingly, many people do not know where many of their internal organs are situated. Move your awareness hands inside your body and feel for the organ in question. Feel your awareness hands massaging the organ and feel an endless white stream of energy flowing into and being absorbed by the organ.

Note that some energy blockages will not show up for some time. Many will only become apparent after energy development has been underway for some time, weeks or even months. The energy body will begin restoring old energy pathways and structures (*internally reconnecting itself*) as it develops. This means it may be some time before energy reaches some parts of the energy body, hence the delay in the appearance of some energy blockages.

High Energy Areas:

The levels and qualities of available background energy can vary a great deal, from day to day and from place to place. For good quality energy raising, seek out and take advantage of high energy areas and times like:

- Sunset and Sunrise.
- Green wooded areas, like parks and forests.
- Oceans, beaches, lakes, rivers, rapids and waterfalls.

- Mountains and hills.
- Storms, rainy and blustery windy days.
- Early morning sunshine.
- Moonlight and starlight.
- Places where there is art and/or music.
- Happy and excited crowds.

If you raise energy regularly, you will become progressively more sensitive to energy. You will soon begin to feel high energy days and high energy areas, and be able to take advantage of them. Your body will start tingling automatically when in the presence of high levels of energy, as you learn to taste the energies that abound in the world around you.

A potentially negative side-effect of the above is the effect low energy people can have upon high energy people. If a high energy person comes into contact with a low energy person, often the energy deficit in the low person will cause a flow of energy into them, taken from the high energy person. One way of looking at this is as unintentional energy vampirism. Another way of looking at this is as unintentional energy healing.

Direct contact or touch is not necessary with low energy people, and you only have to be talking to them for this energy flow to happen, even over the telephone. Energy transfer is not weakened by distance as long as there is some kind of empathic connection to carry the energy. Some people may not seem to be energy depleted, but are veritable bottomless pits with insatiable appetites for energy. Everyone knows someone like this. You only have to be with them for a short time and your energy just seeps away. You quickly become bored, mildly-depressed, and soon begin feel tired and start yawning. Low energy people like this should,

ideally, either be convinced to practice energy raising themselves, or avoided as much as possible.

The effects of low energy people can be countered to some extent by raising energy while you are associating with or talking with them; or by raising energy after this has ended. It can also help if you avoid physical contact and avoid making direct eye contact with them. You don't have to hide your eyes from people like this: simply look at the area between their eyes, instead of directly into their eyes during conversations.

Daily Energy Raising Time:

There is no limit to how much energy raising can or should be done, as long as this is taken only into the Sub-Navel storage centre. The more often energy is raised the more energy will be stored therein, and the more energy will be available for physical, bio-energetic and pure energetic purposes. And remember, it is more beneficial for long-term development to raise energy gently and for longer periods of time, than it is to raise large amounts of energy in short bursts only.

Mouth Centres & Exchange Ports:

There are some fairly robust secondary centres along with a high density of energy exchange ports (*tertiary centres*) in the lips, tongue, mouth and throat. It is likely these extract life energies from food and drink, as these are chewed and swallowed. These also seem capable of transmitting energy through voice and song, as well as exchanging energies between lovers through kissing and et cetera.

As a related side note: in my opinion these structures are also connected with the primary energy centres (*major Chakras*) located at the base of the throat and within

the heart; and to a lesser extent with the brow and crown centres. The energy all these areas are capable of generating and absorbing can be substantially increased through direct awareness stimulation.

Pre-Stimulating Mouth Area:

Each of the below awareness actions should be continued for twenty seconds or more. Stimulate more of your mouth, lips, tongue and throat if you wish. These stimulation techniques can also be used prior to starting a full body circuit to enhance the mouth/throat part of those procedures.

- With tongue pressed gently against lips, or protruding slightly, centre awareness on lips and use a brushing action, back and forth across whole of lips.
- Open mouth slightly and stick your tongue out a little. Centre awareness on the tip of tongue, and use a wrapping action around it. The area to be worked on is about what could comfortably be protruded from your mouth if your tongue were gently protruded, without forcing it.
- Close mouth and relax, then use the mobile, rotary stirring action (*as used to stimulate soles of feet and palms of hands*), on the top surface of tongue.
- Use a wide brushing action along tongue, brushing back and forth, covering the whole length of tongue from base to tip.
- Roll tongue back and press it gently against roof of mouth; without straining it. Focusing on the inside of mouth and not on tongue, brush the whole inside lining of mouth: top, bottom, sides, and inside of lips, in whatever way feels easiest, covering the whole inner lining surface.
- With mouth closed, use a whole-of-mouth sponging action, taking in lips, mouth and tongue and throat, to base of throat, moving this action back and

forth. Bend this action as it passes down your throat, then back up to your lips. Imagine you have a thick, bent tube inserted in your mouth and that this tube extends deep into your throat. Not a very comfortable picture, but this is just to give you the general idea of the awareness action required. Feel your awareness moving back and forth through this tube; taking in your lips; the whole of the inside lining of mouth and tongue; and then moving it deep into your throat to its base where it joins your chest, in and out repeatedly.

Mouth Area Sensations:

Awareness actions on the lips and tongue can cause some very peculiar energy movement sensations indeed. Strong tingling and buzzing sensations in the lips and tongue, plus a noticeably salty, metallic kind of taste like you get if you touch the terminals of a small nine-volt torch battery to your tongue, are quite normal. This energy taste sensation is probably the easiest way to demonstrate the effectiveness of the NEW system to other people. This proves how direct energy stimulation can be caused by awareness actions and felt as physical sensations.

Food Energy Awareness:

Pre-stimulate mouth, as shown above. When eating and drinking, feel yourself chewing and swallowing and extracting the life force from your food and drink. Eat and chew slowly and swallow thoughtfully, using your awareness to suck the maximum amount of life force out of all food and drink. Take this energy down into your throat and swallow it into your body as you swallow food and drink. This energy will naturally flow into the energy body's storage areas from there.

This works with any type of food, but more value can be gained from a natural diet of fresh, high-quality, organically grown foods. The fresher and more naturally

foods are grown, prepared and eaten the more high-quality life energy they will contain. But whatever you eat, this technique will assist to extract the maximum energy value from your food; even if you live on pizza and beer as certain friends of mine seem to thrive on.

Crowd & Excitement Energy:

Learn to take advantage of any high energy situation. Excited and happy crowds can release massive amounts of emotional energy into the surrounding atmosphere. This energy can be drawn in and used to increase energy levels. Centre awareness strongly in your Sub-Navel centre and reach out with your feelings to the whole of the surrounding crowd. Feel for the energy that is permeating the atmosphere as you feel the crowd and its excitement. Draw this energy into your body, taking it directly into your Sub-Navel; using the direct energy raising technique given earlier.

As a related side note, I have had several reports from athletes taking part in the road-test of the NEW system, of this technique positively affecting their athletic performance. Using the direct and wind energy raising procedures prior to and during athletic events, gives them a tingling, adrenalin-like energy boost. They claim this physically invigorates them, empowering and improving their efforts and times, giving them that slight edge when they most need it.

The above seems a reasonable claim given the strong and noticeable effects energy raising actions can have upon the physical body. To support this: martial arts experts are well known to raise and use energy (*often called Prana or Chi*) to empower their prodigious feats of strength and agility. The NEW system can be used to compliment these existing energy raising systems, as with martial arts, or

as a stand alone system to enhance athletic performance. And when at the top-end of athletic competition you are looking at mere hundredths of a second separating winners from losers, even the slight edge provided by an adrenalin-like energy boost at a crucial time could make all the difference.

Wind Energy:

Here is a great outdoor exercise for raising energy through the hands alone. This can be done at any time with no preparation. This is particularly invigorating in windy, blustery weather, say where a breeze is blowing off the ocean, lakes or mountains. If this is combined with energy breathing (*next section*) it can also have a very positive effect upon respiratory disorders. This technique is very easy to do and can even be taught to very young children. It also makes for a great demonstration exercise when teaching a novice. Of note, I have had very positive results using this method to help treat asthma and other types of lung disorders, in both children and adults.

- Pre-stimulate hands, if necessary, or simply start fresh and just let it happen.
- Hold fingers wide, hands at sides, and feel the temperature and texture of the wind moving through your fingers.
- Raise arms slightly, palms out with fingers still spread wide, holding awareness firmly centred in whole of both hands. Feel the energy in the wind. Feel your hands, and feel energy flowing into your hands and into your body.
- Draw the wind's energy in through your hands at the start of each IN breath. Take it up through your arms, over shoulders and down over chest, and flow it into your Sub-Navel centre. Continue flowing energy into it for the remainder of the IN breath.

- Relax during the OUT breath and feel all the tension and negative energy flowing up through lungs and out through mouth like a dark cloud of waste energy, for the whole OUT breath. Flick awareness back to hands and feel the wind again, at end of OUT breath, ready for start of next IN breath.
- Continue the above processes for as long as you wish, you cannot overdo this.
- **Note:**
The speed of the above energy raising process should match the natural breathing cycle.

Energy Breathing:

The air we breathe contains a lot of energy and a small amount of this is absorbed into the body naturally through breathing. The mouth, nose, throat and lungs are full of internal energy exchange ports that aid this purpose. The energy absorbed by these can be increased by adding awareness actions and imagination to natural breathing. This is very simple to do and all that is required is to become consciously aware of the air entering your nose, moving into and through nasal passages and down into your lungs. Your awareness must follow the leading edge of the air, all the way in as it is breathed IN and your lungs fill, and all the way OUT as waste air is exhaled.

Imagination can be used to enhance this even more by imagining the air being breathed is charged with coloured energy, and by feeling this colour being absorbed into the lungs. The expulsion of waste energy can also be enhanced by feeling waste energy leaving the body as a cloud during the OUT breath, and by imagining this as being a dirty colour.

The above exercise is beneficial for any respiratory disorder as well as for generally increasing vitality levels. This is especially so on windy, blustery days where wind is blowing off the ocean, a lake or a mountain range. I have used colour breathing, added to the wind/hand energy method given above, for some years now to assist with the healing of respiratory disorders, and for breaking asthma attacks. I have successfully taught the basic wind energy raising and energy breathing procedures to children as young as six years of age, with positive results.

Children, you will find, have extremely sensitive energy bodies and vivid, powerful imagination's. It does not take long to teach a child how to do this, although they will often collapse on the ground laughing because of the strong tingling and tickling sensations this can cause in their sensitive hands. This can tend to put children off using this method, but the intensity of these sensations will always reduce fairly quickly if they persevere. I have found that a little honesty, combined with a reward system (*ice cream?*) works best with children.

Nasal Stimulation:

There are some small energy centres and groups of exchange ports in and around the nose that can increase the effectiveness of energy breathing, if they are pre-stimulated. These are, apart from being related to the natural process of breathing energy into the body, also related to the energetic support structures of the brow and crown centres (*major Chakras*).

- Do each of the following stimulation actions for twenty seconds or so.
- Using stirring action, stimulate tip of nose, circling the entire tip, including nostril entrances.

- Using a small brushing action, stimulate inside nostril entrances. Feel as if you are repeatedly pushing a small artists paintbrushes deep inside each nostril with your awareness, in and out.
- Using a slightly larger brushing action, stimulate the entire length of your nose, brushing from upper lip, over nose, past eyebrows and ending at hairline above brow. Continue this up and down, over and over, feeling the whole of your nose as you do so.
- Using a whole-of-nose sponging action, move awareness through nose, from upper lips to the middle of brow ridges, back and forth, over and over, feeling whole of nose as you stimulate it.

Energy Breathing Technique:

- Breathe deeply and slowly IN through nose and OUT through mouth. Feel the life giving air and its energy entering your body. Follow the leading edge of this air. Feel this entering and caressing your nasal passages. Feel it moving down the back of your throat and down into your lungs, to the very bottom of your lungs. It is easy to feel this depth as being much deeper than it really is, and accuracy is not required. Feel the air and its energy moving deeper, flowing deep into your belly and entering your Sub-Navel centre.
- The above is easier to do if you concentrate only on the leading edge of the air being taken in, so your awareness moves with the front part of the whole air intake only. Trying to follow and hold awareness of an entire breath is otherwise very difficult.
- Breathe OUT slowly through mouth. Be aware of the leading edge of your breath rising up from deep within your lungs, and up through your throat and out of your mouth. Feel waste energy leaving your lungs and body along with the waste air as a dark cloud, for the entire OUT breath.

- Flick your point of awareness back to tip of nose ready for next the inhalation and repeat the entire process. Do not breathe rapidly or you may hyperventilate. Slow, deep, regular breathing produces best results.
- Continue the above process for as long as you wish.

Adding Colour:

With the above energy breathing technique, colour can be added to increase its effectiveness; or for specific purposes, i.e., Colour Healing methods. It is easier adding colour to breathing, again, by focusing only on the leading edge of each lung-full of breath, during each IN and OUT breath. With practice this colour can be expanded to fill more of lungs with colour, and to expel larger clouds of waste colour.

- To the IN breath, imagine the air you are breathing in is made of a bright, sparkling colour. Any colour can be used, but never a dull, murky, gray or black colour.
- Feel the leading edge of this brightly coloured energy moving into you with each IN breath and filling you with life giving energy. Feel this energy being absorbed into your whole body as your lungs fill.
- With each OUT breath, imagine the air is dirty yellow-brown like cigarette smoke, murky gray, or even black, and feel this as being dirty used-up energy and disease leaving your body.

Scent Stimulation:

There are energy exchange ports inside the nose that can best be stimulated using fragrance. I suggest an oil burner evaporating diluted fragrant oil be used for this purpose, but any type of incense, oil or potpourri method can also be used. Fresh

flowers can also be used for this. For specific healing effects on the physical body, I suggest reading up on aromatherapy and using recommended fragrances given by experts in this field.

Scent Stimulation Method:

- Repeat nasal stimulation exercise, as given earlier.
- Hold a scented cloth, flower or potpourri (*whatever*) to your nose, or have an oil burner nearby, and breathe in slowly. Close your eyes and concentrate on the smell and texture of the scent. Feel the leading edge of this scented air entering your nose. Feel the texture and body of this scent penetrating deeply as lungs fill. Again, follow only the leading edge of the scent as it fills you.
- Combine awareness of fragrance with energy breathing, as above. As you breathe in, not only feel the energy and imagine the colour, but consciously smell and feel the texture of the fragrance being used entering your body.

Good health is not a requirement for the NEW system and energetic development. Ill health, however, indicates widespread energy blockages and low vitality stores in the Sub-Navel storage centre. These problems should be addressed through daily energy raising exercises. For a seriously ill person this may be a matter of some urgency. In this case, I recommend the full body circuit, plus the extra breathing exercises, be practiced many times a day until they become habitual. With a little practice it takes only a small part of the mind to do this. It will soon begin to work virtually automatically in the background as you go about your daily life. The longer and more often energy is raised and stored, the more health benefits there are to be gained from it.

Chapter 13 - Energy & The Immune System

Robert Bruce

In many ways the bio-energetic aspect of the energy body can be likened to a perfect energy reflection of the physical body. Parts of the energy body can also be likened to many of its biological functions. The bio-energy circulatory system, for example, contains arteries (*large energy conduits*) and veins (*smaller energy pathways*). Like its physical counterpart, parts of the energy body can become dysfunctional if energy flow (*blood*) becomes blocked or reduced.

The bio-energy aspect of the energy body is not just a mere reflection of internal life processes, it also has a profound effect on them. If parts of the energy body become blocked or damaged the stage is set for disease to manifest within the physical body. Clearing energy blockages can therefore be thought of as being good preventative medicine.

Blood is the mirror image of life energy and has many of the same functions and properties. It takes energy and healing elements into, through and around the physical body. It also expels waste products (*waste energies*) and fights disease. Its energy counterpart can be greatly strengthened and blockages cleared so energy flow is increased to higher than normal levels. Increased energetic flow greatly empowers the body's self-healing intelligence, the incredible immune system, giving it more energy to fight disease with.

Disease - General:

Tests on myself and many of my volunteers have shown that an increased flow of energy into the physical body boosts the immune system; sometimes quite dramatically. This enables the body's natural self-healing mechanisms to work more powerfully and effectively. The most striking example of this boosting effect, as mentioned earlier, can be experienced when a cold, flu or virus is caught. If the full body circuit is done immediately, the symptoms will often vanish within an hour or so; or at the very least be significantly reduced. The immune system, when energy boosted in this way, seems perfectly capable of throwing off or reducing the severity and effects of any infection or virus.

Disease & The Energy Body:

The actual site of any disease symptoms may have very little to do with its bioenergetic cause. The part of the energy body that is damaged and/or malfunctioning may be remote from the actual site of pain and/or disease symptoms it is causing or contributing to. This is particularly so with diseases like diabetes, which is usually caused by a disease-damaged or malfunctioning pancreas. Juvenile diabetes is actually classed as an immune system disorder; according to the latest scientific studies, that is.

Every organ in the physical body receives minute bio-electrical messages from the brain through a complex network of interconnecting nerves (*and nerves are related to energy pathways*). These messages tell the physical organs how to function: what to make, how much, and what not to make, i.e., the correct quantity of insulin to keep the body healthy and alive. The bio-energy aspect of the physical body works in-line with these processes and effects them considerably. It is therefore

reasonable to suggest here that if any of the bio-energy pathways within the energy body become blocked or damaged, that these messages could become garbled and/or blocked. The continuing good health of the physical body can thus be energetically thwarted and disease conditions allowed to manifest and thrive.

Blocked toes, fingers and dead areas on the soles of feet and palms of hands, for example, can have a great effect on the functionality of the major organs of the physical body. The particular energy needs of major organs often flow into the body through seemingly small and unimportant parts of the feet and hands. If you examine acupuncture and reflexology charts, you will see many precedents that support this theory. These small energy pathways have been charted and used by Eastern medicine to assist with healing for many centuries.

Examples: Sea and motion-sickness are commonly treated by wearing a little strap, with a small ball or two set in it, on the wrist. These balls are regularly rubbed and/or pressed into the inner wrist to alleviate whole body nausea. These small devices are quite effective and hence are available from most chemists today; even though there is no scientific explanation available as to how they work. Smoking and other addictions are also successfully treated with acupuncture by placing a small needle device in a part of the ear. While this does not work in all cases, overall it shows consistently beneficial results. I personally know several previously-heavy smokers that completely lost their urge to smoke the instant this device was attached. And when it was removed the urge to smoke returned; until of course, enough time had passed for the chemical addiction to fade. So what does all this tell us? It provides us with repeatable evidence that small and seemingly unrelated parts of the physical body, i.e., earlobes, can have major effects upon the biochemical and bioelectrical processes of the whole physical body and its internal organs.

It can help, if you are suffering a serious disease, to check acupuncture and reflexology charts to find the exact energy pathways (*meridians*) that provide energy to any diseased or malfunctioning organs you might have. Trace these pathways along the skin of your body (*draw them in ink as a reminder if you like*) and consciously draw (*or bounce*) energy back and forth along these pathways. While doing this pay particular attention to any energy blockages or damaged areas encountered along the way. These blockages may be involved with the cause or continuance of the disease condition.

I have not at the time of writing this tutorial gathered enough data on NEW system results to be able to realistically forecast any effects the NEW system might have on any specific disease condition, so can only speculate here. But theoretically, the NEW system should be beneficial to any disease condition that can be helped by a revitalized and boosted immune system. I will update this tutorial with more data on this as it comes to hand, in future editions. And by the time the full book version of this tutorial is published I expect to have several well-documented case histories to present in it.

- If you have a serious health problem of any kind and decide to use the NEW system to compliment your current medical treatment, I would greatly appreciate it if you kept a diary of your progress. If your condition improves, I would very much welcome a copy of this diary, plus any medical records and reports you can furnish me with. If shipping these to me (*in Australia*) is a problem, please contact me via email first to discuss the matter. See my web site at www.astraldynamics.com for instructions on how to contact me.
- With all the techniques in this tutorial, please do not use them as a panacea or cure-all to treat yourself, and please see a medical doctor if you are sick.

Disease - Serious:

Stress, pollution, fatigue, physical unfitness, plus exposure to many different types of electromagnetic fields we live amongst, all take their toll. These can have a cumulative negative effect upon the delicate inner workings of the energy body, which can reduce the natural flow of life energies into and through the energy body. The negative aspects of our modern environment, I believe, tend to reduce the body's ability to raise and store energy naturally, by causing energy blockages, narrowing energy conduits and damaging bioenergetic structures. Our Western lifestyle seems anathema to strong, natural energy flow and correspondingly to good health for all.

It is my observation that persons suffering from serious diseases like cancer and AIDS have widespread major energy blockages, and a correspondingly reduced flow of life giving energy into their bodies. These blockages can become quite extreme in the latter stages of any terminal illness. The more advanced the disease condition is, the more severe will be the energy blockages. I have observed total energy blockage in the hands, arms, legs and feet of people in the advanced stages of cancer.

Whether energy blockages are the actual causative factor with any serious disease may be scientifically debatable, but they do appear related. Energy blockages may be a natural side-effect, a symptom of the disease. The big question is of course: which comes first, the chicken or the egg - the energy blockages or the disease? It is reasonable to suggest, though, that a reduced flow of energy into and through the physical body may be directly related to many disease conditions. If energy blockages are cleared and a stronger flow of life giving energy restored, which will

naturally boost the immune system, any disease condition should, theoretically, show improvement. And my research strongly supports this theory.

Getting Serious About Energy Raising:

I suggest that seriously ill persons want to give the NEW alternative a fair go, they get serious about energy raising. Ideally they should spend as much time as possible per day raising and storing energy. The full body circuit should be used extensively, plus all the other energy raising and storing ways given within this tutorial.

There is NO limit to how much energy can or should be raised. The more energy raised and stored, the more energy the physical body has to defend and heal itself with. The energy breathing exercises in particular should be done as often as possible, especially in high energy areas, until this becomes a habitual part of breathing.

A watch alarm can be set to beep every half-hour or so during the daytime. One of the energy raising methods can be used to raise energy for a few minutes every time it beeps. Another way to remind yourself to raise energy is to get into the habit of doing it whenever you are watching TV, say whenever advertising appears. With a little practice energy raising can be done with the eyes open, even while watching TV, or while walking and talking. It only takes a small part of the mind and awareness to keep energy raising awareness actions moving.

Tumors and Dysfunctional Organs:

For tumors and diseased organs, I also suggest energy be taken to the site of the problem and fed directly into the tumor or diseased organ itself. The etheric wrap

technique, modified to suit, can be used for this purpose. Awareness Hands can also be taken inside the body and used to massage the diseased organ or tumor directly. They can also be used to sponge energy up to and into the affected area. This type of treatment will cause energy to flow directly into and through that area of the body, as well as helping to remove energy blockages in surrounding areas, which will also help. These alternate techniques should not, however, be used to replace the full body circuit, which is the mainstay of the whole NEW system. Please note that if energy is raised and fed into a tumor, it will not cause that tumor to grow. It will instead empower the physical body to dissolve and absorb that tumor.

Perpetual Energy Raising:

Energy raising can become a habitual and continual action, much like breathing. It can take some time before it becomes habitual, but is well worth the effort. In its simplest form this only requires a small part of body awareness be held within the Sub-Navel at all times. The best way to learn this is to start doing it, and to do it as often as possible. Simply focus a part of your awareness in your Sub-Navel every time you think of energy, health or development. A psychological trigger can also be used to encourage this. For example, every time you see an advertisement of any kind, or a TV commercial, flick your awareness into your Sub-Navel. Every time you do this, try and hold it there for as long as you can, in the back of your mind, while you go about your day to day life. Another simple trigger is an alarm watch set to beep once every half-hour or so, to remind you to raise energy regularly.

Diabetes:

Volunteers with diabetes have had great success using the NEW system to help their condition. I will make medical documentation available in the full book version of this tutorial when it is published.

One lady volunteer suffering from type #1. juvenile diabetes of 26 years duration, with a total non-functional pancreas and full insulin dependency, was able to reduce her insulin dosage by 85% in three months using the NEW system twice daily, thirty-minutes per session. Her blood sugar levels began changing a few days after beginning her work with the NEW system, and progressively improved until her pancreas returned to almost full functionality; so far. Of note, this lady's body weight began dropping steadily since starting the NEW system; with no change in diet or exercise. Detailed medical records of this case will be made available in the full book version of this tutorial; plus a full report on these changes by her diabetes specialist.

For any serious disease, apart from regular feet and leg stimulation, the full body circuit should be done for a recommended thirty minutes each sessions, twice per day. A diabetic should also use a deep, side to side brushing action on their pancreas (*solar plexus area below the ribs*) for several minutes each session. A close check must be kept on blood sugar levels at all times, as insulin requirements may change without notice. And any reduction of insulin dosage should only be done under the supervision of a qualified medical doctor or diabetes specialist.

Cancer:

The only volunteer I have worked with long enough to give feedback on has been my own mother, currently 76 years old. She has been religiously using the NEW system for three years now. History: five years ago she was diagnosed with lymphoma, and with a malignant tumor on a kidney. The kidney was removed and she underwent chemotherapy. At this time I gave my mother regular contact healing and she survived, but she did not want to use the NEW system at this time. However, three and a half years ago (*at the time of writing this tutorial*) she was diagnosed with lung cancer. Her oncologist wanted to urgently remove one of her lungs and booked her in to hospital to have the operation a week later. But given her age and health, and the fact she is a long-term smoker, he said her chances were quite low of surviving the operation. With this type of tumor, apparently, chemotherapy was not an option. This frightened her so much she agreed to put her life on the line, to refuse surgery and put all her trust and strength and effort into using the NEW system alternative. A truly brave and trusting woman my mom; also my best friend.

However, it did not take her long to learn the NEW system. She was amazed by the sensations she experienced while learning it, and this spurred her on to even greater efforts. Her health has slowly but steadily improved since that time and the tumor in her lung has not grown or spread. Of note, my mother still smokes a pack of cigarettes and drinks a bottle of red wine per day. Her arthritis has also improved greatly, she walks better (*now further and more often*) and has put on some much-needed weight. She has also successfully treated (*with the Etheric Wrap technique*) a badly sprained knee, sprained ankle, spinal pain, and various other injuries; completely recovering from each injury or problem within a week or

two at most; which is phenomenal for a woman her age. She now uses the NEW system for every pain or health problem she gets and absolutely swears by it.

Her oncologist almost fell off his chair when she visited him for a checkup two years after being diagnosed with lung cancer. To quote him "My dear lady, I thought you were dead!" was his amazed greeting. He could give her no explanation as to why the tumor had stopped growing, but requested regular three-monthly visits to keep a check on her progress.

Also of note, mum's mental faculties and memory have also greatly improved. Like when she was much younger, she can now do The Times and LB cryptic crosswords in under an hour (*less on a good day*) without using a dictionary, which she claims is cheating.

I am not saying everyone using the NEW system will have the same results as my mother. But it is reasonable to suggest, faced with the evidence I have before me, that the NEW system may be beneficial to good health in cases like this. Lets face it, apart from medical treatment, when you have cancer the only thing your body has going for it is its immune system. And if you can boost the immune system the physical body can often accomplish wonders under its own steam.

Once again, please do not use the NEW system as cure-all or panacea, and please do not hesitate to consult a qualified medical doctor if you are sick. However, if you are faced with no viable medical treatment or alternatives, you now have a NEW alternative to consider.

Other Diseases:

Unfortunately, as I said earlier, I have not yet had the opportunity to test the NEW system with people suffering from a wider variety of serious diseases. This tutorial will be updated as soon as information comes to hand and a addendum's will be placed on my web site at: www.astraldynamics.com

I have not had the opportunity to work with aids patients thus far, so at this time have no data at all on the response of this condition to the NEW system. But it is my considered opinion that any disease that can benefit from a boosted immune system will show significant improvement.

Energy Raising During Sleep:

Myself, plus many other volunteers, have noticed a peculiar phenomenon that boosts the NEW system and consequentially the healing ability of the physical body. This only seems to happen when you fall asleep while strongly raising energy. In the morning, more often than not, the physical pain you went to sleep with will either be gone or significantly healed.

I believe falling asleep while raising energy causes the energy raising action to carry over into the sleep state. And as the sleep state itself causes a naturally increased energy flow, it is reasonable to suggest this combination may promote stronger natural healing of the physical body during sleep than would otherwise be possible. Some of these cases may seem like miracle cures, and this does not always happen, but cases like this are not that unusual.

Two examples:

1. One woman volunteer, a veterinary worker with long-term juvenile diabetes, was savaged by a feral cat. The cat's tooth passed completely through her finger and pierced her fingernail from beneath. She also had several other nasty lacerations on the same hand. She sought immediate medical attention and had her wounds cleaned and bound. Within three days, however, a serious infection took hold, causing swelling, redness and serious pain. Her doctor gave her injections of penicillin and warned her, because she was a diabetic, that the healing process would be very slow (*diabetics typically have only 1/4 normal healing capacity*) and that she might lose her finger; and to be prepared. Desperate and in terrible pain (*on my advice*) this woman spent the entire evening raising energy and treating her injured hand with NEW techniques. She fell asleep while doing these. The next morning she awoke with no pain, no swelling and no infection. Her wounds had closed over and were covered with a very light layer of pink scar tissue; not scab tissue as one might expect. Now this level of healing is, medically speaking, quite impossible even for a normal healthy person; but it happened. This woman's doctor was totally flabbergasted and could not even begin to explain how this had happened. Her wounds continued to heal normally with no recurrence of infection.
2. Another woman volunteer, aged pensioner aged 75 years: At the start of one rainy season this woman was so badly crippled by arthritis she could not walk or do anything. She told me she felt so bad she just wanted to die and never wake up. On my advice she spent the entire evening raising energy, nothing elaborate, and fell asleep doing this. She woke up the next morning with no pain or disability whatsoever. She got up, had breakfast, cleaned her

house and took her dog for a walk before she remembered how sick she had been the night before, and realized what had happened. So far this lady's arthritis has not returned and its been two years so far. Needless to say this lady now practices the NEW system daily.

Recommended Daily Regimes:

The following regimes cover most energy requirements. They start with minimal exercises for general development and good health, progressing to more intense workouts for those undertaking serious development work, and for those with serious illnesses.

1. Stage One:

Start by brushing feet and hands for several seconds each, preferably in pairs. Bounce legs and then arms, again preferably in pairs. Then bounce spine from coccyx to head for several seconds or more. Then use the two part breathing circuit: Half a dozen or more energy raising breaths should suffice for each part. This is recommended as being done three times per day, with each session taking two or three minutes. The absolute minimum is one session per day, done before falling asleep. As previously stated, falling asleep while raising energy causes a carry-over of energy raising actions into the sleep state, which is highly beneficial.

2. Stage Two:

Same as stage one above, but more time should be spent on each part. Either continue the two part breathing circuit for several minutes, and/or use the full body circuit. Particular attention should be paid to any problem areas, known energy blockages or diseased areas. This should be done twice a day, morning and night. Travel and waiting time should also be taken advantage of for energy raising.

3. Stage Three:

Same as stage two, above, but morning and night sessions should be continued for thirty minutes each. If privacy is a problem, this can be done in the bathroom.

When treating any serious disease, the disease site or organ should be identified and treated with suitable brushing actions. A book on anatomy should be consulted to identify the exact positions of internal organs.

4. Stage Four:

Similar to stage two, above, but with four or five sessions being done per day, instead of two. All available travel and waiting time should be used for raising energy. Perpetual energy raising should also be nurtured, with energy being raised at every available opportunity. Falling asleep while raising energy should be attempted every night, and with every nap taken during the day. This regime should only be used for treating serious disease, and not for normal development purposes. This level of energy raising, while beneficial to any disease condition, may be counterproductive to overall energy development if too much effort is used with awareness actions.

A Few Last Words

Robert Bruce

Energetic development offers enormous rewards if practiced regularly over the long term. These rewards are by way of improved physical health and vitality levels, as well as through enhanced bioenergy and the perception of energy. Psychic abilities, you will find, are a natural side-effect of long-term bio-energetic development. Long term, by the way, does not mean quite the same thing as it used to with more obtuse visualization-based development systems - not when you are using the NEW Energy Ways System. Noticeable progress will usually be attained fairly rapidly, given that the NEW system not only works directly on the energy body, but that it also teaches you how to manually use it to gather and use energy, i.e., raising energy to primary energy centres and forcibly stimulating them into activity.

The length of time it takes to develop any kind of ability is extremely variable. It depends greatly upon the original state of the energy body in question, and on its natural energetic potential. Many people will find some type and level of psychic ability will begin to manifest almost immediately, while others will be slower to realize their potential in this respect. In all cases, though, NEW energetic development will be significantly faster than what is considered normal today. The complete NEW system, including primary centre work, if diligently and regularly applied, is incredibly effective and speeds development significantly. This helps to keep interest high and turns the improbable into the probable, and the possible into the very likely in the near future.

[\(See Astral Dynamics for primary centre tutorial\)](#)

This brings us to the end of The NEW Energy Ways tutorial. I'd like to thank you for reading my book and hope you have not only gained something valuable from it, but have also enjoyed reading it. I work very hard to make my tutorials reader-friendly. To learn more of the core skills required for further bioenergetic development, i.e., deep physical relaxation, taming the mind, the trance state, understanding and working with primary energy centres, see Astral Dynamics. More than just another book on OBE, Astral Dynamics can be thought of as being a complete course in metaphysical development.

I plan to steadily add to the number of books, tutorials, and booklets I have available at present, energy and interdimensional weather permitting. Check my web site, at www.astraldynamics.com, for updates, addendum's and availability of new material. You will find a lot of interesting material and links on my web site, free for online reading or downloading, and more coming all the time.

NEW History

by Robert Bruce

New Energy Ways (*NEW for short*) is an Energy Body Manipulation & Development System, with strong self-healing side-effects. It concentrates mainly on the smaller (*secondary*) energy centres and (*tertiary*) energy exchange ports of the energy body, for development purposes. By working on these, life energy flow into the body is greatly stimulated and energy flow progressively increases. Energy conduits and pathways into the energy body's internal structures are thus strengthened, expanded and redefined, making a greater energy flow available to both the physical and the energy bodies.

The NEW energy system is the result of years of painstaking, detailed work. During my life, the many years of my own development, and later while advising and teaching other people energy body development, I came to realize there were a great many inherent problems with standard development theory and technique. Nobody seemed to know or care about these problems, but almost everyone had trouble with energy work and development exercises, especially with the hard core types of energy work involving primary energy centres (*major chakras*) and nobody seemed to know what to do about it.

To cut a very long story short, the main problem was a lack of effective techniques to manipulate the energy body with. I set about remapping the energy body and developing, from scratch, formulating a new understanding of the energy body and new ways of using its energy. First I developed the theory that: as there are primary energy centres (*major chakras*) there 'must' be supporting energy structures and smaller energy centres (*smaller chakras*) and these must have

interconnecting energy pathways and conduits. I then set about the laborious task of 'feeling' my way through my own energy body, finding and experimenting with the smaller energy centres and conduits and trying to find a way to use them.

One cold Winters day in 1994, while sitting in front of my fire trying to discover some way of working with these supporting energy structures, I had a flash of inspiration. If body awareness (*Tactile Imaging*) can be used to cause OBE (*The Rope OBE Technique*) and used to 'feel' the energy body, then body awareness could be used to 'manipulate' and 'stimulate' the energy body. I tried this out immediately.

My initial experiments with the active use of body awareness (*Tactile Imaging*) absolutely staggered me. The energy sensations I began feeling were incredibly strong - some pretty major bodily sensations. Within hours, and many Eureka's later, I was stimulating and activating individual secondary energy centres and small groups of energy exchange ports, and was amazed at how easy this was to do. Later that evening while revising my original notes (*a few hours after making the initial discovery*) Sathya Sai Baba, materialised before me in my office. He is said to be an avatar. There is a lot of controversy surrounding this Indian mystic, but regardless of this he does appear to be an incredibly powerful spiritual presence on this earth.

I was sitting alone, gazing blankly at my notes while I pondered the enormous implications of my new discovery. Suddenly, and for no apparent reason, the dimensional veil rent and the brilliant-silver light of high-level spirit plane energy flooded the room. Sai Baba stepped out of this light and materialised in front of me, solid and life sized. He beamed at me, smiling and gesturing animatedly towards me, as if saying: "Now you've found it what are you going to do with it?"

Baba stayed visible only for about thirty seconds, but this event had a lasting effect on my work, not to mention upon myself, greatly encouraging me.

After Sai Baba left, I pondered on what had happened, the importance of it all, and what I should do about it. I decided to act according to my nature and give it away to the world, just as Baba seemed to have been suggesting. But, it was no good as it was, being just a few messy notes of raw theory based on a few early experiments. Thus began many hundreds of hours of detailed work, over many years, carefully remapping the basics of the energy body (*from the inside*) and designing and fine-tuning techniques and development exercises for what was to become The NEW Energy Ways system. I decided not to research existing works on the energy body and related Eastern disciplines, not wanting to prejudice myself in any way with existing knowledge. Some may say "Why reinvent the wheel?" But I theorised I had a much better chance of discovering the energy body's 'unknown' qualities, and of developing more effective energy ways than were currently known and/or available.

Now, years later, the NEW Energy Ways system has been thoroughly road tested and documented by myself, my friends and family and hundreds of Internet volunteers; with some very exciting and encouraging results indeed. An illustrated version of The NEW Energy Ways system was formally released in my book, [Astral Dynamics](#). This version, however, was written specifically for OBE training and hence lacks a lot of the important self-healing and energy body development information. To get your copy of NEW Energy Ways, please go to my 'Training/Tutorials' section. Downloadable versions, including a .pdf E-Book, are also available. [Link Here to Astral Dynamics Site – NEW Section](#)

Healing With The Heart

by Robert Bruce

The Mystic Heart tutorial introduces a NEW Energy Ways based healing method that utilizes progressive levels of heart center activity. It also discusses how healing works and from where the healing energy springs. Related issues like healing attunement and practice, with an emphasis on giving practical advice and instruction, are also discussed.

No matter how you look at it, the act of healing profoundly taps the spiritual roots of your heart. The heart center (heart chakra) is the well-known key to all subtle energy healing methods. The reasoning behind this is deeply spiritual and mystical, but using the heart center is surprisingly easy if you go about it in the right way.

The Mystic Heart healing method employs simple NEW Energy Ways based techniques. These make it possible to stimulate your heart center directly, causing it to produce a reliable flow of healing energy. This healing method has a number of positive aspects that many popular healing techniques lack. Firstly, this method does not depend upon natural healing ability, so it can be learned by just about anyone. All that is required is the compassion and desire to heal and a low level of energy body sensitivity. Visualization ability is also not required. This method employs simpler but more effective body awareness actions, which anyone can do after a few minutes instruction.

Regular use of the Mystic Heart method progressively increases healing ability and is therefore excellent for overall psychic and spiritual development. This method

can also be adapted to empower any other healing technique you might currently employ, including group and distance healing.

The Mystic Heart method involves two basic levels of energy, secondary and primary, so it is suitable for both novice and advanced healers alike. At the lower end of the spectrum it utilizes a body awareness pumping action to generate a steady flow of healing energy through the secondary energy body circuit. Anyone can perform this level of healing, even a total novice. And as said, this is a truly excellent way to learn and develop higher levels of healing ability. It is also quite effective as a healing method in its own right. At the higher end of the spectrum, the Mystic Heart system utilizes the same body awareness pumping action, but this time it is used to induce the heart center (heart chakra) to strobe. The strobe effect releases a very strong pulsing flow of healing energy through the primary circuit (through the major chakra system). This energy pulse can be so viscerally strong that it could aptly be described as a Kundalini level discharge of heart center healing energy, flowing directly from healer to patient.

A Quick Step Back:

I have been giving healing to people for over twenty-five years and have often been asked what healing is and how it works. I recall struggling to answer these questions for one of my first patients at the small healing center my mother and I started when I was about twenty-four. This was a twelve-year old boy, José, who was steadily going blind from an acute congenital eye condition. After thinking about my somewhat confusing explanation, I think José got the impression that I was some kind of angelic undercover agent. José took this to heart and after his first dose of healing had great faith that he would recover.

After his second visit, José threw away his very thick and expensive glasses and refused to wear them ever again. He said that he could see better without them, much to the concern of his parents and eye specialist. I got a frantic phone call from his mother asking me to urge José to wear his glasses at our next appointment. When I next saw José he was adamant that he could see better without his glasses, but no one believed him apart from myself. José struggled with poor vision at school, but his great faith paid off big time.

On his fourth weekly appointment, José marched into my sanctuary with sparkling eyes and an awestruck mother in tow. After an earlier appointment with his eye specialist, it was found that José now had perfect 20/20 vision. His eye specialist was at a total loss to explain the reversal of the eye condition that José had been born with. I last saw José a couple of years ago. He is now fully grown with a family of his own, and works as an electrician. It had been well over twenty-years since the healing, and he still had 20/20 vision.

In my youth I performed healing intuitively and never gave it much thought. Back then it seemed like a kind of magic. But more recently I have given the hows and whys of healing far more serious examination, including the nature of healing energy and where it comes from. My continuing exploration of the energy body has provided me with considerable insight into what I have been doing all these years.

As said, at the higher end of the spectrum, the Mystic Heart method involves stimulating the heart center (heart chakra) to the point where it will strobe. This produces a strong energy pulse on the primary level (major chakra level) that can aptly be branded a Kundalini related energy discharge. This energy can be utilized during the healing act with great effect.

Kundalini energy is the strongest subtle bio-energy phenomenon that the human body is capable of experiencing, especially the Uraeus Serpent of Fire phenomenon. Raising and developing the Kundalini to its full extend, as I have done, is not for the fainthearted, as you probably already know. Kundalini energy can be as destructive as it can be beneficial for the untrained and uninitiated.

Developing Kundalini to any significant level usually involves many years of self-discipline and training, that is, if one hopes to mentally and physically survive the process intact. But Kundalini 'related' energy can be utilized safely on a very basic level for healing, without actually raising kundalini itself.

The dangers involved with using and developing my method of healing are quite minimal, unlike the practice of actually raising Kundalini. Using this method of healing regularly is also a safe and natural way of nurturing the development of the Kundalini energy aspects of your energy body.

The Fundamentals of Healing:

Healing comes from the heart. No matter how you describe it, the essence of healing involves a spiritual act of mature compassion and unselfish love. Simply put, healers raise, generate and/or project spiritual energies that are beneficial to the health of their patients. These energies flow from healers into the subtle spiritual bodies of their patients, working on the causal, subtle and gross levels. This ultimately affects patient's physical bodies and minds, thereby causing healing in physical, mental and spiritual disease conditions.

At the most basic level possible, diseased areas of the energy body can be said to result from either having too little positive energy, or of having an accumulation of

negative energy. The fundamental spiritual healing process involves strong but subtle healing energies replenishing, repairing and removing blockages from damaged, distorted and depleted areas of the human energy body; including all subtle bodies, astral, mental, etc.

The act of healing causes depleted areas of the human energy body to be replenished and healed, and negative energies to be converted, removed or replaced with positive energies. This process also reconnects and repairs damaged and blocked subtle energy pathways and conduits within the human energy body, so it can function in a healthier way on all levels.

The level and amount of healing energy that any healer can produce has a direct relationship with the end result. All natural healing abilities aside, this is why long-term training and development are important aspects of the healing path.

Negative energies and forces, and various types of negative entities, influences and thought forms, can have more than a little to do with the manifestation of disease conditions. The interference these things can cause in the human energy body are fundamentally involved with subtle energy body dysfunction and disease. Karma (Tikune) and unhealthy thinking, action and lifestyle play an important part on the causal level of this equation. But the actual existence and manifestation of disease on both subtle and gross levels often involves interference from negative forces, plus the accumulation of negative energies.

People with the ability to see auras, frequently observe disease-causing negative energies in people's auras. This phenomenon is well known. ([See my online article "Aura Sight Training Manual" at http://www.astraldynamics.com for more details on pre-disease aura symptoms](http://www.astraldynamics.com)). Symptoms can appear in the aura days or even

weeks before a disease actually produces physical symptoms. Aura disease symptoms range from localized to widespread areas of aura discoloration and distortion. What these look like to an observer depends on what type of disease is about to manifest. Holes, texture anomalies, discoloration, jagged edges to aura layers, are all common pre-disease symptoms.

Healing methods have many labels such as: Pranic Healing, Reiki, Jorei, Spiritual Healing, Mental Healing, Spirit Healing, Channeled Healing, Magnetic Healing, Shamanic Healing, to name but a few. All of these methods work to some extent, but all direct methods depend upon a healer's fundamental ability to produce and transmit healing energy.

The energies utilized by all the above methods are essentially the same. The differences are mainly in the techniques and resources that are utilized by healers to connect with, produce and/or transmit these energies. All healers connect with their patients through psychic and empathic means, and all generate and/or attune to spiritual healing sources in order to produce healing energy.

What is Subtle Energy?

The big questions in any discussion of subtle energy are: what is it and where does it come from. Subtle energy goes by many names, some ancient and some modern, including: Prana, Chi, Life Force, Soul Essence, Magnetic Fluid, Orgone, and the quantum physics contribution of the Zero Point Field. [See the article "The Zero Point Field" on my website at http://www.astraldynamics.com for more information on a modern conception of subtle energy.](http://www.astraldynamics.com)

To put the concept of subtle energy into a proverbial nutshell, beneath the fabric of the physical universe lies an invisible sea of limitless energy potential. This universal energy continually flows into the physical universe, and in so doing creates physical matter and life in all their wondrous varieties.

The universe can be broken down into three basic levels: gross, subtle and causal. The gross level is the physical universe. The subtle level includes all known dimensional levels, astral, mental, etc. The causal level exists behind the subtle level, beyond the void, in what could be called the region of the unknown and the unknowable.

Universal energy flows from the causal level, takes on elemental form and intent in the subtle level, and then physically manifests in the gross physical level as the finished product. Metaphysically speaking, on the causal and subtle levels, universal energy divides into the basic elemental forms: fire, earth, air, water and spirit. These are the elements of creation. These manifest in various combinations in the physical universe where they create physical matter and life.

All matter and all life forms are composed of elemental energies. Invisibly permeating the entire physical universe beneath the surface lays an infinite sea of potential energy. All living things rely on this energy for life and health. More to the point, human beings have complex energy bodies that are intimately connected with this sea of universal life force energy. The more energy that flows through a person's energy body, the healthier and more vital and powerful will that person become.

A healthy human energy body maintains itself by drawing into itself a natural flow of subtle life energy, enough to keep it alive and healthy. This energy is collected

in many ways and from many sources, including breathing and eating. Energy is also exchanged between people in various ways, including touch, conversation, sex, etc.

The human energy body converts this raw universal life force into many different types of energy, including physical, emotional, sexual, intellectual and spiritual energies, including psychic and healing energies. Some of these energies are used immediately and some are stored in the energy body's three main storage areas: the Sub-Navel, Sub-Heart, and Sub-Brow storage centers.

NEW Healing Method:

Following is the method I intuitively developed and have used all my life for both contact and distance healing. I have examined many healing methods over the years, but have so far found nothing to compare with my original method. This is simple and easy to learn, as the body awareness actions involved become almost automatic with a little practice.

This method requires minimal mental activity and effort on the part of a healer, which allows the healing attunement and intention to be held with a clear and focused mind. This last is key as the less a healer's conscious mind is sub-vocally involved with the healing act, the more strongly healing energy can flow.

Apart from the all-important spiritual attunement, my basic healing method involves using body awareness actions to stimulate the energy body into producing a flow of healing energy from the heart center (heart chakra). In essence, the full method involves raising and accumulating energy in the heart center until it strobos. The healer raises energy with a body awareness pumping action, up the

legs and torso to the heart center. This energy is then pushed down through the arms and hands and into the patient.

At the start of this healing act, healing is given on the secondary level. But the pumping action causes the heart center to accumulate energy. When this level of energy reaches a critical point, the heart center will strobe powerfully and release its full potential of healing energy on the primary circuit level. This energy strobe is both high in quality and quantity, and the strong flow of healing energy is very noticeable for both healer and patient alike.

The ability to cause one's heart center to strobe at a significant level requires some practice and development, depending on natural ability of course. But novice healers can still use this method to give beneficial healing on the secondary level, even though in the beginning their heart centers may not actually be felt to strobe during the healing act.

Combined with regular meditation, spiritual practices and energy body development work, this healing method is the best way I know of to train and develop strong healing abilities. Higher levels of heart center involvement in the healing act will be achieved with time and practice.

Healing Attunement:

Experienced healers find that healing energy starts flowing involuntarily when they come into close contact with persons in need of healing. An automatic psychic/empathic patient/healer connection causes this phenomenon. The more often you give healing, the more sensitive will this connection become.

The healing act depends not only on subtle energies, but also on the healer's spiritual, empathic and psychic attunement. During healing, a kind of three-way connection occurs between the healer, the healer's higher self, and of course the patient. The ability to empathically and/or psychically connect with a patient is fundamental to every healing act. Without this connection, spiritual healing simply cannot occur.

(With some methods of healing, the healer's direct energy body participation ends with the formation of the three-way connection discussed above. The healer thereby attunes the patient to an independent healing source and takes no further part in the actual energy transfer involved with the healing act).

Healer and patient must be connected in some way for healing energies to flow from one to the other. This type of healer/patient connection can be likened to how high-pressure fluid or gas will always flow into low-pressure areas when they are connected. Healers can be said to have abundant high-pressure subtle energy potential, and their patient to have a low-pressure energy deficit.

The essence of healing attunement and intention is to connect with and manifest the quiet and mature compassion of one's higher self. This is like having and expressing a huge inner smile that loves, understands and is full of mature fatherly/motherly compassion. Mature compassion is like a rock. It is solid and tangible, patient and forgiving, sage and understanding. This must be devoid of distracting feelings like pity and grief and spiritual zeal, as such strong emotions can hinder and even block the flow of healing energies through healers. The feeling to aim for is like how it would feel to be a grandparent serenely rocking your baby grandchild to sleep at the end of the day.

As a healer you must stay calm and centered at all times. You should not become too involved with your patient's conditions. You should sense the pain and emotion of your patients, yes, but without emoting or expressing the same. You must stand like a mountain in a storm and let the emotional onslaught pour over you and wash away.

Some healers have naturally strong empathic and/or psychic abilities and thus connect very easily with patients. Basically, this is how healers are identified as being healers. This is why they can give healing in the full awake state, using no mental or body awareness techniques to stimulate healing. Such healers merely lay hands on patients and energy just begins to flow all by itself, with no particular healing technique being used, while they chat away with patients and friends.

Healing energy will flow in the above circumstance, yes, but only because healers are performing naturally. However, this level of healing can be greatly improved upon if healers hold a quiet mental state of attunement and utilize body awareness techniques, both of which stimulate a stronger flow of healing energy.

Healing Act Preparation:

To begin with, relax, meditate and center yourself physically and mentally. Next, pre-stimulate your feet, legs and arms as per the NEW Energy Ways method. Then use the full body circuit for a few minutes. Some light primary center stimulation should then be performed, with a little extra time being spent on the heart center. All this may sound like a lot to do, but with a little practice it only takes a few minutes. In time, your bodily intelligence will automate this preparation to the point where you will just fall into the healing state naturally and with minimal effort.

(Please read my online "NEW Energy Ways Tutorial" E book, which is available free from <http://www.astraldynamics.com> in the tutorials or energy work section. Alternatively, grab a copy of my book, [Astral Dynamics](#) (Hampton Roads, VA, 1999). Both provide detailed instructions on how to perform the body awareness actions in question).

This healing method is more powerful if you spend some time preparing yourself before giving healing. Perform a full relaxation exercise, do some energy work, meditate, and then maintain this state throughout the healing process. The full trance state is best, but any level will improve the healer/patient connection and increase the amount of healing energy that can be produced.

(A trance is a deeply relaxed state that causes your level of consciousness to alter. This occurs when the physical body is allowed to fall asleep while the mind stays awake. The energy body is more active, subtle energies flow more strongly, and psychic abilities are keener in the trance state).

Healing can be done anywhere and in any position, even while you are standing if you have enough experience. I prefer to use two kitchen chairs and to be within easy arms reach of my patient. A bed, couch or padded bench can also be used for patients. These are preferable for patients with conditions that make it difficult for them to sit comfortably.

When you are ready to begin, have your patient sit in front of or side on to you, or stand behind them if you prefer. Ask them to close their eyes and relax. Instruct them not to talk to or to touch you until the healing act is completed. Be firm about this as it is important to stop patient chatter and other such distractions. These can break the healing focus, which is a delicately balanced state of being.

Close your eyes and relax for a few moments. Say a simple prayer, mentally or aloud, asking healing for your patient. Keep this short and simple. Verbose prayers will interfere with your ability to hold the healing attunement and intention. Keep your mind as clear of sub-vocal words and thoughts as possible. The body awareness actions you will be using are enough to occupy your mind and will help to hold it clear. This clarity of mind will help you to maintain the healing focus.

The healing state of focus and intention do not involve words. Wordlessly express a profound, unselfish and compassionate desire to heal. Feel this welling up inside you. Sense and sympathize with your patient's pain and needs, yes, but do this in a mature fatherly/motherly way. Hold yourself above and beyond any pain, distress and emotional turmoil.

Mystic Heart Contact Healing Method:

Close your eyes and take a few deep breaths and deepen your level of mental/physical relaxation (trance state if possible). Clear your mind and feel yourself falling into yourself, moving deeper and deeper. When you are ready, reach out and place your hands on your patient and begin the healing act.

(I normally sit side onto my patient and place one hand on the back of his/her head and on his/her heart. Sometimes my hands are guided by intuition. I then move my hands over my patient, not touching but an inch or so above, and often find hot and cold patches. These are areas needing attention; so I let my hand rest there awhile before moving on. I like to finish by returning my hands to my patient's head and heart).

Do not pray any more after the initial short prayer for healing. In particular, do not mentally implore or beg God or spirits or whatever repeatedly for mercy, intervention and healing. Such verbosity overly complicates the healing act and will reduce or even block the healing energy flow. This breaks your quiet mental state and interferes with the healer/patient attunement and connection.

As much as possible, your mind should be held clear of words during healing. Only the healing intention should be held in mind. Focus on your breathing and on the body awareness pumping action.

After placing your hands on your patient, draw energy up through both your feet and legs, through your torso to your heart center (middle of chest) and then feel this energy moving through your shoulders and pouring down through both your arms and hands and into your patient. The breathing method below will help regulate this pumping action. In time this will become automatic. Imagine your body is a big X, with the center of the X being your heart, and with the extenders of the X being your arms and legs.

*During the **IN** breath, draw energy up through your feet and legs and torso to your heart center. Let energy accumulate in your heart as you finish the whole in breath.

*During the **OUT** breath, push energy from your heart, through your shoulders and down through your arms and hands and into your patient. Let the energy flow for the duration of the whole out breath.

Breathe deeply and regularly, but not too fast or you will hyperventilate. A smooth body awareness pumping action should be aimed for. Each complete energy pump

cycle, from feet through heart to hands, should take one complete breath cycle; in and out. You will quickly develop a feel for this pumping action.

The path of energy through your body does not have to be exact or detailed, as long as your body awareness action (which is what stimulates and moves the energy) stays in contact with your physical body during the entire process. For example, your shoulders do not actually have to be felt. Just push the energy up to your heart and then down through your arms.

You should continue the above energy pumping action throughout the healing act with each patient. If your heart center does not strobe, continue this for several minutes, or as long as desired. When your heart center does strobe, tingling waves of strong energy will be felt flowing up through your legs, spine and chest, down your arms and into your patient. This is a bit like the adrenalin type whole body tingling rush that a particularly touching and/or uplifting piece of music can cause.

Rest and stay quiet between patients and work on holding onto or deepening your relaxed and attuned state by gently meditating. Do not talk or do anything else that may erode your attuned state of being. If you have to visit the bathroom, slit your eyes and walk slowly and carefully and do not speak to or interact with anyone. When you return, meditate for a couple of minutes to restore your attunement before recommencing healing.

Heart Center Strobe Effect:

One of many functions of primary energy centers (major chakras) is their ability to accumulate energy, much like an electronic capacitor. When the level of energy in

a primary energy center reaches a critical point, it will strobe and release its full potential of energy.

The strobe effect releases a very powerful energy. As said, this could be likened to a Kundalini level discharge of energy. The strobe effect also flash activates other primary energy centers (other major chakras) and temporarily forges strong primary center connections throughout the energy body. The primary center circuit is thus created. This could aptly be described as an early pre-kundalini state. A primary level flow of energy is thus enabled.

The existence of the primary center circuit is only temporary. It is heavily dependent on the healer's energy resources (high potential) plus on the patient's energy needs (low potential). When the patient is full the flow of primary level energy will reduce considerably. The primary center circuit can then be said to deactivate. The trick is for healers to maintain the healing attunement state, so that the primary circuit will flicker on and off as required for each patient.

If you are new to body awareness actions, bio-energy work and other related disciplines, you will have to learn and nurture these fundamental skills. But even if your heart center does not strobe to begin with, a significant level of healing will still take place. This involves healing through the secondary level of your energy body. This level of healing should not be discounted, as it is a powerful method in its own right.

In my case, it took about a year of giving regular healing before my heart center began to strobe noticeably. At first, heart center strobos were intermittent and unreliable. At the time I did not even recognize these for what they were. No one I

asked knew either, and I found no mention of this in any of the books I consulted. It is only now in hindsight that I can see what was happening.

Heart center strobos became steadily more frequent and dependable, eventually becoming a major part of every healing I did. Looking back, I think my development of heart center strobe ability was hindered by my mind being too involved with patients during the healing act. I was sub-vocalizing too much. It took time for me to learn how to let go and just go with the healing act naturally and quietly. It also took time to master the ability to hold the full trance state while I was healing, which helps considerably.

How much practice it will take before your heart center begins to strobe will depend upon your level of bio-energy development, all natural ability aside. But your heart center will begin strobing if this method is learned and practiced regularly. The best way to develop is to give healing often. If you are serious about the healing path, daily meditation and spiritual discipline, plus energy body development work, should also be practiced for one or two hours per day.

A heart center strobe is an unmistakably visceral bio-energy event, involving a lot of emotional 'love' energy. This involves very noticeable bio-energy movement sensations, as the heart center becomes 'emotionally' involved with the healing act. When this phenomenon first begins to manifest, it may be localized only to the upper back, arms and hands. But a full-power heart center strobe can cause massive whole body semi-orgasmic tingling waves of energy, particularly strongly through the whole back, chest, arms and hands. This is a very pleasurable and invigorating sensation for the healer. The patient will usually feel heat and tingling and other healing related sensations when this occurs.

One point I would like to bring up here is the emotional effects strong healing energies can have upon patients. It is common for patients new to the healing act to experience spontaneous emotional outpourings. Patients may break down and cry heavily. I generally just hug them until they feel better. But there is more to this than just comforting patients. During this 'hug' a lot of emotional energy passes between healer and patient. This helps ground and balance the patient's heart center, restoring peace of mind and uplifting them.

Many patients appear to fall sound asleep during healing. This is peculiar because if they were alone in the room sitting in a hard chair with no head support they would not be able to fall asleep. I think the healing attunement affects patients more than is suspected. In a way, they seem to be drawn into a trance state, which relates to sleep, by their close connection with their healers.

Another point worthy of mention is how the outpouring of healing 'love' from healers can cause mixed messages in patients. For some patients, the healing act may be the strongest feeling of 'love' they have ever experienced. Because of this, it is common for patients to fall in love with their healers. It is therefore the duty of all healers, like medical doctors, to maintain a professional distance and to make healer/patient boundaries very clear.

Love is the essence of healing and the heart center is the main healing organ of the human energy body system. With regular development and practice, a healer's energy body will become steadily more and more attuned with and involved in the healing act. In time, other primary energy centers (major chakras) will also start becoming involved with the healing act. This depends upon the energy body makeup and development of the healer in question.

If the brow and crown centers become involved in the healing act, brilliant minds eye flashes of light, visions and other such psychic phenomena may also occur during healing. Given the nature of healer/patient attunement, these will usually relate to the patient at hand.

When your heart center strobes, the intensity of your breathing may increase. You may find yourself gasping and panting heavily as the strobe peaks. This is perfectly natural and normal. Go with this as it will help you take in more energy, which will further increase the flow of healing energy.

It is important to stay in control and not allow yourself to become too emotionally overcome and swept away by all these powerful sensations. Just let it all happen and go with the flow. If you become too involved with a heart center strobe, you could momentarily lose consciousness, e.g., you could faint. A healer must stay in control at all times.

The heart center will usually pulse several times during each strobe episode, rising in intensity and then fading and stopping. The intensity of this is affected by the development of the healer, plus the condition and needs of the patient. Episodes of heart center strobing can occur several times during a single healing act. But after peaking once these generally reduce in intensity, with each strobe episode becoming progressively lighter and more difficult to trigger.

One solid heart center strobe episode is usually enough for any patient during a single healing session, but several strobe episodes can usually be produced. You will know when a healing session is over because heart center strobing and other healing energy movement sensations will reduce or cease. The current healing

session for that patient can then be said to be over. If a patient is not very sick, one strobe event may be all that can be produced.

Mystic Heart Distance Healing Method:

The above method can also be applied to distance healing. A letter, photograph or email letter (on a PC screen or printed) can be used to make the necessary connection. If you personally know the patient, this in itself is often enough to create the required psychic/empathic connection.

Any kind of real time connection will improve the act of distance healing. A small lock of hair or similar, combined with a photograph, provides a good remote connection for distance healing. If you and your patient are also joined live by telephone, or via a real time Internet message or chat program, your healing connection will be further improved.

To perform distance healing, sit in a quiet place holding the letter or picture, or sit in front of your PC with the letter and/or picture onscreen. If connected via telephone or Internet chat, ask your patients to close their eyes and clear their minds as best they can. Then close your eyes and prepare yourself as you would for contact healing.

(The trance state of consciousness is not absolutely necessary for healing, but this improves the quality of distance healing just as it does contact healing).

To begin, first say a simple healing prayer for your patient, praying to whatever you believe in most. Then raise energy in the same way as in the contact healing method given earlier. Imagine your patient's head is in front of and slightly below you, within easy arms reach, so the top of your patient's head is felt roughly at your

nose or chin level. Perfect visualization is not required. Just imagine your patient as best you can, so you can feel his/her essence.

When you are ready to begin healing, reach out and place your hands (your real physical hands) roughly where you imagine your patient's head to be. Next, raise energy through your feet and legs to your heart center and push it down your arms and out of your hands, the same as you would with the contact healing method given earlier.

Healing Method Results:

In my experience, contact healing is the most effective way to heal, but the results produced by distance healing can be excellent. Patients will often feel the touch of their healer's hands and the healing energy flowing into them during real time distance healing sessions. This is especially so if they relax and clear their minds during the distance healing act. Heart center strobing can occur with both contact and distance healing.

With development and practice, the healing act with full heart center strobing can be accomplished in only a few minutes. This makes it possible for advanced healers to treat many patients in a short time. At a very high level of development, the healing act can be completed in seconds.

The healing method presented herein is generally invigorating for healers, as it does not deplete them of energy. It can, however, make healers hungry and thirsty, especially if many patients are treated in a row. When treating many patients, it's a good idea to keep a water bottle handy.

If you get hungry, try not to eat anything heavy until you have finished your healing practice for the day. Eating will tend to deactivate the higher functions of your energy body for a short time. If you need to take a meal break, eat only fresh fruit and vegetables with no grains or proteins. Take water, juices and herbal teas, but no milk or tea or coffee. If you plan to resume healing after your break, try to stay centered and not to talk with others too much.

As said, the level of energy that can be produced during the healing act is always improved by the trance state. This is part of the reason why I urge my students to develop robust trance states, so they can operate better in a trance state. Being able to open your eyes, to move your arms and talk quietly, and even to stand while in trance, are all possible with practice. This allows you to give healing in any situation.

A Few Last Words:

The healing method given herein is simple, powerful and progressive. Its power lies partly in its simplicity and partly in the deliberate manipulation of the healer's energy body. This allows healers to intelligently cultivate and develop their own healing abilities, rather than to just hope that energy will flow of its own accord. Energy will start flowing of its own accord through any natural healer, but this can always be improved on with the application of body awareness actions.

Now I lay my pen to rest and thank you for reading my article. I hope you have gained something worthwhile. If you are planning on becoming a healer, or on improving your healing ability, remember that healing is a profound act of love. In the truest sense of The Word, healing comes from your mystical heart. And on that note, I wish you one and all good luck and God bless. RB.

Further Reading:

For those interested in reading more on bio-energy, spiritual and metaphysical development, I recommend my book "[Astral Dynamics: a NEW approach to OBE](#)" (Hampton Roads, 1999, VA, USA), in the library section of this website. This book covers all aspects of basic training and development and can be used to develop any psychic ability, not just Astral Projection.

Also see the full version of the '[NEW Energy Ways Tutorial](#)'

AURAS

BY

ROBERT BRUCE

www.astraldynamics.com

Introduction

Robert Bruce

This article takes a fresh look at auras - what they are, where they come from, and shows how anyone can learn to see them. Seeing auras is not as hard as you may think - if you go about it the right way. This is an easy step by step guide to doing just that. It starts right at the beginning, with the easiest to see of all auras - the aura of colour - and working up, in easy stages, to the more illusive and difficult human aura.

An aura is the most visible part of the subtle energy processes going on within all physical objects. All matter has an aura of some kind - even a humble rock - but it is pretty dull when compared with the complex interplay of rainbow colours that make up a living human aura. Auras emanate from all physical objects, life forces and colours, as well as from many other energy sources.

The first step in this tutorial makes use of a little known fact - that colours have auras.

Every colour has its own unique aura. This is of a completely different colour from the original. Auras, given off by bright, primary colours, are much denser and far easier to see than any other type of aura. Using the auras of colours, as a training aid, has most people seeing an aura the very first time they try.

I have been able to see auras for many years. I was not born with this ability, but taught myself - the hard way. It took me several years before I could see enough of an aura to make it a worthwhile practice! I know the problems inherent in

developing auric sight, and this new training method is designed to help overcome them.

How Auric Sight Works

Robert Bruce

My Theory Is:

That light is necessary for the brow centre to tune into and focus on auric energy. An aura being a visual representation of this energy, created by the sight centre of the brain.

This appears to be the only logical explanation for auric sight.

Auric sight - as with all forms of clairvoyant sight - depends upon the eyes and the normal optical sight process to work. Physical and non-physical sight are very closely related. They are both forms of perception that allow our brains to perceive energy, of one type or another, as a sight picture. Here is why:

(a) Normal Sight:

Eyes receive light - light being a type of energy. Eyes focus light energy onto light sensitive nerve tissue at the back of the eye, connected to the optic nerve.

Basically, this light sensitive tissue changes focussed light energy into a stream of complex electrical signals. These signals are passed, via the optic nerve, to the sight centre of the brain. The brain then interprets these signals into a rich visual picture - what we call normal sight.

(b) Auric Sight:

The brow centre receives a more subtle type of energy than light. This type of energy can only be received by the brow centre (*often called the third eye or brow chakra*) when it is active and tuned in to receive that type of energy. The brow centre is situated directly between the eyes and is intimately connected with normal optical sight.

Energy received by the brow centre is passed along to the sight centre of the brain - the same as with normal sight. The brain interprets anything it receives in it's sight centre as a visual picture. It interprets auric energy as a sight picture - as coloured bands of light surrounding the subject.

- The eyes are the organs for normal optical sight (*a physical organ*).
- The brow centre is the organ for non-physical sight (*a non- physical organ*).

Both these organs, above, are situated in the same general area, i.e., the brow centre is situated in the brow, directly between the eyes. The common location and similar function of both organs (*sight*) suggests there is a close relationship between them, i.e., the eyes, the brow centre and the sight centre of the brain are linked. My research confirms this: that all forms of non-physical sight are closely linked with the process of normal optical sight.

Although there is a relationship between optical sight and the brow centre - an aura is definitely not any type of light. Some people believe auras are still light, but light at a much higher frequency than normal light - that is only visible to a clairvoyant. If this were true, though, it would be possible to detect and measure this light with the sophisticated electronic instruments available today. There are scientific instruments, electronic cameras etc, that can be tuned to detect any part

of the light spectrum - no matter how refined. For example: infra red, ultra violet, x-rays, gamma rays, etc, all these can be detected - but auras cannot. Therefore, it is logical to suppose that auras are not composed of any type of light.

The Complexity Of Normal Vision

The process of auric sight may sound very complicated, but is really very simple, when you compare it with the process of normal, optical sight - that simple, visual thing we all take for granted. Look around the room you are in now, look out of a window - what do you see? Think about all the millions of objects and colours and tones you are seeing - all at once - in incredible three dimensional detail. Think about how, no matter how fast you turn around, your brain keeps up with the fantastically complex image you are seeing. Your eyes pass on an incredible amount of information to your brain - but your brain interprets it all instantly. Normal optical sight is an incredibly complex and powerful ability. Compare this, with the few colours and swirls of light you see in a human aura - no matter how beautiful and complex it might seem - it is still a very simple picture. There is really no comparison between these two abilities - normal optical sight is vastly more complex, and requires much more of the brain's power, than auric sight does.

To recap the above:

Auric sight is linked to and depends upon normal optical sight, in order to function. What you see, when you see an aura, is your brain's interpretation of reflected energy, emanating from your subject. Your eyes are used to tune and focus your brow centre into this energy. An electrical representation of this energy is passed to your brain's sight centre, where it is interpreted as a sight picture by your brain. In

the case of an aura, your brain shows you coloured bands of light surrounding your subject.

Aura Cameras

Robert Bruce

There are aura cameras - you might say - that can take pictures of the human aura? You might even have a picture of your own aura, taken at a psychic fair. How can this be?

An aura camera does NOT take an actual picture of an aura. It cannot actually see an aura. It merely creates the illusion of an aura on film.

How An Aura Camera Works:

A.

Sensors are placed on the skin - or fitted into a chair so they contact the subject's skin. These sensors measure the electrical resistance in the skin (*galvanic skin response*). Electrical resistance in the skin varies, according to salt and moisture level. These levels are affected by many things: diet, fluids, health, temperature, sweating, emotion, mood, activity, etc.

B.

These readings are fed directly into a small electronic processor, attached to the camera (*usually a small black box*) and interpreted by it. This processor then generates a pattern of electrical signals, from these readings, according to how it is programmed.

C.

This pattern of signals is then fed into a specially modified camera. Inside the camera, an optical colouring device creates a variable pattern of coloured lights, and beams this directly onto the film, as the picture is taken. This

gives the illusion of a colourful aura surrounding the subject - according to the pattern generated by the initial readings.

Because of the way these cameras are set up, you will rarely get two pictures exactly the same. This is because of the large number of coloured patterns possible, that can be generated by slightly different sensor readings . It would be rare to get two identical sets of sensor readings from one person and, therefore, have two identical aura photographs taken in the same day.

An aura photograph is the camera designer's idea of what your aura should look like; according to their research. This research is based upon linking clairvoyant observations with the galvanic skin response on test subjects. The designers have attempted to give a specific colour value to different patterns of galvanic skin responses.

An aura photograph, therefore, is an electronically created illusion - not an actual photograph of an aura.



An aura-photograph.

Light & The Aura

Robert Bruce

Light is necessary in order to see the main aura of anything. Living auras react in the presence of light - expanding and brightening. This reaction is most noticeable when a living aura is exposed to sunlight. You could say that auras are photo-sensitive.

I have made extensive observations of this light reaction. I have observed the auras of people inside a house, then immediately taking them outside, into the sunlight. The living auras of people expand in sunlight, and are much brighter. They fairly sparkle with life in strong, direct sunlight. I have seen auras expand to several times their normal size in sunlight.

Another interesting observation, that adds weight to this argument, that auras are not light - but that light is necessary, in order for auric sight to work: the main aura cannot be seen in complete darkness. If auras were indeed light, why is it necessary for there to be light, in order to see them? This shows that light and normal optical sight are an important part of auric sight.

Note: In total darkness, it is possible to see some slight activity around the energy body, close to the skin. This is almost invisible, but looks like tiny, very faint strands and sparks of bluish light. This is very faint and most noticeable around your own fingertips, when they are brought together in front of you.

It is also possible to see small but intense points of light, coming from fully active primary energy centres (*chakras*). These must be extremely active for this to be seen, and you must also be very focussed on your subject. This takes a lot of skill

to do, and the subject must be very developed - energy wise - in order for this to be observed. This is far easier to see if there is a little available light, even if you can only make out vague shadows - it gives you something to focus upon.

To observe any part of the energy body, in darkness, memory based visualization is used to focus the brow centre into a subject. You have to know exactly where the subject is (*in total darkness*) and be able to accurately gauge their distance, shape and position, and see them clearly in your mind's eye.

I think, for the above, that both astral sight and clairvoyance play a part, for those that can see energy activity in total darkness. This appears to be the only logical explanation for this phenomena.

Note: Light is not necessary for clairvoyant or astral sight to work, but the eyes and their normal focussing ability are still used, but with memory based focussing and visualization, instead of normal light based focussing. You can see with astral and clairvoyant sight, just as well in total darkness, as you can in full light.

The Auras Of Colours

Robert Bruce







Object		Auric Colour
Red		Green
Orange		Pale Green
Yellow		Pale Blue
Green		Orange
Blue		Yellow
Indigo		Gold
Violet		Pale Gold
Pink		Iridescent Green

Table 1: Auric colours given off by some normal, physical colours.

The exact shade and tone of a colour's aura varies a great deal, according to the shade and tone of the colour you are observing. Auras are also affected by the background colour against which they are highlighted, when observed.

After-Images

Robert Bruce

Auric colours are similar in appearance to after images. After-images are generated by staring - for twenty seconds or so - at a brightly illuminated colour, and then quickly closing your eyes, or looking away.

It is commonly thought that after-images are generated by colour depletion, of the rods and cones in the eyes, caused by staring at one colour for too long. This generates the reverse, or negative colour, of that colour. An after-image stays in sight until this colour depletion is corrected, and the eyes return to normal.

I disagree with this theory - and for very good reasons. After-images are generated by staring for a long time at a coloured object - for twenty or thirty seconds, or more. This is why I disagree with this theory: When auric sight is more advanced, the aura of a colour can be seen clearly, almost the instant a coloured object is glanced at with auric sight. No prolonged staring is required to produce an aura.

I have just done a test, while sitting here typing this. Across the room from me, about seven feet away, is a chair. Hanging over its back is a bright-blue shirt. I have done no exercises to stimulate my auric sight, at all. It is early in the morning now, about 6am, and I have not long woken up. A clear, dense, yellow aura begins to appear in just under four seconds (*I timed it*). This is, surely, far too short a time to generate an after-image? I did this several times and it became faster and easier to do, and the aura brighter, each time.

Now, you could say that my eyes are becoming depleted of the colour blue, by continuing to do this, thus more easily generating the yellow aura. So, I turn

around and look at a red shirt hanging on a hook behind me, on the other side of the room. This time, a clear, dense, bright-green aura appears in just under five seconds. This is far too short a time to generate an after-image? Now, when I am on what I call, a clairvoyant high, the auras of colours appear to me, almost the instant I glance at them - within one second. There is no appreciable delay at all, they are just there, ballooning out from colours, as I look at them.

The auras I see, around colours as well as people, do drag slightly at my eyes, creating a kind of after-image effect if I stare for too long at it. This effect is similar to how a normal after-image behaves - dragging and following my field of view.

Now, when I observe the aura of a person, I normally ask them to remove some of their clothing. This gives me a much clearer view of their aura, without the interference caused by the colours of their clothing. I see clear, bright colours in these auras, building up from bare skin. My point here is this: bare skin has no colour that can generate any kind of coloured after-image.

To be truthful, though, the auric colours I see around colours, as well as people, are often still visible, hanging briefly before my eyes, when I look away or close my eyes. This is a coloured after-image - but created by staring at an aura's colour not at a physical colour.

Another interesting point: the colours of any after-images I get, when observing living human auras, are exactly the same colours, as the colours of the aura I am looking at - there is no reverse colour effect at all, with a bare skin, living aura.

So, if colour depletion, of the rods and cones in the eyes, is solely responsible for after-images, how can this happen?

A better way of explaining the reverse colour after-image effect is: "slow auric colours".

By staring hard at a colour, the auric colour of that subject is slowly impressed upon the sight centre of the brain. It is not the eyes that are depleted of colour, but that the auric colour has been impressed upon the brain's sight centre.

The after-images that appear, when you stare at primary colours, are the same as the auric colours generated by those colours. The similarity in these colours - rather than contradicting the validity of the auric colour of colour - supports them. Why would they be any different?

You will, in the early stages of training to see auras, cause quite a strong after image effect. This will drag and follow your eyes, and still be seen when you close your eyes or look away. This is the slow auric image effect - caused by staring so intently, and for so long, while trying to master the basic technique for seeing auras.

This after image effect lessens in stages. Once the basic technique is mastered, most of the after-image effect disappears. Then, as the brow centre develops further, being stimulated through use, the after-image effect decreases steadily, until they are hardly noticeable.

There will, however, always be a slight after-image, of sorts, when you really study an aura. This is unavoidable when you gaze intently upon an aura, trying to discover its secrets. The nature of auric sight, and the involvement of the normal optical sight process, will always cause a slight after-image drag - or slow auric image, as I call it. This happens, even when auric sight develops into the advanced stages.

Final Note On After-Images:

The way the aura builds up is also, totally unlike the way an after image appears. It builds up, mushrooming bright colours from bare skin - it does not just fade slowly into sight - it grows before your eyes. The colours of a living aura do not begin as a pale shadow, fading into view and then slowly deepening and growing brighter. They are one consistent colour, from their first appearance as a thin outline, highlighting the etheric aura, close to the skin, to their full size - often more than two or three feet wide. Auras are also, not just a slight outline of colour around the skin, but large, vivid bands of colour, with thickness and depth to them. And, finally, while an aura is building up, if you shift focus slightly, or blink, it disappears instantly - only to reappear a few seconds later - an after image does not.

Peripheral Vision

Robert Bruce

Auras are seen with peripheral vision (*side vision*) and cannot be seen by directly focussing on them. To see an aura, you have to look to the side and past your subject. Peripheral vision is extremely sensitive to movement, much more so than direct focussed vision. It can detect minute movements that your central, focussed vision will not see. Peripheral vision is also sensitive to many other types of subtle energy that surround us.

Most people have had the experience of catching sight of some movement - out of the corner of their eye - only to see nothing when they turn and focus on it.

What happens is:

1. They have seen an aura building up from a coloured object.
2. They have seen a spirit entity (*ghost*) manifesting near them, and have detected it's energy with their more sensitive, peripheral vision.

Dr. Kilner

Robert Bruce

An English doctor, Dr. Walter J. Kilner, in 1911, used colour as an aid to stimulating auric sight.

Dr. Kilner, researched the use of auric sight, as an aid to diagnosing the health of his patients. He used dicyanin screens for this. Dicyanin is a dye product of coal tar. These screens consisted of two pieces of glass with dicyanin dye sandwiched and sealed between them. He found that by using these - aura goggles, as he called them - he could stimulate the ability to see the human aura.

He would stare, for a few minutes, through these screens, at a bright light. When he looked away, he could see an aura surrounding his patient. He would then note any changes and abnormalities in their aura, and compare them with other observations, taken of healthy people. This allowed him to detect disease, in the very early stages, before the actual symptoms of that disease appeared.

Dr. Kilner used several different coloured screens, and combinations of them. Different coloured screens showed him different aspects, or layers, of an aura.

He also used strips of brightly illuminated, coloured cloth. He would stare at one of these strips, after preparing his eyes, by looking through one of his screens. These strips caused a phantom strip, of a different colour, to appear in his gaze. These were like small windows, that could be moved around by shifting his gaze, highlighting different parts of his subject's aura. This gave him a different view of their aura, in that part.

How this works:

By looking through these screens, at bright light, Kilner flooded his eyes with the slow auric colour of that screen (*it's reverse colour*). This made his eyes hypersensitive to that particular auric colour, enabling him to see that colour in his subject's aura. Different coloured screens would allow him to see different colours in an aura. The use of the strips of colour, then enabled him to see the slow auric colour (*reverse colour*) of the coloured strip, minus the original colour of the screen he was using - showing a small band of an entirely different colour, in the aura. This small band of colour could be moved around the patient's aura, by shifting his gaze, like a small window, highlighting the area it covered.

One interesting thing about Dr. Kilner's work is this: after using these screens for several months or more, he found he needed to use them less and less. By continually straining to see auras, with his aura goggles, he stimulated his brow centre, and mastered the visual technique needed to see the aura. He eventually gained full auric sight, i.e., he no longer needed the aura goggles to see auras.

If you would like to get a copy of Dr. Kilner's book, you will find it contains many fine colour plates (*paintings*) showing the aura, as seen by himself and his associates. These show the different effects that can be had using combinations of different coloured screens and coloured strips.

- Kilner's book is listed, in the book I read, as: Kilner, Walter John. (1965). "The Human Aura." (New Ed.). New York: University Books. I was quoted \$300.00 US, for the purchase of this book.

Note:

I cannot comment on the effectiveness of using genuine aura goggles, as I have never actually seen a pair. I did, however, experiment with a pair I made myself, many years ago. I used two pieces of glass, covered them with a deep blue dye, and sealed the edges with windscreen sealant. I followed Kilner's instructions, staring at a bright light through this screen, etc.

I found this made my eyes extremely sore, and so, after awhile, discontinued using them. They did work, however, and showed me some interesting auric effects. I considered it was not a healthy practise, though, due to the painful burning it caused in my eyes, and the possibility that it could damage them. In his book, Kilner gives a warning about this nasty side effect - burning, sore eyes.

Types Of Aura

Robert Bruce

The Human Aura:

The human aura is an energy field that surrounds the human body, and reflects the subtle life energies at work within and around it. This is something like the magnetic field that surrounds a simple magnet. Like a magnetic field, the aura is generated within physical matter - but is also affected by it's surroundings. The energies flowing through the aura make us what we are, and are in turn affected by our surrounding life conditions and life style. The aura reflects the activity of our organs, health, mental activity and emotional state. It also shows disease - often long before the onset of physical symptoms.

The strength and properties of an aura are determined by the amount of, and the quality of, the energies flowing through it.

The Main Aura:

The main human aura is banded around the body - strata like. Imagine a person with thick, coloured hoops of light dropped over them, and you get the general idea. The main colours of the aura emanate from the primary energy centres (*major chakras - or psychic centres*). The individual bands of colour are difficult to see, unless you have very well- developed auric sight, and are observing under optimum conditions.

The Etheric Aura:

Close to the skin is the etheric aura. This is often called "The vitality sheath". It is seen (*with auric sight*) as a pale, narrow band, next to the skin, outlining the body. This is usually no more than half an inch wide - depending upon the vitality of the subject. It looks like a dense layer of pale smoke, clinging to the skin. This is the visible part of the energy body, in it's contracted state.

During sleep, the etheric aura expands and opens (*becoming larger and finer*) in order to absorb and store vitality (*cosmic energy?*) within it. After sleep, the energy body contracts and forms a dense sheath surrounding the body, close to the skin. This holds within it the stored energies we all need for living.

In a way, the energy body is like a living storage battery. During sleep, it automatically sets itself on recharge, replacing the energies that have been used up.

Energy Centres (Chakras)

Robert Bruce

The primary energy centres (*chakras*) are the non-physical organs of the energy body. There are at least seven primary centres, and over three hundred secondary and minor centres, scattered throughout the human body. All together, they form a complex network of non-physical energy components. These are all joined together by interconnecting pathways, or meridians.

These centres, and their interconnecting pathways (*meridians*) were charted by the Chinese, and other Eastern races, thousands of years ago. Modern versions of these charts are still widely used today, in many types of alternative medicine and body work, i.e. acupuncture and reflexology.

Primary energy centres are attached to major internal organs, glands, nerve ganglia and the spinal cord. Secondary and minor energy centres are attached to joints, glands and nerve clusters, throughout the body.

There are active centres - transforming and manipulating energy - feeding other energy centres and taking care of life processes - both physical and non-physical. There are storage centres, communication centres, and centres designed to absorb energy from other energy sources around us.

Some Energy Sources:

Food, water, oxygen, sunlight, planetary energy, cosmic energy, love, sex, music. Some of these energy sources are very subtle, but all are necessary for us to live a balanced life.

Energy centres are invisible to the naked eye but can be felt, quite strongly, when they are active (*as a pulsing, thrumming sensation*). When energy is consciously drawn from one centre to another, through the connecting meridians, this can be felt as: A rushing water sensation, a spreading warmth, a tingling feeling, or a combination of these. Energy centres (*chakras*) can also be seen - with auric and clairvoyant sight - as whirling vortexes of intensely coloured light.

Every energy centre has important individual functions, in the energy body. It also works in conjunction with all the other major and minor centres. Each centre is an individual, but integral part of the energy body. They all work together, for the good of the whole energy body; just as all the physical organs, brain, heart, liver, kidneys, glands, etc, work together for the good of the whole physical body.








The energy body is extremely complex. It is, in a way, similar to an electronic device. Energy flows into the electronic device, and on through connecting pathways (*meridians*) that are etched into the circuit board. These connecting pathways (*meridians*) carry energy on to all it's electronic components, (*chakras*), diodes, resistors, capacitors, etc. Energy is continually being changed, enhanced and transformed, by these components; to serve a multitude of different purposes, required by the device, as a whole unit, to function properly.

A single energy centre, is very much like a single electronic component. It takes in energy from the components around it, and changes the value of it. It enhances this energy, in various ways, transforming it into something different, that is needed by the whole unit.

Each energy centre (*chakra*) takes in the different types of energy it requires, from other energy centres in the energy body, and generates a completely different type of energy - with a different value and colour - according to what is required.

The strength of each primary energy centre, in any particular person, depends upon that person's individual makeup; their nature, health and life style, as well as their spiritual, moral and psychic development. The energy generated by all the chakras at once, is reflected into the aura, mixing together and causing the dominant hue of the aura. This, dominant hue, is the part of the aura most commonly seen with auric sight.

The Seven Primary Energy Centres (*major chakras*):

Chakras	Location	Colour
1. Base	Base of spine (<i>between anus and genitals</i>)	 Red
2. Spleen	Navel area	 Orange
3. Solar Plexus	Base of sternum	 Yellow
4. Heart	Centre of chest (<i>over heart</i>)	 Green
5. Throat	Base of throat, just above where it joins the chest	 Blue
6. Brow	Exact centre of forehead (<i>between the eyes</i>)	 Violet
7. Crown	Whole top of head, above the hairline	 Gold

Chakra Notes:

- Each primary is best thought of as - roughly the size of your hand.
- Each primary has more than one functioning part (*or petal*).
- The exact location of sensations felt, when a primary centres is active will vary slightly - depending on what part of that centre (*or petal*) is active. For example, the spleen centre is usually felt between the tummy button and pubic line. The brow centre is often felt between the eyebrows, instead of on the actual brow.

The Human Aura & Colour

Robert Bruce

The human aura is very sensitive to colour. It reacts to the colours of clothing worn and to the colours of its surrounding area. Colour affects the subtle flow of energies within the energy body. This accounts for our strong natural likes and dislikes, when it comes to choosing the colours we wear, and those that surround us.

This sensitivity varies, from person to person, depending upon how sensitive they are and how sensitive their aura is. Women, generally, have more delicate and sensitive auras than men. They are, therefore, far more sensitive to the effects of colour, than men are. Colour can have a strong effect on a very sensitive person. If they wear a colour that clashes too badly with their aura, it can make them physically ill.

The effect of colour on the emotions is well known. Wall colours are carefully chosen, in hospitals and other institutions, to calm agitated people and put them at ease. Soft pastel shades of pink and blue are the most frequently used colours for this, because of their well-known calming effect.

Basic Hue Classification:

The basic hue of an aura is its dominant colour. This is the most visible colour of the multiple energies generated by all the chakras (*mixed together*) creating a general, overall colour. There are, of course, many different colours in any person's aura, but the basic hue is usually seen first.

Many people suggest that people can be classified, as being a particular type of person, by the basic hue of their aura.

For example:

Colour	Attributes
Red	Sensuality, vitality, raw energy
Orange	Emotion.
Yellow	Personality power, mental power, intellect
Green	Spirituality, love, affinity with nature, natural healer
Blue	Highly spiritual, religious, natural teacher, healer
Violet	Very highly spiritual, psychic, clairvoyance, religious, teacher and healer
Gold	Highly advanced spirituality and psychic abilities - an adept

I have found this method of classification to be both unfair to the person being classified, and extremely misleading. The basic meanings of the individual colours are well known - as above. I find the human aura to be such a complex and changeable engine, it just cannot be classified in such a simple way.

For example: if a person, with a predominantly blue aura, is experiencing an emotional crisis, their aura will be flooded with large patches of orange. This is a temporary state only, and once the crisis is resolved, their aura will revert to it's natural blue.

There are so many things that can temporarily change the appearance of an aura - sometimes just for an hour or more. Devotional worship, for example, generates high minded feelings and deep spiritual love. An unstable, emotional, dominant and violent person, who's aura is, say, naturally red and orange, with streaks of black in it - can generate higher spiritual colours, during worship. These will temporarily flood their aura, giving them the appearance (*to auric sight*) of being a very spiritual person - but hiding their "true colours" and hence, their true nature.

Examples:

Jock:

Blue:

Jock was a young man I knew, several years ago. He was an extremely vital, sensitive man, but was very unstable, having a lot of problems. Jock was a deep thinker, and we would often expound upon the meaning of life and the nature of the universe, together. At times like this I would often see a lovely spiritual blue, surrounding him.

Red:

Now, once Jock had a few drinks in him (*alcohol*), he could become extremely aggressive, violent and dangerous - at the drop of a hat. At times like this, I would see his aura change dramatically, in moments, to a bright, angry red, with big orange patches and black streaks in it. Not a trace of his original blue aura would remain. This, red, orange and black colour, would stay with him, until he calmed down completely and sobered up.

Dan:

Dan was an old friend of mine, with a naturally green aura. When Dan has a problem, his mind goes into overdrive, trying to find a solution to his problem. His aura then changes to bright yellow, flooding strongly through his aura. This reverts to it's original green, very quickly, once he has found a solution. I have often observed this, while playing chess with him. Every time he gets into a sticky situation, his aura floods yellow.

Gardening:

When I have been gardening - having a lot of physical contact with plants - the aura around my hands and forearms changes to a lovely green. This green fades away a few hours later. Close contact with plants seems to have an effect on the energy body. Maybe this is where the old saying comes from "Having a green thumb" - for gardening.

These examples demonstrate the changeable nature of the human aura, in a very general way. An aura is a variable reflection of the energy activity going on within a person. This reflection is detected by the brow centre of the observer, and interpreted, as coloured bands of light, by the sight centre of their brain. Health, mood, emotion, strong thoughts, drugs, and other influences, stimulate many different energy patterns in the primary and secondary energy centres. These different patterns change the overall quality of the energy being reflected into the aura. This generates many different colours - which changes the auras dominant colours.

Clothing:

It is impossible to get a clear view of an aura through clothing. The auric colours given off by any coloured clothing react with the wearer's aura. This causes interference that blocks and changes the natural flow of energies within an aura. For example: a blue shirt will flood the wearer's natural aura with yellow - changing it's appearance.

Even neutral coloured clothing will block and dim an aura - making it dull and difficult to see. If, for example, you observe the aura of a person wearing a red shirt: their aura will contain a great deal of green. This shows why bare skin is best, in order to get a clear view of an aura.

When a coloured material is worn, the band of colour seen close to the material is the reverse auric colour of that colour. The aura's real colours will be seen building up from the outer edge of that colour. The reverse auric colour of the material, and the true colours of the living aura, affect each other - changing their natural colours.

Malady

Robert Bruce

Disease:

This shows up in the aura in many different ways, sometimes weeks or months before any physical symptoms appear. An ear infection, for example, will show up in an aura as a gradually thickening shadow over the ear and side of the head. This can be seen several days before any physical symptoms appear. The shadow will begin as a light-grey smudge, gradually thickening and darkening. It will eventually change to a murky-green patch, about the size of your hand. As the infection worsens it will become shot through with red and orange streaks, flecks and sparks.

A shadow in the aura is the first sign of any approaching health problem. Murky-green, with red and orange streaks, flecks and sparks, is common to infection.

Death:

When a person is dying, their aura undergoes dramatic changes. I have observed the auras of people, dying of terminal cancer and other diseases, in the weeks prior to their death. The first noticeable sign is when the aura fades and begins to grow weaker and paler. Next (*with long term illness*) a week or so before physical death, the aura begins to expand and change. It changes into a beautiful (*very pale*) milky-blue, shot through with faint, tiny, silver and white sparks. These sparks flash and twinkle throughout the aura. Each spark is only visible for a fraction of a second at a time.

- **Note:**

The aura of a dying person is a very pale milky-blue. It is VERY pale and faint and VERY difficult to see. It is quite common to see a pale-blue aura surrounding a healthy person, and this does NOT mean they are about to die. The aura of a dying person is quite different from a normal, healthy, pale-blue. It is all one colour, much larger than normal, very milky and very faint.

Closer to the time of death, the aura begins to pulsate, swelling and shrinking erratically. At times it will fill the entire room, becoming more of an atmosphere than an aura. At other times it will be so shrunken as to be almost invisible to auric sight. It grows paler and finer by the day, and the tiny silver and white sparks become finer and increase in frequency.

There is a great deal of activity in all the energy centres, at this time. The energy body is preparing itself for the final separation - of the physical body from the non-physical body (*or spirit*). There are, at times, faint surges of colour and faint coloured sparks, like pastel fountains, surging and falling from the primary centres. They spasm and shudder and begin generating a much higher and more refined type of energy. This change heralds the imminent and final separation, of the spirit from the physical body - what we call death.

The above is not to be mistaken for the normal pale-blue and sparks that can be seen in a healthy human aura. The above observation is not visible to any normal level of auric sight, but requires some degree of clairvoyance, ie, the ability to see mind's eye visions.

At some time (*variable*) before physical death, the aura will become almost invisible to auric sight. Only a faint, very pale glow will still be seen, close to the

skin. This is residual etheric matter, clinging to the physical body. There is, however, still intense activity going on within the energy body, but this is now far beyond the reach of normal auric sight.

The aura is now reflecting itself into a much higher level of reality - another dimension. Clairvoyant and astral sight are necessary, in order to see any more energy activity, during the final stages of the death process.

At the actual moment of death, if you are watching closely, you will see a very faint, pale mist, surge up out of the body, and quickly vanish. This is the spirit leaving the physical body. That faint mist is residual etheric matter, clinging to the spirit body, as it departs.

The actual timing for these changes in the aura to occur, depend greatly upon the type of illness, the duration of it, and the strength of the dying person. These govern the speed of the actual death process. With some conditions, this whole process can happen very quickly, often a matter of hours. With other conditions, this may happen over several days, weeks or even months.

Spirit Energy

Robert Bruce

There is always a lot of spirit energy and activity, surrounding a dying person, in the days and weeks prior to their death. The amount of this spirit activity seems to depend greatly upon their belief system, as well as their moral, spiritual and psychic development.

The strongest I have ever felt this - high level spirit energy and activity - is around dying children. Children seem to be a lot more aware of their spirituality than adults give them credit for. We, adults, seem to lose so much of this awareness - of our spiritual and divine nature - as we grow older.

I have been in the presence of many dying children. The only way I can describe this is that, at these special times, I have been in a holy presence - far beyond my poor understanding of reality. Children gain a special kind of wisdom and a high level of spiritual understanding - and they have no fear of death.

I have never had the opportunity to observe the aura of someone dying, shortly after an accident, so cannot comment on this aspect of death.

Premature Death:

I have, though, known healthy, vital people, that have died suddenly, from strokes, heart attacks and brain aneurisms. I have observed them, in the days and weeks prior to their premature deaths. I have noted similar changes, as I might expect to see in a dying person: very milky-pale-blue expanded auras, silver and white sparks, and lots of spirit energy and activity around them. These people, though, were not sick. They were all, healthy, vital people, but there was something quite

different about them - an indefinable atmosphere. In all cases, they seemed to know, intuitively (*but not consciously*) that their time in this world was nearly up. They all did certain things, tidied up their affairs, or made things right in some way, in the days and weeks prior to their death.

Why Most People Fail To See Auras

Robert Bruce

The most common reason why people fail to see an aura, is simply the way they go about it. The human aura is not a good training ground for the beginner.

This is what usually happens: Your volunteer sits and waits, for a very long time, while you struggle and strain for a glimpse of their aura. You are trying to relax and concentrate - and master a tricky visual technique - all at the same time. You subconsciously worry about what they are thinking of you. Are they getting bored? Are they getting impatient? Do they think you foolish, a failure, or both? This kind of pressure causes subtle tensions to build up within you, that effectively negate the relaxed state needed to see the aura. Trying to get results, under this kind of pressure, as a beginner, is next to impossible.

Here is an email letter from a young man. It shows some common misunderstandings, when auras are first encountered:

David:

"I was sitting in economics class, when I started to see a faint white glow around the lecturer's head (*not really though, I can't really describe it*), it was surrounding the sides of his head.

And, I could also see a similar one, coming from one of the students sitting in front of him, except the student's had a sort of bluish tinge to it. I kept looking, and a bright yellow glow appeared around his head. Then I started

to see a similar white glow coming from some of the computer monitors, that sit on the desks. At first, I was hoping that I could see auras, but then when I saw it on the monitors, I had my doubts."

Me:

Every living and non living thing has an aura, including monitors. The reason you saw them when you did is (*let me guess*) You were bored, tired, very relaxed, maybe day dreaming a little. Your eyes were tired, heavy, and you were having trouble keeping them open? These are the PERFECT conditions for seeing an aura!

David:

"That's exactly how it was! The discussion sort of went off topic and wasn't all that interesting to me."

"Anyway, I was wondering if you can tell me if I actually did see their auras. I tried staring at myself in the mirror to see my aura, when I got home, and tried to see a friend's aura, but it didn't work. I haven't been able to see an aura, since that day, a week or two ago. As for some of my questions. I was wondering what colours non-living objects give off - is it white? How come the aura was brighter around their heads?"

Me:

You did see the aura! The colours given off by non-living objects vary with the colour of the object, but inanimate objects, generally, have a simple pale, creamy aura surrounding them. The aura you saw, surrounding the heads of the people around you, was their etheric aura - which is a pale, creamy colour, usually with a pale blue tint to it.

The human aura is brighter around the head area, for two reasons:

1. Clothing blocks the aura.
2. The head area is usually bare (*no clothing to block it*) and is where the yellow of the intellect is most active, which is quite easy to see. This yellow varies in intensity, according to the degree of mental activity going on at the time the aura is seen. This, mental activity, brightens the aura in the head area. Maybe the student you observed was really on the ball that day?

The main point of showing you this letter is: David began to see the aura, with no trouble at all, when he was tired and not trying to see it. He was tired, bored and day dreaming (*a very relaxed state*). David was struggling to stay awake and forcing his eyes to stay open. This forcing his eyes to stay open, creates a strong mental opening action, at the site of the brow centre - between the eyes. This stimulates the brow centre and combined with a relaxed, un-focussed gaze, causes spontaneous auric sight to occur.

When David tried to see an aura, later at home, he could not - because he was wide awake and trying, and was no longer in a relaxed enough state for auric sight to work.

Keep this, above, in mind - when you first attempt to use auric sight!

How To See An Aura (basic technique)

Robert Bruce

The same basic technique, used to see the aura of colour, is used to see all other types of aura, including the human aura. This same technique is also a part of full clairvoyance. This is why looking at the auras of colours is such good training for seeing the human aura. The aura of colour is far denser and easier to see than the human aura. This allows the auric viewing technique to be learned much easier and faster, than does practising on the more difficult human aura.

To see the aura, you have to be able to relax and concentrate, at the same time, and there is a trick to focusing your eyes in a special way.

- **An aura must be gazed upon - not looked at!**

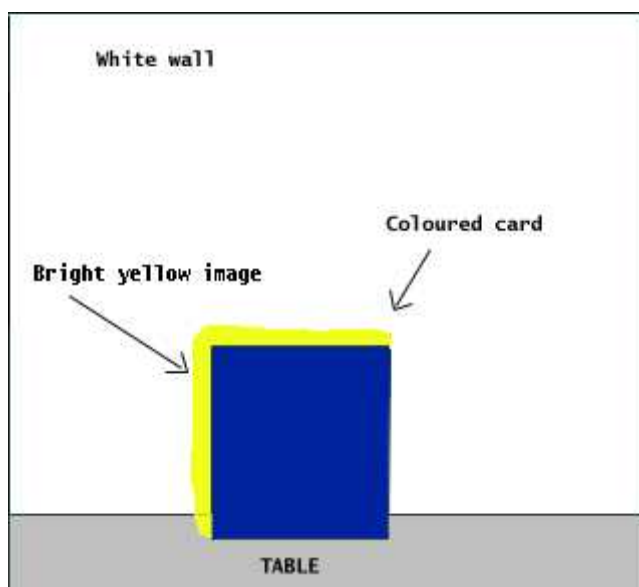
Light:

First, you need plenty of good, soft light to train in, not dim, but good soft light. It is very important not to have any strong light shining or reflecting into your eyes. It is best to have light coming from behind and above you. If you have, say a window, flooding light into the room, in your field of view, while trying to see an aura, it will distract you and make an aura much more difficult to see. A hundred watt bulb, coming from above and behind you, is fine.

Step 1:

Get a book and cover it in bright, primary blue or red paper. Stand it upright, on a table, six or seven feet from you (*about 2 metres*). Experiment with the distance until you find what is just right for you, but the minimum distance should be no

less than 4 feet (*1.2 meters*). Make sure you have a plain, fairly neutral background. Do not view it against a brightly coloured wall, or garish wallpaper. If the wall colour is wrong, hang a sheet of neutral coloured paper or cloth on the wall, as a backdrop. A bed sheet, or some sheets of butchers paper, taped to the wall, will do fine.



Notes:

- The book is only a prop for the coloured paper, i.e., it is the aura of the coloured paper you are going to look at - not the aura of the book. Using a brick, covered in coloured paper, would give the same result as would hanging a piece of coloured paper on the wall.
- The auras of the colours blue and red are, by far, the brightest and easiest to see.
- The brightness and tone of a colour's aura varies with the shade and tone of the colour used, so use bright primary colours only.
- You can use any brightly coloured item for this: clothing, kitchen canisters, toys, or even tape squares of coloured paper directly to a wall.

Step 2:

- Close your eyes, take a few deep breaths and relax. When you are calm, look at the book. Focus your eyes on nothing, a little to the side and just past it. This is as if you were gazing at, but not focusing on, the wall behind it.
- The whole idea is to totally relax the focus of your eyes and view the subject with your peripheral, or side vision. By side vision, I mean just to the side of your normal focused area of sight (*a couple of inches only*) not out of the corner of your eye.
- Gently hold that gaze and relax your eyes. Get used to that relaxed focus and try not to strain or tense your eyes or forehead while doing it. Concentrate! You need an intense, but very relaxed and steady gaze, similar to day-dreaming.

Blinking:

When you need to blink, do so, or it will cause your eyes to tense, burn and water. Blink normally and without changing focus, and DO NOT become preoccupied with it. Blinking will cause the aura you are viewing to disappear - for a second or two only - but it will reappear quickly - if you stay calm and hold a relaxed focus. Learning to hold your focus, while blinking normally, is an important part of learning to use auric sight.

Brow Centre Opening Technique:

It is necessary to use some type of brow centre opening exercise, in order to stimulate your brow centre into a receptive mode. This allows you to receive the energy surrounding your subject - as auric sight. It is possible to see the aura of

colour without doing this, but it is very difficult to see a living aura, without first stimulating and opening your brow centre.

Please pay very close attention to what follows!

- Remember what it is like to be very, very tired - totally exhausted?
Remember what it feels like when you haven't slept for days, and can hardly keep your eyes open?
- Remember what it feels like when your eyes keep trying to close on you?
Remember what it is like to have to wrestle with your eyes to keep them open?
- This causes a sensation, if you observe yourself closely, much like you are trying to lift a heavy, shadowy veil, from behind your eyes. When this happens, the muscles of your eyes are not responding very well, so the action becomes almost entirely mental.
- Stop for a moment and remember what this feels like.
- Wrestling to open tired eyes causes a strong mental opening action, at the site of the brow centre - thereby stimulating it.

How this works:

- This mental opening action, focuses your bodily awareness at the site of your brow centre.
- When your bodily awareness is focussed at one area of your body, and you manipulate that area with your mind, you stimulate your energy body in that area - in a dynamic way.
- If this mental opening action is continued for long enough, and put enough mental effort into it, your brow centre (*your third eye*) will begin to open.

- If you carry out this mental opening action, when you are relaxed, and have a subject in your field of view - and you are not looking directly at your subject - spontaneous auric sight will occur.
- The mental opening action given here is similar, only much stronger and more effective than the normal, visualisation based, chakra opening techniques; taught by most other teachers of psychic development and energy work. Visualisation based energy work, on it's own, is weak and obtuse and very difficult to learn and use.

Back to the coloured book:

While you are gazing steadily, with a relaxed focus, at your blue or red covered book - recreate the same mental action, as described above. Shift your bodily awareness to the area between your eyes. Feel this area with your mind - concentrate all of your sense of feel, your bodily awareness, on this area.

Tip:

- Lightly scratch the skin directly between your eyes, and just above it, in the centre of your brow, with a fingernail. This will help you to zero in on that spot with your bodily awareness.
- Shift your bodily awareness to the area between your eyes - concentrate on being aware of that area!
- Mentally lift this whole area - as if you were trying to force your eyelids to open - but do not allow the muscles in this area to tense up or respond in any way (*this is all mental*).
- Isolate the mental command that lifts your eyelids. Observe yourself closely. Imagine your eyes are very heavy, and let them close on you, and open them

a few times. Observe which muscles you use to do this. Use this same muscle command - with your mind based bodily awareness, in that area - but without letting your eyelid muscles obey.

- Do this over and over again - lifting, lifting, lifting - as if you were lifting a heavy shadow from behind your eyes .
- Repeat this action, over and over, but do not allow yourself - or any muscles - to tense up or respond. This is a bit tricky to, start with, but easily mastered with a little practise.
- This mental opening action is very important. It is the first step in learning how to control your brow centre and, later, the rest of your energy body - if you decide to progress to developing full clairvoyance and other psychic abilities.
- In the early stages, it does not matter if you feel you are lifting too large an area over your brow. Even if you are lifting right across the whole front of your forehead - it will still have an opening effect on your brow centre. With practise, you will be able to narrow the focus of this mental opening action - to the brow centre area alone.
- If you keep up this mental opening action, you will stimulate your brow centre - forcing it to become active. Your steady, relaxed focus, on your subject, will tune your brow centre into the energy given off by it. This energy will be passed along to the sight centre of your brain. There, it will be interpreted as a sight picture - a bright band of coloured light.

Tip:

- When you have isolated this opening action, and can do it mentally, you will find one side of the veil behind your eyes easier to lift than the other - usually the right is easier. Basically, his feeling is caused by the two

different hemispheres of your brain - one is much easier to use than the other. If this is a problem, use a clockwise swirling mental action, over the site of the brow centre, to stimulate it. By clockwise, I mean clockwise from the inside. Use the same mental muscle command we talked about above, as with opening tired eyes, but swirl it, as if you were mentally stirring that area with a pencil.

- It is best to alternate between the main opening action, and this swirling action, when trying to activate your brow centre. The main opening action is still needed to tune your brow centre into an aura.

Note:

- Remember, all these energy stimulation exercises depend upon localised bodily awareness, specifically - localised surface awareness on the skin. You have to FEEL these mental actions happening, in order to make them effective.

Your First Aura:

- While you are doing all the above, patiently keep up your relaxed gaze, just to the side and past your subject. After a while (*anything from a few seconds to several minutes - in the early stages*) you will see a faint shimmering in the air, around the book. Then, you will see a pale, narrow band of light build up, close to the edge of the book. This is the books etheric aura.
 - Stay relaxed!
 - Don't change your focus - in any way!
 - Don't look directly at it!
 - Blink if you have to - it will come back quickly!

- Soon, a bright-yellow aura (*blue book*) or bright-green aura (*red book*) will start building up, from the pale, etheric band around the book. If you change your focus, tense up, or look directly at it - the aura will vanish instantly.
- The aura has to be observed with your peripheral, or side vision.
- If something happens, and the aura disappears, don't worry. Continue observing it, calmly, and patiently and it will reappear.
- In the early stages, the aura will tend to disappear quite a bit. This is quite normal. Keep at it and this will happen less and less, as you master the viewing technique.

Step 3:

- Once you have completed the first steps, gather several books and wrap them, each in a different primary colour.
- The brighter the colour - the brighter the aura - and the easier it is to see.
- Study these coloured books, one at a time, and write down the colours you see.
- Observe the books, two at a time, and watch how their auric colours affect each other.
- Move them around, mix them, sit them on top of each other, observe them all in a row.

Step 4:

- Get a pot plant, or some fresh flowers, and study their aura. The aura you will see around them is a living aura. Keep in mind the effects of the auric colours from the petals and leaves. The orange hue you will see, around the green parts of the plants stems and leaves, comes from the auric colour of

green - the same as with observing a green book. Some of the other colours, with flowers, will come from the colours of the petals.

- You will see a more distinct etheric and a stronger shimmering, optical effect around the plant.
- Living auras are more subtle and, thus, a little harder to see, than a simple colour's aura. With practise, though, the auras of plants will become much easier to see.

Step 5:

- Observe the aura of a tree. Pick a good sized tree that you can view, highlighted against the sky. It is best to observe it with the sun behind you, early in the morning or late in the day. If the sun, or any strong reflection, is in your eyes, it will make this very difficult to do.
- The shimmering around the tree will be much more imposing and intense, than with a small plant. The colour of a tree's aura will also be influenced, not only by the colours of the leaves and bark, but also by the colour of the sky itself. On a sunny day, a tree's aura will appear to be a shade of blue. On a cloudy day, it will appear to be creamy-grey.
- Viewing distance: Experiment with this, as it depends upon the size of the tree. Make sure you can see the entire top of the tree in your field of view. You need to be, approximately, three times the height of the tree away from it, or more.
- A tree's aura can be huge, depending upon the size of the tree and how strong it is. At the top of the tree's aura you can sometimes see a fountaining effect, as if it's aura were slowly spraying up out of it. I am not sure what causes this, and I have not seen this with every tree I have observed. Some people say it is the tree's spirit, or a nature spirit living inside the tree, that

causes it. Some trees do seem to have a kind of consciousness within them, so this may be true.

Step 6:

- For the next step, use an animal, any animal: a dog, cat, kangaroo, camel, lion, tiger, elephant, etc, if you have access to one. Try and observe them when they are resting. Animal auras are not as colourful as human auras, but they are still very good practise. Keep in mind, that the colour of the animals coat will affect the colour of it's aura.
- Disease can be detected in the aura of an animal, the same as with a human subject. This makes observing them very good practise, for diagnosing the early signs of disease in an aura.

Step 7:

- Observe your own aura: This can be done outside, with the Sun behind you, or inside, against a neutral background. Hold your arm out and study your hand and forearm. You can also lay down and observe the aura of your feet and legs.

Step 8:

A human subject:

In the beginning, it is best to observe the human aura in two stages:

Stage 1:

- Have your subject wear a colourful shirt, dress or jumper - anything will do. Use any colour but blue - do not use blue - as this will flood and hide the yellow of the intellect, the colour most commonly seen around the head area.
- Make sure their upper neck area is bare. Observe their shoulder area, using the same setting and technique, as with the original book. You will see the colour of the shirt easily, building up around their shoulder.
- Make sure you continue to do the mental opening action - with all these exercises.
- When the shirt's aura is clear around their shoulder area, shift your gaze slightly higher - so you are gazing past their bare neck area. Keep the shirt's aura in view - don't change what you are doing - and see what other colours you can pick up around their bare neck.
- This exercise makes sure your eyes and brow centre are working together, as with the book.
- Do not focus directly on your subject's neck! All auras must be gazed at and observed with peripheral vision.
- You should begin to see a slightly different colour, building up near the top of their shirts auric colour - around their bare neck and head.
- Now, shift your gaze slightly higher, so your line of sight is level with their head area. Keep your gaze relaxed and don't change anything. You should see some yellow around this area.
- When you see a little, ask your subject to do some mental arithmetic, or think hard about something. See if their aura brightens when they do this.

Stage 2:

- Get your volunteer to remove some of their upper clothing. Study a bare skin area, against a neutral background - the same as with the book. The upper arm and shoulder area is the best place to start your observation.
- With bare skin, the first thing you will see is a slight shimmering effect, a fuzziness in the air near the skin. Next, you will see the etheric aura build up from their skin. This looks like creamy, pale-blue smoke, clinging to their skin. This is quite distinct and normally about half an inch deep.
- Hold your focus and the aura's main colours will begin to build up, and out, from the etheric aura. It will first appear as a narrow band of colour, highlighting the edge of the etheric aura. This will appear and disappear, grow and shrink, quite a bit. This part is very frustrating, but keep at it and it will get easier. The colour will slowly grow larger and become thicker and more well defined. Hold your focus and it will grow to several inches or more thick. The main aura may vanish and reappear many times, as I said, while it is building up. This is caused by blinking and minute shifts in your focus, and cannot be helped.

Tip:

The brightness of a person's aura has a lot to do with their mood and how they feel. If they feel happy and full of life, their aura will be much stronger, larger and brighter. Try playing their favourite music, or crack a few jokes and have a good laugh. This will help to energise their aura and make it easier for you to see it.

Online Aura Viewing Tool

[Link to Online Aura Viewing Tool
at www.astraldynamics.com](http://www.astraldynamics.com)

How To Use The Viewing Tool

The aura viewing tool creates a page with a coloured prop (shape) of a chosen colour for which you want to see the aura of, and provides a suitable background for you to see the aura on. The above options provide you with a means to select the colours that you want to work with, and props you wish to create.

This tool is run with JavaScript. If you do not have JavaScript enabled this tool will not work!

Controls

In order to make the aura viewing tool as versatile as possible the variables which enable different props and colours to be constructed are displayed in the text fields to the left of each category. As the user you can enter any values that you wish into these fields. This way you are not restricted to any preset variables, which may not be to your specific likings.

The most commonly used options can quickly be applied by using the drop down lists to the right of each category.

Number Of Props

You can choose either one or two props to view. Generally speaking you would choose two props when you want to be able to see how different auric colours interact and mix with each other.

Prop 1 Colour

Select or enter the colour that you want to see the aura of.

Note the drop down list has the primary colours for you to choose from, and then the normal background colours. This is so you can reverse your colour choices and use the background as the prop.

Background Colour

Select or enter the colour that you want to see the aura on.

Note the drop down list has the normal background colours (white, grey etc) for you to choose from, and then the primary colours. This is so you can reverse your colour choices and use the prop to see the aura on.

Prop Size

Select or enter the size of the prop you want to view. The size is measured in pixels (a common screen area size is 800x600 pixels). Commonly usable sizes are available in the drop down list.

Prop 2 Colour

This is only functional if you select the "Two Props" option. This works exactly the same as for Prop 1. Usually you would choose a different colour from that of prop 1.

Prop Spacing

This is only functional if you select the "Two Props" option. As with prop size, this is measured in pixels. It denotes how far apart the two props will be positioned from each other. Commonly usable spacings are available in the drop down list.

Colours

A more complete list of colours is available in the "Alternative Colours" list. To use these just select the colour description of choice, then click on the "Apply To" button for the appropriate placement of the colour.

You will note that whenever you use a drop down list colour option the text fields to the left of the category have the HTML hexadecimal colour value applied; e.g. white is entered as "#FFFFFF". This is because the majority of browsers will read hexadecimal colours more accurately. You can, however, just enter a string literal colour description in the text field of choice. For example, if you wanted a white prop 1 then you could just type "white" in the text field to the left of Prop 1. All the colour options in the drop down lists are the common string literals for later versions of Netscape and Internet Explorer browsers. So if you want to enter a colour description, generally speaking, you should use these ones. You can enter any hexadecimal colour value you want.

Create The Prop

To create the prop, after making all required selections, just click on the "Click Here To Create The Prop" button. Having done so the current page will then display your prop amidst your chosen background. You can then use the prop to practise viewing auras. You should refer to the brief description following as to

how to see the auras, and more particularly, to the preceding chapter "How To See An Aura" for more complete instructions.

To return to the aura viewing tool just click on your browser's "Back" button, or the "Back To Aura Tool" at the top of the page.

How To See The Prop Aura

- If you have chosen to view the auric colour of the prop then gaze to the side of and beyond the viewing prop and wait for the aura to build up around the prop.
- If you have reversed your colours, e.g. a blue background with say a light grey prop, then gaze into the center of the viewing prop and wait for it to fill with the auric colour of the chosen surround; which in this example would be yellow.
- If you have chosen two props, then gaze into the space between the props and wait for the respective auric colours of each prop to build up and finally merge in the center.

Refer to the previous chapter for more complete instructions.

Practise & Time

Robert Bruce

It takes practise to see the human aura, so don't be disappointed if you fail, or see very little the first few times you try. If you managed to see the aura of the original blue book, you **can** learn to see the human aura.

Using this training method stimulates the brow centre, which is responsible for all types of non-physical sight. With use, it will grow in strength and seeing auras will become progressively easier to do. It may take weeks, before you get your first, proper glimpse of the human aura, if you have poor natural ability for this - but with practise, as I did, you **will** eventually be able to see it.

I suggest that you practise the mental opening and stimulation exercises, and observe auras for at least a few minutes every day. This will stimulate your brow centres development.

Spontaneous Auric Sight:

You will find there will be days when auras are very difficult to see. You will also find there are days when auras just appear around people and objects, without any conscious effort on your part to see them. You will find this happening at odd times, when your brow centre is, for some reason, very active. You may be sitting down talking to someone, and all of a sudden you will see their aura, or the aura of their clothing, with no effort at all.

Episodes of strong, spontaneous auric sight, will happen frequently, once you

begin stimulating and developing your brow centre, through the practise of observing auras.

A letter showing this:

Eric:

"I have been practising your method daily, for over a month now, but have not succeeded in seeing much of a human aura, until now. I can usually see the auras of colours and plants, and can see my own aura fine. Up until now, I have only been able to see the auras of colour, the etheric and some patches of distortion around people, when I try and see their auras.

Yesterday, I was working on my computer, and my girlfriend came into my room. She had just showered and was getting dressed. I just looked at her and "BOOM!!!" there was this huge aura all around her. It was really beautiful and solid looking. It was mostly green around her body with a yellow glow around her head. Oh - there were some red and orange patches around her hips and stomach.

I was not trying to see her aura. I was trying to finish my work and was very tired, what with exams coming up the next week. It just appeared around her like magic.

What happened, how could I see it without trying to? I tried the next day, but couldn't see it again. What happened?"

Me:

Bravo Eric! You are doing extremely well. What you saw was the full living aura of your girlfriend. I take it she was naked when you saw it? This would have helped you to get a better view of it. This is spontaneous auric sight, caused by all the practise you have been doing - seeing auras. This will happen more frequently, from now on. It will just happen, from time to time, when your brow centre is very active, for some reason or other. This is a sign your brow centre is responding well to the exercises I gave you, and developing nicely. Your dreams should also increase in frequency and become much more vivid, with more lucid dreams etc. This is another sign of your brow centre developing.

This, above, is a good example of spontaneous auric sight. Eric was tired and relaxed, when it first happened - the perfect state for seeing auras. He had been practising auric sight exercises for several weeks. This had stimulated his brow centre, causing bouts of spontaneous auric sight to happen.

Eric was lucky enough to have a naked subject for his first view of an aura, showing him the full human aura, with no interference from clothing etc. With Eric, this sort of thing happened every few weeks, for about a year. It then increased in frequency, happening about once a week, on average. Sometimes this only showed him a patch of colour on someone, for a few seconds - at other times, he sees a full aura.

After Eric had this first bout of spontaneous auric sight, he found it much easier to see the human aura, when he tried. He still cannot see the whole aura - when he wants to - unless it happens spontaneously. He can now, though, see bands and patches of colours in peoples auras, that he could not see before.

A First Sighting Of An Aura:

Here is another email letter. It describes a very unusual first sighting of an aura:

Rick:

"I want to relate to you an event yesterday that was kind of unusual.

I was sitting in church, just staring at the choir, when I saw an incredible white light, sort of like a shadow, and three of the choir members had this white light shooting up to the ceiling and turning blue and green. It was like looking at a bright, multicoloured X ray.

It was an awesome experience. I had a chill run down my spine and I thought "WOW!" and blinked - and it was gone.

Question: What the heck was that -- I assume it was an aura?"

Me:

You were, by the sound of it, in a very relaxed state, and carried away, uplifted, by the spiritual singing of the choir. This must have stimulated your energy body and brow centre, causing spontaneous auric sight, making it possible for you to see the choir's aura, while it was flaring.

What you have seen is the human aura flaring, in an excited state. This is a rare and truly beautiful sight. I have only ever seen this once myself.

The flaring aura's of the choir would have been caused by a charged, devotional atmosphere in the church, and the hymn the choir were singing at the time. This must have stirred deep spiritual feelings and uplifted them.

The white, changing to blue and green, rising auras you saw, came from their throat and heart chakras. These are higher spiritual colours and are affected by emotions of spirituality and love.

A Few Last Words

Robert Bruce

I have taught many people to see the aura using this, above, method. The fast results, in the early stages, help to build confidence and keep interest high. This ensures enough work and effort is put in to get the desired results - seeing the human aura.

Once you have seen your first aura, you have taken your first step into a much larger, and more colourful world. If you practise and graduate to seeing, even a glimpse, of the illusive human aura, then you are making very good progress indeed, and your brow centre is showing it's development - through your increased ability. The next step from this is to develop clairvoyance. This is the ability to see the more subtle energies in the world around you. These energies contain within them: karmic influences, life conditions, the results of past actions, and future events and probabilities - plus lots of other exciting and interesting stuff. This energy is seen, clairvoyantly, as metaphoric imagery, full of richly symbolic meaning. This is seen as anything from a simple still picture, to a full coloured, motion picture quality, mind's eye vision.

ARTICLES ON
PSYCHIC SELF-DEFENSE
BY ROBERT BRUCE

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Countermeasures & Wards

Robert Bruce

The practice of OBE does not in itself attract the attention of negative type entities. The only thing to fear in the out-of-body environment is fear itself. Too much fear creates countless problems for a projector. If fear is a serious problem and cannot be controlled, and if it too easily grows into terror, a projector should not really be projecting. But as I've said before, a small amount of fear is healthy as it breeds caution.

It is highly unusual for projectors to encounter or to be seriously troubled by astral wildlife, especially by really strong negative spirit types. It is even more unusual for these to trouble a projector's physical/etheric body before, during or after a projection. However, there are ways to keep the negatives away and to protect the physical/etheric body during a projection, or even while just sleeping, if it becomes necessary. This may seem a little out of theme with the rest of the content of this book, but I feel I would be letting my readers down and leaving this book incomplete, if I did not offer at least some advice on what to do if things ever started going wrong.

Some of the countermeasures given here are directly related to astral projection, while others are more related to psychic attack. I decided to include the latter anyway, just in case they are ever needed. Many projectors have asked my advice over the years on what they should do if something negative ever followed them back from a projection, and stayed around to trouble them afterwards. While this situation would be extremely rare it is conceivable, and so giving this extra information is justified. I have given enough advice here to not only deal with mild

atmosphere problems, but to weather any kind or level of energy interference or psychic attack; just in case this should ever be required.

All the advice and techniques given on countermeasures, wards and their usage here have stood the test of time, and have thoroughly proven their effectiveness in countless real life situations. Many people may smile at this, thinking 'Hey, this guy's getting a little weird and wacky on us here,' but this matters not. What does matter is that this information is made available to those who have need of it. And even though you may have no need of this now, and hopefully never will, if you ever need it you'll now know just where to find it.

Symptoms Of Attachment:

Astral wildlife, especially the smaller energy feeding types, normally prey on people while they are asleep. This type of interference will not cause any noticeable harm. They will also occasionally attempt to attach to people while they are awake, especially when they are deeply relaxed, tranced or in the process of falling asleep. The symptoms of attachment are small needle-like jabbing and pricking sensations, or small areas of localized buzzing as if a fly were stuck to the skin and were buzzing and struggling to get free. If left unattended a mild bonedeeep tingling ache, warm and cold patches, and even localized numbness can develop near the area of interference. More rarely, painful muscular cramps can develop which have no apparent cause.

Stronger levels of energy body interference can cause larger areas of tingling and fluttering. The most common area would be the back for these larger sensations, say an area six-inches by six-inches anywhere in the back, upper or lower.

The strength of these sensations is related to two things: the strength of the entity in question and the energy sensitivity of the person concerned. These sensations usually occur in the hands, feet and lower legs, but can be felt anywhere on the body. The NEW Energy Ways system ([see tutorials section on Astral Dynamics website: www.astraldynamics.com](http://www.astraldynamics.com)) tends to progressively increase sensitivity to energy. Unfortunately, this also causes an increased sensitivity to energy feeders, making their touch far more noticeable. The presence of very small energy feeding types during a projection or otherwise, is not uncommon. These are natural pests and their presence generally goes unnoticed.

There is nothing new about energy feeding astral wildlife. I believe these have been known about for centuries. The behavior of these types and the symptoms of their interference, is much like how the traditional little horned demon is historically depicted. Traditionally, demons are depicted as small, red, horned beasts with sharp tails, and as carrying sharp forks, which they use to jab and torment their victims. The reason people originally got the idea these beings lived beneath the surface of the earth, I think, is related to the sharp jabbing and pricking sensations these types will often cause in the feet. This can happen at any time of the day or night. Stronger types will even attempt to interfere with people who are wide-awake, even while they are standing and walking. The description of the typical horned little demon, when compared with the behavior of common energy feeders, seems too much of a coincidence.

There are striking similarities between the nature and feeding habits of mosquitoes and energy feeders. Both types generally feed in the dark on sleeping people and animals, both cause a slight pricking sensation when they penetrate the skin (or etheric body) and both suck a type of blood (blood = energy) and both are quite

ugly when magnified and seen up close. Both types are also relatively harmless to humans and are definitely not something to be overly scared of or concerned about.

Please note that Cobwebs sensations, as associated with energy movement through energy pathways and accupoints on the skin, will often cause slight stinging and tickling sensations. Cobwebs can be quite intense and although generally localized to the face and neck area, can be felt anywhere on the body. It is important to differentiate between cobwebs and other normal energy movement sensations and astral wildlife. Do not mistake these for symptoms of energy interference, as the sensations associated with each are different. It is also highly unusual to have cobweb sensations localized to only the feet and hands, with these being the areas most often interfered with by energy feeders.

Garlic & Scent Wards:

I have found that some truth can often be found in myths, legends, superstitions and old wives tales. Garlic is historically reputed to have magical properties and to be an effective ward against vampires, non-physical manifestations and astral lights. Astral Lights is the traditional occult term used to describe the tiny silver sparks and motes of light that appear in and around an area where a manifestation is occurring. The size and duration of astral lights is directly related to the strength of the manifestation causing them.

I have found garlic to be extremely useful and have experimented with it for many years. It is an effective and versatile countermeasure. If used correctly, it will deter any non-physical manifestation, big or small, from operating in an area affected by its pungent odor.

The underlying principles I work with are: that light, sound and smell from the physical dimension reflect directly into the real time zone. The real time zone is a direct reflection of reality. The senses of a real time projector are greatly enhanced, and I believe this sensory enhancement also extends to all types of astral wildlife as well. The scent of pungent herbs and perfumes are thus sensed far more keenly in the real time zone than they are in the physical dimension. They therefore have a much stronger affect on astral wildlife. Garlic, in particular, gives off a clinging odor which permeates the local atmosphere in the real time zone. Garlic also contains a high level of sulfur, which is well-known to be detrimental and offensive to negative atmospheres and astral wildlife. Garlic makes the atmosphere offensive and repellent to astral wildlife, and to many humans as well come to think of it.

GENERAL USE OF GARLIC:

While the idea of using garlic as a countermeasure is nothing new, the way in which garlic should be used is extremely important. This is definitely not common knowledge. For example, just placing a few strings or cloves of garlic around a room will be found to have little or no effect as a repellent or atmosphere cleanser.

This countermeasure may appear overly drastic and antisocial to some people, but please keep in mind that this is part of the reason why it is so effective. The stench of garlic is much easier to deal with than are negative atmospheres, manifestations and psychic attacks.

Reasonably fresh garlic cloves are the most effective. As a general deterrent, peel and slice a few cloves of garlic into thin rounds. Spread these out over two small plates. Position one plate near the foot and one near the head of a bed, or on

bedside tables, or even underneath the bed is fine. Alternatively, several smaller plates or even pieces of kitchen paper can be used, and these placed around the room on tables and counters. This creates an extremely strong and long-lasting garlic smell inside any room treated in this way.

Used garlic should, traditionally, be removed from the house in the morning and burned or buried. Realistically, flushing them down the toilet is quite adequate. Traditionally, garlic should not be consumed after being used as a ward, as it is reputed to absorb negative energies. These may be ingested or released back into a house if not disposed of properly. While difficult to prove, this caution seems reasonable.

If you have an ongoing problem, it is also wise to take a little garlic daily, either fresh or in cooking, or in odorless capsule form if you do not like the smell and taste. When ingested regularly, garlic permeates the physical body and causes a faint odor in the skin. This acts as a good personal deterrent. The strength of this odor is directly related to the quantity and potency of the garlic consumed, as does its effect. Garlic also has many health benefits and more information on this will be available from any good health food shop.

If the smell of garlic is overly offensive but its use is still required, I suggest a freshly crushed clove of garlic be placed in a tissue and then held very close to the nose, with several deep inhalations being taken. This will overload the sense of smell and make the more subtle smell from a garlic treated room or skin area less noticeable. In any case, the smell of garlic in a treated room soon becomes virtually unnoticeable, as the sense of smell tunes it out after a short time.

Another way to use garlic to treat a room or house quickly is to mix garlic juice with a little water or unscented oil. This mixture can be slowly evaporated in an oil burner of the type used with fragrant essential oils. If you have never used this type of oil burner, ask at a health food shop or wherever you see essential oils and incense offered for sale.

DIRECT APPLICATION OF GARLIC:

Garlic forms a stronger and more specific deterrent when applied directly to the skin. This is particularly effective in repelling larger and more persistent energy feeders. Garlic juice can be applied to the feet and hands simply by roughly rubbing a peeled and broken clove on them. Alternatively, the garlic can be crushed and the raw juice use as a lotion. Care must be taken not to get any garlic juice in the eyes or onto sensitive or broken skin to avoid burns and blisters. Thin slices of garlic can also be applied directly to the skin, which tends to have a more specific effect on problem areas. This will stop the vast majority of energy feeders dead in their tracks, no matter how strong or determined they are.

The feet are the most vulnerable areas and, after rubbing a little garlic juice over them, slices of garlic can also be wrapped in thin tissue paper and placed inside a pair of loose socks. These socks can then be worn during sleep or projection. The odor of the garlic is intensified inside the socks and its effectiveness is thereby increased. Any area of the body can be treated in this way, with slices of garlic being attached directly to it with surgical tape.

If garlic is to be taped to an area of sensitive skin, i.e., underarm's, genitals, face, ears or broken skin (it will blister sensitive skin) it is best either wrapped in tissue paper first, or used with a layer of plastic food wrap between it and the skin, thus

avoiding direct skin contact. Do not wrap the piece of garlic completely in plastic wrap though, as this will block the smell and defeat its purpose. If the mouth is felt as being affected, chew or suck a small clove of garlic and do not brush your teeth afterwards. This will treat the whole mouth area. If you have never eaten raw garlic, please be careful as it is hotter than most people realize and can easily cause blisters. Whole cloves of peeled garlic can also be placed under pillows and sheets and in bed clothing pockets.

Garlic can also be used in a spray form. Crush several cloves of garlic and add the strained juice to water. Pour this mixture into a small pump spray bottle of the kind used for household cleaning sprays. Plain tap water is fine, but you can also use fresh spring water (recommended) and can even add a dash of Holy water, which is also recommended. This mixture can be shaken and used to spray over the feet and hands, or sprayed into the air to treat large open areas very quickly. If you have a serious or ongoing problem, its a good idea to keep a bottle of this mixture handy.

Other Useful Countermeasures:

Following are some other countermeasures and wards which I have also found to be effective. Some are passive and some are active, while others are more like emergency procedures for use in case of direct psychic attack. These can be used singly or in combinations to counter any kind of energy interference or attack, subtle or direct. With all the active procedures given below, to obtain the best results it is important to use them as soon as any interference is detected.

FUMIGATION:

Fumigation is an ancient method of clearing a house of negative energies, or to rid a house of all negative spirit entities. This is very effective, but some preparations are required and great care must be taken as all fumigants are dangerous. A censer (charcoal incense burner) is the best tool for fumigation. These can be purchased from New Age stores, or stores that sell items for magick.

SULFUR:

A house or room can be fumigated to remove negative energies. Sulfur is the traditional substance (re why garlic works so well) but burning sulfur gives off poisonous smoke so it must be used with great care. To fumigate a room, first acquire some sulfur powder and place a small quantity (a heaped teaspoon) on a metal or ceramic ashtray. Close the windows and place the ashtray on a fireproof base away from curtains and paper, etc. Holding your breath, ignite the sulfur. It will burn quite easily. Quickly leave the room and close the door. Return a half-hour later and, holding your breath, open the door, extinguish any remaining burning sulfur with water, open the window, then leave the room and close the door. Return after the room has aired. To do a whole house, repeat the above procedure with a larger amount of sulfur (say a heaped tablespoon). Close all external windows and doors and open all internal doors. Place the burner in the center of the house. Hold your breath and ignite the sulfur, then quickly leave the house. Reenter an hour or so later, holding your breath, extinguish any still burning sulfur with water, open up windows and doors and leave the hose to air. Return only when the air is clear.

- Please keep in mind that burning sulfur will kill pet animals and even goldfish, so please remove these first.

PUNJA:

This method is much safer than using sulfur. To fumigate a house, burn hot chili peppers, with a little garlic and a tiny quantity of ginger added, for the same purpose as the above. This remedy was taught to me by a dear friend from India. It comes from the Indian magick system, Punja. This can be done in a censer or even a cast iron frypan. You need a handful of hot chili peppers, a few cloves of garlic, and a tiny piece of ginger root (a quarter teaspoon of ginger is plenty). Dry fry these in a hot pan and it will quickly give of lots of smoke. Be careful as this smoke is viscous stuff. It will burn your eyes and lungs. It will give any non-asthmatic an asthma attack. Use a wet towel to cover your mouth and nose. The frypan can be placed on a fireproof surface in a closed room, and it left until the smoke clears, same as with sulfur. To do a whole house, carry the frypan around the house, entering and circling every room. Then leave the house until the smoke clears.

OTHER SCENTS:

As an alternative to garlic, slices of raw onion can be used to treat a room. This is nowhere near as effective as garlic as a repellent, but it will have some effect. Onion is more useful as a general atmosphere cleanser as it absorbs negative energies slowly.

For other scents and herbs, I suggest book on natural magic and aromatherapy be consulted before experimenting. One caution here: if you use a scent which is supposed to repel or cleanse negative atmospheres, according to a book, but find it

does not work or even makes things worse, please discontinue its use immediately and go back to garlic. Try others until you find one that does work.

Scent can be applied in many ways, e.g., infusions, air sprays, potpourris, oil burners, joss sticks, perfume or ointment. Fresh cut herbs and flowers and pot plants are another excellent way of applying scent to a room and treating an atmosphere. A potted Rosemary bush has strong repellent properties. These can also be planted around the house to help prevent negative entities from entering. Good quality air-freshener sprays can also help, and are excellent for treating a room or house quickly.

BODY-AWARENESS ENERGY DISRUPTION:

The NEW Energy Ways energy stimulation techniques can be used with great effect to disrupt non-physical energy interference and attachments. Energy disruption should ideally be used in conjunction with other countermeasures, but can be used as a stand-alone countermeasure if required. The wrapping, brushing and sponging awareness actions, in particular, can be used to stimulate energy movement through areas where interference is felt.

Awareness actions cause an energy ripple wave through the substance of the etheric body. This effectively disrupts any kind of energy interference. I have found this method is not only effective with small energy feeder types, but is also very effective for discouraging stronger and more persistent types. These will often be found to just go away after only a few attempts at interference or attachment, searching for quieter, greener and less troublesome pastures.

The first step when using energy disruption is to identify the affected area and target it with bodily awareness. Next, wrap, brush or sponge that area for thirty

seconds or so, with whatever awareness action is best suited. If this area is a foot or hand, first brush the affected part and then use a whole of foot or hand sponging action, drawing awareness through all of it. Repeat this action whenever more touches are detected. It is a good idea to finish this off by spending a few minutes using a full body circuit. If a particular area of attachment cannot be identified, or if the affected area keeps changing, start with some sponging work through the whole of both feet and hands and then use a full body circuit. This will cause widespread interference throughout the whole surface of the etheric body.

Energetic stimulation causes energy feeders to detach by disrupting the surface and substance of the etheric body, through which they are trying to work. Any type of energy interference is a delicate act, which can easily be disturbed. Because of this, energy feeders generally need the physical/etheric body to be in a relaxed and passive state. This is why they usually feed at night while people are sleeping. Sleep causes a refinement of the etheric body, which exposes some of the substance of the etheric body, allowing these types to attach.

Small energy feeding types do not cause any real harm. They do not interfere with sleep or projection, any more than a feeding mosquito might. Larger energy feeders however, can cause quite noticeable sensations. Long term exposure to these can result in a depletion of vitality and cause unexplainable fatigue and weakness, as well as many mysterious ailments.

Energetic disruption can also be used to remove long-term attachments, even those firmly attached to the base centre. In this case, once the site of attachment is identified, the energy disruption method should be used on it several times or more per day. It should also be worked on for longer periods during relaxation times, i.e., while watching TV.

Continual energy disruption progressively weakens an attachment point. It will eventually break away. Once a long-term attachment is broken, it will sometimes make frequent repeat attempts to reattach over the coming days and weeks. It must then be treated as any other new attachment, and kept away with the methods given above and below. If energy development is undertaken regularly, as per the NEW system, any holes and weak spots in the etheric body's defenses will eventually heal, making reattachment generally more difficult.

CROSSING RUNNING WATER & FIRE:

Historically, crossing running water is reputed to be a good way of breaking your energy trail. This is said to throw off the pursuit and influence of witches, vampires and other predatory historical archetypes. I have run extensive tests with this over many years and found it to be an extremely useful countermeasure. It will stop all direct energy attacks on the physical/etheric body instantly. This method will not dislodge an already attached entity, so it can also be used as a test to determine this factor. Crossing running water will more-often-than-not provide instant and long lasting relief from even the strongest psychic or entity attack; which are really one and the same thing. In my opinion, all psychic attacks involve negative non-physical entities somewhere in the equation.

My theory on how the water crossing method works is: the most troublesome types of entities, when manifesting strongly enough in the real time zone to affect the physical dimension and its inhabitants, seem bound to the energy surface of the earth. While in this state they can aptly be described as two dimensional energy beings. While in this state, they are strongly affected by the energy conditions on the surface. Apart from clean running water being a strong symbol of purity, it also

generates subtle energies, both of which are offensive and energy draining to all types of negative spirit beings.

Humans are also connected to the energy fields overlying the surface of the earth and have a kind of energy root that leaves a furrow behind them as they move along the earth's surface. This energy root is the most vulnerable point of the human energy being. It is therefore the point most commonly interfered with. The energies created by running water seem to disrupt the energy surface of the earth and, in a way, cleanse the root and close over the furrow surrounding it. This has the effect of throwing off anything that may be following, clinging to, or trying to interfere with a person's energy roots. This method works in much the same way as the energy disruption method as given earlier, but on the exposed energy root, which is quite difficult to work on with awareness actions alone.

The running water used for this purpose does not have to be a river or stream or water main, although these work well. A garden hose gushing water along the ground is quite adequate for this purpose. Water gushing along the bottom of a bathtub will also help at a pinch, as long as some kind of stream of running water is created. I have found the garden hose method to be very effective. It is my first line of defense against direct attack. For the best effect, the running water needs to be gushing along the ground and actually crossed or stepped over.

Taking a shower or bath is also reasonably effective, especially if the water is blessed (prayed over and given protective properties). Prayer and visualization should be used with these, i.e., pray for protection and visualize a strong white light flowing from above into your head, and spreading out and filling your body. Black fluid should be visualized coming out of your feet at the same time.

I have treated children as young as six months old with the water crossing method, with great success. Sadly, there are no age limits with this kind of thing. Babies and children are particularly vulnerable to negative atmospheres and energy interference.

Energy interference of one type or another causes many of the phantom maladies children suffer in the middle of the night, I have found. These are the headaches, earaches, stomach-aches and fevers that children sometimes get, of the kind which force parents to rush them to hospital in the middle of the night. If this is a phantom malady, the parents then find a happy and completely healthy child sitting beside them before they are even halfway there. What happens here is that running water, maybe a water main or underground stream has been crossed on the way to hospital and the energy interference has been disrupted and broken. Once the interference is broken, the phantom malady that came with it disappears immediately.

WATER CROSSING METHOD:

Lay a garden hose on the ground so its gushing water forms a small running stream along the surface of the ground. Step over or paddle through this stream. I then advise, if possible, a brief walk up the garden and then to return to the house by another route. Repeat this procedure several times if needed, walking in a circle and crossing and re-crossing the stream of water. Bare feet are not required for this, although it is advisable to repeat this method with bare feet if the problem continues.

ENHANCED WATER METHOD:

Coil the hose clockwise on the ground making several loops, turn on the hose and stand among the coils. Pray for protection, then visualize strong white light flowing into your head and spreading through your body. At the same time, visualize black fluid leaking out of your feet and soaking away into the ground. Continue this for at least five minutes, or until the mental and energy body pressures caused by the attack ease. This method is extremely effective, even against attached and possessing entities. I have used this to break very strong possession attacks, and the mental attacks that usually accompany them, with great success.

FOUNTAINS:

Indoor or outdoor fountains have strong anti negative entity properties. This is especially so if the water is kept potable and a dash of holy water is added regularly. Placed near an entry, negative entities will be discouraged from entering a home. Fountains will also drain any resident entities of energy, encouraging them to leave.

FIRE WALKING METHOD:

Fire can be used as an alternative to the above, or in case the water crossing method fails, or if the use of water is impossible for other reasons. For the fire method, if you do not happen to have a small campfire handy, all that is required is to light a sheet of newspaper along one side, one that has been placed on the bare ground for this purpose. Quickly step over and through the sheet of flame while it is burning. Bare feet and legs are neither required nor recommended for this. Care must be taken not to set clothes or the surrounding area alight. I recommend a

bucket of water, garden hose or fire extinguisher always be standing nearby in case of mishap.

HUGGING METHOD:

Placing a child between its parents in bed will help energetically protect it, and will often break any interference that may be happening. Strong energy interference in children will usually cause them to have nightmares and night terrors. Utilizing this same principle, the bodies of other people can be used to weaken or break an attack. Ideally, two people or more are needed for this. All standing, they must surround the person with the problem and hug them close from all sides. The interference will often be broken instantly. This should, ideally, be done outside after the water crossing method has been tried. If possible, all persons involved should cross the running water before and after using the hugging method.

Alternatively, if the water crossing method is not possible, this can be used as a stand-alone countermeasure. This method can be enhanced if everyone prays for protection aloud together, and then visualizes white light flowing into their heads (as given earlier) and black fluid leaking out of their feet.

LIGHT:

Darkness makes it easier for astral wildlife to manifest in real time. To counter this during an OBE, try using a bedside lamp placed on the floor to keep its light from shining into your eyes. If this is not enough, leave the main overhead light on and cover your eyes with a mask, like those sleep masks air travelers use. It is good policy not to turn out the overhead light and sleep in the dark if any kind of negative atmosphere is felt.

Projecting in daylight hours, using a black cloth or sleep mask if necessary, is one of the very best ways to avoid any kind of astral wildlife completely. All negative non-physical types, like mosquitoes, seem to operate mainly at night. While I occasionally come across astral wildlife during night projections, mainly due to the nature of my work and research, I rarely come across anything during daylight hours. This holds true with the thousands of projectors who have consulted with me over the years. A number people have written to me with astral wildlife or entity related problems, but upon questioning have admitted to having many non-scary and even fun projections during daylight hours.

There is nothing at all creepy about real time projection during daylight hours. There are no shadows to hide or create imaginary monsters, and no astral wildlife will be seen. Everything is very normal and familiar looking, just like the real world. And, there is always much more activity going on in the real world during the day, making real time projection much more interesting.

If projectors are still worried and want to be absolutely sure they cannot possibly come across anything even remotely scary, I suggest they not only stick to daylight projection but also keep out of buildings and houses. They should stay in the open at all times, moving out of the house immediately after the exit. I have never seen or heard of anything even remotely negative operating independently in full sunlight.

SOUND:

All negative non-physical beings, regardless of their type, strength and intelligence, have one thing in common: in order to manifest strongly enough in the real time zone to affect the physical dimension in any way, they need darkness

and quiet. Deny them these two things and you make life very difficult for them indeed. Add a deterrent scent to a well lit room with a radio or TV playing softly, and this can be made into a very uncomfortable place for anything to build up in. The louder the sound the stronger the sound deterrent will be.

If a house has a recurring negative atmosphere or manifestation problem, the source of this can usually be tracked down to a particular part of the house. This is usually the darkest and quietest part of the house, often a disused room, hallway, landing or cellar. Drawing curtains in the daytime to let in more light, or fitting a brighter bulb or skylight to this area is a good way of fixing a problem like this permanently. At least one wind-chime is also recommended for this area, placed inside where it can catch a draught, or outside a window where it can catch the wind. A radio can also be used for areas like cellars where there is no flow of air for wind chimes. This can be tuned to a classical station and left playing softly day and night.

MUSIC:

Music is a great deterrent when used correctly. It generates and promotes a harmonious atmosphere. The type of music used is important but personal taste must also be appeased if it has to be listened to, or it can have a disharmonious effect. Hard rock or heavy metal type music is not suited for this purpose.

Although this type of music works fine as a general sound deterrent, it will not be found to have a positive affect on the atmosphere. Classical, country or any popular feel-good type of music is suitable.

The very best music of all to use as a deterrent where there is a serious manifestation problem, believe it or not, are Christmas carols, children's nursery

rhymes and hymns. Carols and hymns generate an uplifting, spiritual kind of energy atmosphere. Children's nursery rhymes, on the other hand, seem to drive all types of astral wildlife completely nuts. This repels them through the promotion of a wholesome, positive, family atmosphere. Added to this is the simplistic annoyance value, long-term exposure to this type of music can have on those with more adult tastes.

Many parapsychologists make use of nursery rhymes for this very purpose, for environmental exorcism. A prominent parapsychologist friend (who cannot be named for professional reasons) researching the field of environmental exorcism (studying and stopping manifestations) once said to me: 'A long-play tape of children's nursery rhymes (several hours or more) drives most adults nuts in a few minutes, and the spooks...why they're outa there!'

Working on the above premise, which I have found to be most sound, a continual play tape-deck or CD can be used with good effect. Set it playing either nursery rhymes, Christmas carols or classical music, in that order of preference, in the empty room. This disturbs no one and has a tremendously stabilizing affect upon the general atmosphere. This greatly reduces the likelihood of any negative manifestation building up in the room while it is vacant.

If a house or room has a serious problem, this music can be left playing during the day while no one is there. It can also be left playing all night, albeit more softly, in the most negatively affected room of the house. A light should also be left on at all times in the worst room and it should also be treated daily with fresh garlic. No matter how badly negative the atmosphere of a room or house is, prolonged treatment like this will eventually restore a positive atmosphere.

This same type of music can also be used for internal entity problems, helping those who hear voices. Headphones can be used and the music kept playing continuously, even while the subject is asleep. If you can hear them then they can hear you, and they can also hear the music. After a short time, the human surface mind will easily tune out this kind of music, which is something negative entities cannot do. Their inability to do so makes this an excellent countermeasure for this type of problem. This is excellent for children who have nocturnal entity and sleep disturbance problems.

PERCUSSION:

Percussion is an ancient and very effective way of driving away and deterring demons, dragons and evil spirits. On that note, many non-physical manifestations will take the form of a dragon, with a long sinuous, smoky and snakelike form. Gongs, drums, cymbals, bells, wind chimes, and fire-crackers have long been used for this purpose by Eastern cultures; and very wisely so, I believe. Percussion of any kind can be used as an effective countermeasure against any type of non-physical manifestation. Even clapping hands or banging pots and pans together will have a positive effect upon a negative atmosphere. This breaks up astral lights and negative atmospheres, and disturbs manifestations while they are trying to build up.

Wind chimes make for an ideal passive countermeasure for disrupting astral lights. I thoroughly recommend at least one be placed in or near each room in a house, so they catch an occasional flow of air and regularly tinkle softly. These can even be placed under the eaves of a house near windows so they catch the wind better.

RELIGIOUS ICONS & PRAYER:

Whether a projector is religious or not, prayer is a useful countermeasure. Pray to whatever is believed in most, with whatever words are preferred, silently or aloud. If you are not religious and have trouble deciding on who or what to pray to, angels are a decidedly good choice. Please take my word for it, angels are very real high-level spiritual beings and I have come across them many times in my life, both in and out of my body. Ask sincerely and reverently for their protection, help and direct intervention with any negative interference problems. All religious or spiritual benefits aside, sincere prayer also cultivates a positive mental attitude which can be of enormous help in any stressful or unnerving situation. Memorizing formal prayers, like The Lord's Prayer and 21st Psalm, Psalm 31 and 35, is also an excellent countermeasure. Memorization (highly recommended for serious entity problems) places material 'inside' the mind. This has an internal repellant affect on negative entities.

Religious icons and pictures can also be very beneficial and make for excellent passive wards. These tend to lift the energy tone of any room or house, and this encourages a positive and harmonious atmosphere. Many types of astral wildlife also appear to find religious paraphernalia offensive and will not enter an area containing these, especially if these items have been properly blessed. If you care about these items and believe in what they represent, then their effectiveness will also be increased accordingly.

CLEANLINESS:

The old saying, 'Cleanliness is next to Godliness' holds some truth in it. Negative types are less attracted to and have much more difficulty manifesting in clean, well-

aired buildings. If a projector continually encounters problems, a good spring-cleaning of the house is in order and will be found to make all the difference.

Personal hygiene and clean clothing are also important, for this same reason. Regular bathing or showering clears away accumulated negative energy from the skin, along with normal dirt. The absence of both these increases the natural bodily energy flow, which in itself is a good natural deterrent. Clean clothing and bedding, for this same reason, will also have a positive effect. A negative atmosphere will contaminate clothing as well as rooms and furniture. This negative contamination tends to attract more of the same unkind attention. A thorough cleansing helps restore the positive atmosphere, and this will often do the trick and restore positive energy and harmony.

Fresh spring water that has bubbled straight out of the ground is the most powerfully energy water of all, to wash away negative atmospheres and contamination. This also has an invigorating, healing and strengthening effect upon the surface of the etheric body. This is highly disruptive to any kind of negative attachment or influence. Fast flowing water that has passed through bubbling rapids and poured over frothing waterfalls is also highly energized, although not as strongly as fresh spring water flowing straight out of the ground.

The attitude with which cleaning and bathing are carried out is also important. If cleaning dirt away is all that is held in mind, this is all that will happen. If however, the cleaner holds in mind they are washing away negative energies as well as dirt, using their imagination to see dark energy being washed away, then the effect of cleansing actions can be greatly increased.

ATTITUDE:

Attitude is extremely important and can, on its own, make all the difference on whether or not a projector will even encounter any kind of negative attention, in or out of their body. Just as fear can energetically attract the attention of undesirable astral wildlife, so can a brave and fearless attitude energetically repel this same attention. Like attracts like in a big way in the sensitive out-of-body environment. Just as in walking the streets of any modern city in real life with a fearful, timid attitude, which will tend to attract predators and scavengers (muggers and rapists) so will a fearless attitude tend to repel them. This same principle applies to all out-of-body operations, as well as when dealing with any type of negative manifestation.

DISCRETION:

If you sense a manifestation is taking place, and feel uncomfortable cold energy shivers making the hair on the back of your neck stand on end, or giving you goose-bumps, and you sense a foreboding or dread in the atmosphere: it is wise to move quickly away whether you are in or out-of-body at the time. These are all natural warning signs your body is giving you, telling you to move away from that area. This is much like the feeling you'll get if a wasp or hornet flies close by you, causing a cold shiver and an urge to flee the potential danger area.

If you encounter a negative atmosphere, immediately turn on the main lights, TV or radio, and treat the room with garlic or scent, then leave the room for a while. Check it five minutes later and the atmosphere will usually feel much better. If the atmosphere still feels negative, sleep somewhere else that night if you can, or at least leave the main light and radio on, using a sleep mask if needed.

If you find yourself in any real time or astral area that you do not like, or if you encounter anything that scares you, my best advice is to quickly move to another area. Use the instant projection method if possible. Do not panic or you may end up making the situation worse. Move calmly and quickly away. Simply imagine a place you wish to be and strongly feel yourself as being there, and you will usually find yourself there. Alternatively, fly straight up as fast as you can and head towards the brightest area or star above you. Keep moving in that direction until you cause a reality shift and find yourself in a nicer area. If you cannot make out a better direction, just pick the opposite direction away from that of any perceived threat. Alternatively, try and feel for your physical body and project back there for reentry.

Negative entities do not travel well, especially in the real time zone. They need to settle into an area before they can do anything serious. They also have great difficulty with rapid movement, speed, flying and sudden changes in direction. They move far more slowly than a projector can, and they often cannot easily leave the building in which they are manifesting. Simply moving or flying away will usually leave anything negative floundering in a projector's wake.

It is unwise for novices to consciously project while there are negative atmospheres or disturbing presences around them, without first applying countermeasures to clear the space around them. Discretion is always the better part of valor in these matters.

DIRECT ASTRAL PROJECTION:

Projecting directly into the astral or making the shift into the astral shortly after the exit, or any high-level projection method, bypasses the real time zone. This takes a

projector directly into higher levels, thereby avoiding any and all types of astral wildlife which cannot exist in the higher and more positive levels of the astral planes. The real time zone and low astral sub-planes are the only dimensional areas where projectors will ever encounter any type of astral wildlife or negative entity.

SHAMAN CAN OFTEN HELP:

If nothing seems to help or if negative entity or atmosphere problems continue, I recommend consulting a good practitioner of magick, a shaman, psychic healer, or similar. They can be an enormous help in this matter. I suggest looking in local New Age papers and magazines, which may advertise the services of someone in your area.

Energy Conversion Technique:

If you have a negative atmosphere problem it is possible to use constructive imagination, or visualization, to convert this into positive energy. This can be done at anytime, in or out-of-body.

Imagine a shiny jet-black ball about the size of a tennis ball floating before you in the center of the room. This ball will quickly become visible if done during an OBE. Make this ball spin anti-clockwise and keep it spinning at all times in your mind's eye. As it spins see it attracting black negative energy from the surrounding area. See black flecks and sparks and strings and clots of negative energy being ripped from the walls, ceiling, floor and furniture. See the spinning black ball moving slowly around the room gathering up all the negative energy and growing steadily in size.

Once you consider the ball to be large enough, say the size of a beach ball, reverse its direction and make it spin clockwise. The moment you do this, strongly imagine it changing colour from jet-black to brilliant-white. Concentrate and keep the ball spinning clockwise as you change it. You should now have a large glowing ball of brilliant-white positive energy spinning clockwise in front of you. The last step in this process is to explode the white ball. Once converted, it is a shame to waste all that positively charged white energy. Imagine the white energy ball exploding into the room, flinging bits and pieces of white substance everywhere, charging and filling the whole area with positive energy.

A Few Last Words

All countermeasures aside, one of the most important pieces of advice I have to counter common Neg attacks is, Attention Shifting. This involves the occult principles of fascination, in how a victim's attention feeds psychic interference and allows it to escalate beyond the level of temporary mild-annoyance. Focusing on a negative manifestation of any kind, i.e., the knocks and taps of minor poltergeist phenomena, forms a psychic connection that feeds and empowers it.

The old saying: "If you take an interest in the supernatural, the supernatural takes an interest in you" has much truth in it. Negative spirits instinctively solicit psychic connections with victims by getting their attention. By large, they accomplish this by subtly stimulating primal responses such as fear and/or sex, to generate the attention and fascination connections necessary to interfere with humans more directly. This is also the underlying reason behind most seemingly pointless and unexplainable phenomena. These are scare tactics, designed to elicit primal fear responses and form psychic connections to drain people of energy.

When people see phenomena, feel peculiar sensations or hear strange noises in the dead of night, they automatically reach out with all their senses to identify and locate the source of disturbance. This is a natural survival reaction that involves the sixth sense, as people try to intuitively identify potential danger. If persons are unnerved and/or attribute such things to dark supernatural problems, this in itself can cause strong psychic connections. This can create supernatural conditions that would otherwise not have been possible.

Even if psychic attack and/or neg. manifestations are obvious, the trick is to keep one's mind and senses (especially the sixth sense) firmly away from what is happening. Focus on something mundane and positive. Think about gardening, football, cooking, anything. If prayers or mantras are thought or said, they should not express anxiety, fear or an actual need for immediate protection. This helps avoid forming unwanted connections. Focus calmly on the words and not on the reason for their utterance. While holding a positive focus away from supernatural possibilities, sensible countermeasures should be applied, i.e., turning on light and music, slicing some garlic, crossing running water, etc. This should be done in a matter-of-fact way to avoid forming connections that might escalate problems.

During a direct psychic attack, where strong physical and energy body sensations are felt, body-awareness countermeasures should be applied immediately, plus other countermeasures as necessary. But again, it is essential to keep the focus of one's mind firmly away from the source of what is happening. Focus on countering the symptoms, not on their source. A matter-of-fact attitude (the intelligent use of denial) is both protective and defusing of all such problems. It also makes the best possible use of one's natural mental shielding. One may feel anxiety and trepidation on the inside, but one should never realize and express these feelings, mentally or vocally, during a direct psychic attack.

Basic Psychic Countermeasures

Robert Bruce

Introduction:

The countermeasures given in these short articles are extremely basic. They only contain the bare bones of what is necessary to use them. To understand the principles behind these countermeasures, please get a copy of 'Practical Psychic Self-Defence' when it is released by Hampton Roads, VA, USA -- hopefully in mid 2001 if all goes well.

Note: Neg. = Negative inorganic being or bad spirit of any variety.

Core Image Removal:

The basic core image treatment techniques, given herein, involve reliving and capturing snapshot images of bad or traumatic experiences with imagination, in the minds eye. Core images can stem from real life experiences, or from bad dreams and disturbing fantasies. They can also be implanted by neg's via telepathic/hypnotic broadcast. This can happen in the waking state, but more usually happens during sleep.

The key to breaking neg. attachments is to unearth and destroy mental attachment points inside personal inner meta-space. These attachments are rooted in core images (memory images) implanted within the mind/memory of victims. From these core images grow the bioenergy body attachment points. The physical manifestation of these bio-points are usually identifiable, as they cause skin blemishes, i.e., lumps, moles, rough patches, irritations, infections, etc. The

stronger types appear as gristly lumps (a kind of tumour) under the skin; and these generally indicate stronger varieties of neg's are involved.

There are two main types of core image, natural and created. The natural types (i.e., memory images of bad experiences) are grafted onto, whereas the created type are specifically designed and implanted as attachment points. All core images of this ilk are the types of memories that cause stress when they are relived, i.e., painful or distressing or worrying memories.

Created core image (artificial) are made by telepathically broadcasting into victims during the sleep state. This impinges on the victim's dream mind and generates distressing images, or even nightmares. And the mind cannot really tell the difference between a real traumatic experience and one it experiences in the dream state. When remembered and relived, you will find these all cause stress, ie, increased heart rate and blood pressure, sweating, etc. They will also have the effect of making you obsess about them, going over them again and again, trying to change them, etc. They may often appear to be meaningless, illogical fantasy scenarios.

Some core images are hidden, i.e., the dream memory causing them is forgotten (as dreams are often forgotten) and they thus bury themselves deep into the subconscious mind. There are ways of digging these up, but this is more advanced and I will not go into this at this point.

Discovering Core Images:

I discovered the principles of core images and their significance, after experiencing two strange, disturbing dreams that kept bothering me for several days after having them.

I began to get suspicious of these dreams, and eventually wondered if something sinister may be behind them. During meditation, following my intuition, I relived the first dream. Again this caused mild stress symptoms, which I ignored.

Following an idea, I used my 'awareness hands' re NEW Energy Ways system ([see Astral Dynamics](#)) and pushed the scenario away from me, in my mind's eye, until it was less than postcard size (small envelope size). Intuitively, I reached out and grabbed hold of this image with my awareness hands and tried to turn it over, to see if anything was beneath it. Feeling a lot of resistance, I found it would not turn easily. I had so shed some honest mental sweat over it. Eventually, with great effort, I managed to turn it over. It moved suddenly, with a 'tearing' sensation inside my mind; I felt this movement with my awareness hands. Behind it (amazed look) I found a tree root-like structure, ropy and crystalline, as if it had been torn out of the ground and damaged, ie, bits of root were broken.

Intuitively, I adapted Dion Fortune's (Psychic Self-Defence) ritual of severance, to this situation and attacked this structure with a created sword in my right awareness hand and a burning torch in my left, repeatedly hacking away at it, then burning it with the torch. I then tackled the second core image (from dream #2) with similar results. Of interest, I noted/saw with astral sight, black, ropy lines (about as thick as a finger) arcing back from these core pics into my body and mind. These I also attacked, severed, and then burnt.

(Note: experimentation has shown me that it does not really matter what you use for this, ie, I often use an imaginary chainsaw and flamethrower. A flamethrower, you'll find, is good for reaching core images that appear at a distance in your mind's eye space. A couple of my volunteers are also having success using an imaginary laser guns and rocket launchers).

Imaginary weapons and tools, used for this, may seem ridiculous to some, but think on this: in personal inner-metaspaces, these weapons have just as much substance as the core images they are being used against. They are in fact composed of a very similar substance: a mind substance. One could aptly call this astral matter.

The results of my first experiment were quite amazing. The next day, a large gristly lump (1/4 the size of a walnut) on the back of my neck, that I'd had for several years, disappeared; gone overnight. Probably 50% of the negative internal urges and cravings that had been troubling me for several months vanished with this lump. I felt lighter, had more energy, slept better, and nocturnal P attacks on me reduced significantly. I am also growing stronger by the day, especially in mental/psychic energy. The attachments I removed seemed to have been draining me of these.

Of note, for the first three days after removing these core images I came under significant (but not major) psychic attacks nightly. But this was quite different from the usual strong attacks I had been weathering for many years. And now I had something to fight back with besides water-walking and garlic and etc, i.e., cutting and burning core images as they appeared in my mind's eye during the attacks. These attacks quickly reduced, but for a couple of weeks after I felt intermittently

depressed, seemingly lost and empty, but nothing really major. This was followed by a period of strong positive internal growth.

Logically, I had removed something from inside of me, something that was influencing/motivating me, and taking up some of my internal personal space. This took some getting used to, but I soon moved to fill that space within me (with more of 'me') thus becoming larger and stronger in the process.

Since removing these first core image attachment points, I regularly hunt more during meditation and pre-sleep. I have worked my way through a great many real memories that could contain attachments, including early childhood memories: sometimes I find them, sometimes not. Its easy to tell if a core image has nothing attached to it as it turns over easily in your awareness hands and nothing is seen or felt underneath it. I am also working through dream and fantasy memories; occasionally finding roots and other strange looking devices. Sometimes they look like roots, sometimes like a circuit board stuck to the back of the core image. Sometimes it will move under my Awareness Hands and reveal a black snake (typical astral snakes and spiders, etc).

Of note, if nothing is present on a core image, it will turn easily in your awareness hands. But if one is present, the turning can be quite difficult.

However, easily turned image can something have links attached to them that will lead to real core images. For example, you may easily turn prospective core image in your Hands, only to find a picture of some person attached to the underside. Turning this new picture over, again easily, you find another image, and so on. Eventually, this process leads to the real core image, which is then treated as usual, i.e., slashed and burned.

Floating Core Images:

Negative energies generate strange patterns and faces and objects in the mind's eye, seen most clearly during meditation and pre-sleep, where the sight centre of the brain interprets neg energies as ugly or strange floating images. I have come to habitually attack anything strange or ugly-looking in my mind's eye, with my sword and torch. This helps stop them from attaching and/or reattaching. This can also break any new psychic attacks and neg. influences associated with floating core images fairly quickly, while they are at their weakest.

Note: To remove core images, you'll need to have read my book, Astral Dynamics, specifically the NEW Energy Ways section, for instructions on using Awareness Hands; or the NEW Energy Ways research tutorial which is posted on my website. Check my website! Everything needed is there.

Most of my volunteers find a baseball bat, rocket launcher and flame thrower are a good set of tools. Some prefer to use a laser gun. Myself, I used my own astral sword, plus a large, burning torch. Traditionally, these items should be blessed by the name of God and the Holy Spirit. This does help, but is not absolutely necessary.

Core Image Treatment Instructions:

Grip the image with your awareness hands and push it away from you until it is postcard sized or smaller in your minds eye. Then turn it over with your awareness hands. If nothing is behind it it will turn easily. If something is behind it, it will feel solid and immovable. Lots of effort is sometimes required to turn it over. Once it is turned over it will be broken, but will still need destroying with the metasword and burning with the torch.

Often, when treating a spontaneous core image, this will trigger a major core image to appear, the one it is attached to. You'll know when this happens as it'll suddenly get serious and more difficult. When this happens, fight for all you are worth and never give up. These things cannot actually hurt you if they are uncovered and fought in an inner- metaspaces battlefield, in the minds eye.

Sometimes you'll see the neg's behind the core images, once core images have been ripped away. Astral snakes and spiders, often with ET type heads, are common. Don't be scared, they are ugly but they can't hurt you at this time. They are the ones vulnerable and exposed. Take advantage of this to get some payback. Call up all the anger and rage you can and slog it out; and you'll win every time.

One other addition I have found valuable. Once a core image has been hacked to pieces and burned, sealing the residue (the dimensional hole in your personal inner-metaspaces it represents) should be sealed. Using imagination, imagine any holy symbol that has meaning to you, i.e., crucifix, pentagram, Star of David, etc. Simply imagine this being placed over the hole. Repeating this last bit several times (redrawing it in your minds eye) is a good idea if you are having trouble holding the shape of the symbol in your imagination. It is also a very good idea to bless this creation by saying a prayer after creating it. Ask for this hole to be sealed in the name of God (or deity of choice) forever and ever, Amen. And if you are familiar with magical practices, this symbol can be connected to a reliable power source. (RB)

That Empty Feeling:

After successfully removing a core image, and consequentially breaking a neg. attachment, it is quite common to experience a period of emptiness, even depression. This comes from the lost influence, and motivations, caused by the

previously attached neg. An empty space has been created, vacated, by the evicted neg. This empty feeling may last up to a few weeks, but eventually ones own personality and mind will grow to fill the empty space.

Basic Water Crossing Method:

To counter neg. attacks, especially direct attack, the basic water crossing method is to walk over a garden hose, gushing water along the ground. An underground water main or stream can also be used: every street has a water main with water continually flowing through it. As the majority of direct attacks are centred on the bioenergy roots that extend from the feet into the ground, this method is very effective.

Running water creates an energy field that 'cleanses' human energy roots; in effect washing off negative attachments set and used during an attack. Note that this method does not work as well on long-term resident neg's that are already entrenched within someone. But the majority of neg. attacks are made by neg's that are 'not' entrenched, i.e., they do not have to attack if they are already entrenched.

Running Water Barriers:

(Protecting perimeters of house or room with thin hose barrier)

(Building a cheap recycling unit from small keg or aquarium)

As most neg's cannot cross running water, a perimeter barrier can be created to protect a room, or even a house, using thin plastic tubing. Any type of tubing can be used, even copper pipe, but clear oxygen tubing or black garden reticulation tubing is cheaply available.

To create a perimeter barrier, the tubing should be laid around the room, on the floor next to the walls. It can be tucked under carpet edges, tied or held in place by furniture. Tubing should overlap so there are no gaps.

Once in place, one end of the tubing can be connected with an adaptor to a handy tap, and the other end placed outside in a garden, or in a drain. Only a trickle of water is necessary so minimal water is wasted; but using a tap is best suited for short-term use.

Water Recirculating Unit:

For long-term use, a simple water-recirculating unit can be made out of a twenty-litre home brewing keg or a small aquarium, with a small fishpond or aquarium pump to provide the necessary water flow. A submersible type pump is best, as these are silent and easier to set up, i.e., you just connect it to the tubing, drop the pump into the tank, and run the other end of the tubing back into the tank to make a closed circuit.

For added value, a small filtering unit can be added to the recirculating unit. This should contain activated charcoal, which is cheaply available from any pet store where aquarium equipment is sold. The activated charcoal will help keep the water fresh as well as absorbing negative energies, which reinforces its effectiveness as a running water barrier. The filter and water should be changed once a month for general protection. Change more frequently during periods of neg. attack; daily during intense attacks. Activated charcoal can be placed in a small gauss bag and tied over the end of the water return dropper. This addition will also help to dampen trickling water sounds.

If an aquarium is used, gravel, water plants, under-gravel filters, and even a light can be added to make the unit more attractive. It is not a good idea to add fish, as water must be kept fresh, clean and drinkable. Artificial fish and other such aquarium ornaments are a much better idea.

Artificial Telluric Spring:

The above method can be extended to create an artificial Telluric spring under a bed. Create the perimeter barrier, as above, then run the tubing under the bed and coil it in clockwise overlapping loops, covering the whole underside of the bed. You cannot have enough coils, so make as many as you can out of what tubing is available; within reason.

- The artificial spring generates energies that are destructive to neg. bioenergy body attachments. This weakens neg's considerably and, in time, can rid one of attachments and exorcise troublesome neg's. These energies are also protective during psychic attack and interference. This is safe for anyone to use, even children.

The above (basic water perimeter) has worked in serious field situations and helped ward off and wear down major, life-threatening P attacks. This will not stop inorganic beings projecting (via OBE type projection) into a room, but it will contain them within that room if this happens. In that case, simply changing rooms (moving to and sleeping in a spare room) will leave them trapped and allow peaceful sleep. If problems arise again a few hours later, simply return to the original room. This makes life very difficult for any attacking or interfering neg's.

Theoretically, if perimeter in main room is carefully shrunk to the point where its internal space disappears, and or if another section of running water hose is passed

over the loop (when an attack is known to be happening) any projected earthbound-type entities within it will be destroyed or severely damaged -- cut off from their source of energy.

Other Countermeasures:

Neg's need dark and quiet to manifest and attack in. They also need the human body to be relaxed. This is part of the reason why neg. related manifestations normally occur or worsen during the night, and ease during the daytime.

Turning on an overhead light helps, the brighter the better. If you cannot sleep with the light on, place a folded black cloth over your eyes.

Turning on a TV or radio, playing softly, also helps. Classical music is best, something bright and cheerful. The best music of all to counter neg's are Xmas carols, hymns and nursery rhymes.

If voices are heard, objective or subjective, headphones can be used, or a pillow speaker, and music played continually, even during sleep. Xmas carols, hymns and nursery rhymes are excellent for this purpose. You may not like the music in the long term, but humans have an ability neg's do not have. Humans can 'tune out' music and sounds heard continually. Neg's cannot do this. Nursery rhymes, in particular, drive them nuts; therefore making for an effective countermeasure.

Banging pots and pans together loudly helps break up astral lights and can break an attack. This method is best used for stronger attacks.

Sliced garlic is a great help for warding off neg's. Garlic must be sliced. It is virtually useless unless sliced. Garlic works because it contains a high level of sulphur, and sulphur is detrimental to neg. energies.

Garlic: Garlic can be rubbed into the skin and placed around the room on counters, as well as under pillows and near feet. The feet are the most vulnerable target to neg. interference. Symptoms of interference are pricks and jabs in feet and toes. Rubbing garlic into the feet greatly reduce their vulnerability. Replace the garlic slices used on a daily basis.

Other herbs and scents that help are: Fringed Violet, Angelsword, (both can be Applied to the skin or taken internally). Rosemary also helps, and can be made into a tea. This tea is best used as an after shower body wash. Herbal soaps can also be used.

Belief System Cleanse:

Belief systems, and belief system conceptual filters, are huge and immensely important related subjects. I am planning to write a book just on this one subject.

People often wonder how I have got so far in what I do. They wonder how I seem to know so much about esoteric metaphysical matters. The answer is way too simple for most people; so simple that they just don't get it. But that is the way of things. Mind you, I did get a little help and advice along the way, from a very high level, i.e., my higher self.

All knowledge is available to everyone. But most people refuse to see, to hear, to realize, because this conflicts with their paradigms, with their innate conceptions of reality. And there are none so blind as those who will not see. One must get back to basics, and by so doing to broaden ones conceptual horizons.

The method, if it can be called such a thing, is absolute honesty with your own true self. Know yourself, and to your own self be true. Discard everything not gained

via personal experience. Do not take anything as read. Question everything and find out for yourself by doing and experimenting.

But this is a very difficult thing to do. We are surrounded by opinions and these sink into us, into our conceptual belief system filters, and these shape all our foundation beliefs; if we let them. This we must resist profoundly.

Look at everything with the eyes of a child: be open minded, non judgmental, simple, unfettered by the beliefs and opinions and shackles of others.

Realize that everything, every sense and perception and intuition and vision and every bit of information gathered outside the physical body, whether during OBE or altered state, must pass through the belief system filters in order to be stored as a recognizable memory in the physical brain.

If one tries to download something inspirationally, or through intuition, deliberately or otherwise, say a round shaped idea, that contradicts the belief system filters, the result is that a conical shaped idea gets stored as a memory. This is recognizable, but does not make any sense to the conscious mind. But it is not the truth.

Instead of an abstract idea, as above, take for example partisan New Age beliefs about the nature, structure and functions of the spirit world above us. What if it were not actually like this at all? How would high-level information, contrary to partisan belief, be affected by this contradiction? Could it download at all? How would it be changed? And indeed it will be changed as it passes through the myriad conceptual belief system filters we all contain.

We strive and plead and beg for the truth, and I assure you it is given to us all at every turn. But we do not allow ourselves to see it. You see the majority of us are happy and content with our spiritual blindness. Even though much of it does not work, its comfortable, so we stick with it. This is called Maya, the illusion of the physical reality we all share. And there are none so blind as those who refuse to see.

Make a list of everything you believe in. Apply total honesty to this list. Keep everything you have personal experience with. Discard the rest, but remain open minded. If, for example, you have not experienced OBE, be open to experiencing it. Put all the stuff you have not proven personally into a basket of 'possibilities'. And transfer these possibilities carefully into the 'real stuff' basket as experience is gained. You will be surprised at how much stuff will never be moved, and will eventually end up in the trash at life's end.

After one has done ones best to purge his or her belief system filters, real knowledge comes through the realization process. A progressive number of small realizations (like pieces of jigsaw) flow into the mind. This is punctuated by progressively larger and larger realizations. This is the well-known road to enlightenment; which is described in many different ways in the world today.

Several years ago, about 1989ish, at about 10pm, I put my family and house to bed and went to meditate by the fire in my living room. I turned off the light and walked to my chair, enjoying the cheerful light from my fire. I got half way across the room and a voice spoke to me. Clear, objective voice, sounding like someone was standing right next to me. With the right microphone I could have recorded it.

It was the most beautiful voice I have ever heard; it was a richly eloquent male voice. It spoke to me of many things, while I humbly stood, moist-eyed and head bowed before my fire.

The most important thing this being told me was how to progress beyond my current level. I was stuck and nothing was working. I was trying to see beyond normal reality, beyond Maya, but kept running into walls everywhere I looked. The voice told me why this was so, and what I could do about it. I was advised to dismantle my belief system (to remove my self imposed limitations) and to create a fresh one, based solely on personal experience, and logic based on personal experience, and many of the things I have said above.

The next day, I made a huge list of my beliefs and applied this advice. I was profoundly honest and by the time I had finished the list containing my true beliefs was small indeed. The things I knew were true included: healing, angels, clairvoyance, OBE, most psychic abilities, and a few other things; all of which I had sound personal experience with. But a great many things were not included simply because I lacked the personal experience to validate them. I went into something I can only liken to spiritual shock. It took quite some time for my belief system to settle down, and the temptation to load all my old secure beliefs back in was strong. But I was hard on myself and succeeded. In time this settled to become my foundation belief system, upon which I would build as my life unfolded.

Ever since then I have argued and questioned just about everything. I take nothing as read. Because of this, most people have found me disagreeable, because I question their heartfelt beliefs. I did and still do this as nicely as possible, but it still seems to offend people. I do not mean to offend. I am what I am and I know what I know. Its not much, admittedly, and I consider myself to know

comparatively little about this reality we all share. But what I do have is solid (solid to me anyway), although some things are subject to change without notice. What with the realization process being what it is, new facts and ideas are dropping in all the time. But I am slowly weeding out the errors and upgrading my conceptual belief system filters as best I can.

I take an idea and explore it, test it, live it. If it has merit it grows. If not it dies and I discard it. My lifelong motto is that one has to try out 100 crazy ideas before one uncovers a single gem. And if one does not entertain the crazy ideas, the gems will remain hidden forever. And man oh man have I tried some crazy ideas out.

Just because one has a strict belief system does not mean that one cannot try out new ideas, even crazy ones. Ideas, crazy or otherwise, are not heartfelt beliefs. But the gems one uncovers and proves have the potential to become true beliefs; even if everyone else disagrees.

NEW: Rapido...

'Rapido', is a powerful NEW body awareness technique that is great for wearing down energy blockages and attachment points (neg. attachments, emotional blockages, etc). It creates a powerful ripple wave through the substance of the bioenergy body. It takes more concentration, but is not really difficult.

Do a sponging bounce action through the whole of your leg from foot to hip.

Increase to maximum speed, feeling the whole inside of your leg.

Concentrate and increase speed further, to a new maximum, taking this action faster and faster, while applying more and more awareness 'force'. You'll find the maximum speed is much faster than normal.

When you reach and pass the new speed limit, you'll lose 'feel' contact and energy sensations will reduce. Back off slightly and regain 'feel' for the bounce action.

Continue the new bounce speed, concentrating hard while doing it.

If you have a blockage or attachment in the area being bounced, it may show up as a stinging or aching or cold or tingling patch.

The Rapido technique can be done at a normal level of consciousness, although it will be more effective if done during trance state.

When bioenergy attachment points or blockages become disturbed, they will often manifest as a boil or small tumour or other kind of localized infection. Treat these as you would treat any other infection, and see your medical doctor as normal. If this infection begins to spread (if the skin becomes red and this red begins to spread) I strongly advise seeing a medical doctor immediately, and getting treatment and antibiotics. These will help. Rubbing raw garlic, or garlic oil, onto skin manifestations will also help wear down attachments.

Use Rapido over suspect areas as often as desired. But do not cease the normal NEW system, as this is necessary to replenish the bioenergy body's energy supplies, and to promote bioenergy body self-healing.

Note: The Rapido technique will sometimes cause minds eye visions and images if one is sensitive, and fantasy images in those who are not so sensitive. These may arise at any time, even days later, and not just while Rapido is actually being done. These are highly likely to be the core images associated with the attachment points being worked on and should be treated accordingly. So keep your eye out for any strange images and fantasies, day and night, if Rapido has been used.

Addendum to Basic Psychic Countermeasures:

The Fascination Principle

By Donni Hakanson

Hi y'all,

Robert asked me to write you guys something about "The Fascination Principal" in the hope I can get a better grip on what has been happening here. An assignment of sorts, plus I think he is too busy himself to write it, right now. It was in partial response to an earlier post I sent him, from a bloke who heard voices in pre-sleep; plus my not-s-mundane life. This subject has cropped up several times on the forum. (the voices, not my life, hehehe...)

Here we go....

The Fascination Principal...

... energy flows where your attention goes...

Fascinate -

From the Collins English dictionary:

1. to attract or delight by arousing interest or curiosity.
2. to render motionless, as with a fixed stare or by arousing terror or awe.
3. (archaic) to put under a spell

Quick snapshot of various (minor) phenomena I have experienced the last few months, sporadically:

- the gold heart locket to my chain I wear has come off twice, with NO unbroken links. Unexplainable by jewelers. Solid chain, solid links.
- things being moved and put somewhere else - and can't blame the kids 'cos they're nowhere around!
- one example - swept the floors, walked out and returned less than a minute later, and there is a tidy pile of dirt where I had swept.
- one more example - the kids are at school, mid-morning, my daughter's shoes are at the kitchen sink, as if she were standing in them... they were NOT there before. (Robert says this may be linked with her, she is about to enter puberty.)
- things that go bump and crash, upon investigation, nothing is there
- a foul smell that 'visits' now and again, with no apparent causation. (ie can't blame the kids!) This one I can stop in its tracks, thanks to the advice in PPSD - change of scenery (move away). I might also light a candle and say a prayer, and maybe some incense, turn the lights on if it is dark, play some classical/gospel music, or really happy happy music, including nursery rhymes.

As to the other phenomena, I try not to give it too much attention. I refrain from speaking about it to my friends. It happens... I remark to myself, ok... then I do not dwell on it.

I remember a story Robert told me of seeing a glass stove top being shattered by a spirit, and something about these ceramic pots and things being smashed... my experiences are pretty minor.

Robert attributes this, in part, to the fact we have five kids, and most afternoons there are up to ten or more kids here (we have a great neighborhood!) - the noise is

enough to scare any spook off. Evenings is veg time, and apparently this can be protective - focus on telly, or a book, or music... aka... VEG!!!! So our lives have not been too disrupted by it. In fact, I am not even sure if my better half has noticed anything! (It mainly happens during the day, as opposed to the norm of occurrences at night.)

Robert adds sliced garlic left out as a protective measure, I haven't tried this yet. Haven't felt the need to. Like, this has been happening for a few months, and beyond the golf chain, I hadn't even mentioned it to Robert until last week... which is how this article came to be... :-)

He also suggests the following versicle. It apparently was recited by Christian saints and carries some power. It also has the benefit of keeping the mind on something else - counteracting the 'fascination principal.' This is one of Robert's techniques whilst under heavy attack... energy flows where your attention goes...

Here is the versicle, with Robert's notes afterwards:

May God be resurrected and His foes vanish.
As wax melts before fire,
As smoke is dispersed by the wind,
So may all who hate the Lord flee from His sight,
And the just rejoice!

RB: "This is used to ward off strong mental attacks. Its an occult formula designed to draw down help, plus drive off negs, etc. If you ever need to use this, its important to keep your mind clear and focused 'away' from the source of attack while repeating this endlessly. Focusing on the source, as one naturally tends to do, forms the psychic connection necessary for attacks to escalate. Best to focus on the

mundane, while saying the versicle and keeping one's thoughts clear, and applying whatever countermeasures are necessary."

So... I hope that helps others. hearing voices - then focus on something else, don't give them your attention. feeling scared? Turn the lights on! Sliced garlic everywhere! Play light music! Getting heavy? Recite the versicle... as well.

Due to what Robert does - and mainly for informing the public, and the occult nature of his work - he gets some pretty heavy energies sent his way. One of the ways of attack, too, is through loved ones and close friends. I have been very fortunate my experiences have been pretty minor. I think this is due to the "Rabbit Principal", a development of mine own... Breed lotsa kids, and keep the spooks away... hehehehe LOL

Developing Natural Resistance To The Negatives Of Life

Robert Bruce

Avoiding the many negative aspects of life is not easy thing to accomplish in our often- hectic and overcrowded society. Under some circumstances, the best one can do is avoid as much negativity as possible and hope for the best. However, no matter how helpless or trapped one might be, a lot can be done to avoid potential neg. problems and develop some natural resistance.

While many of us cannot easily choose the way we live, we all have the power to choose the company we keep. We can avoid those whom clash with and lower our energies, and seek out those whom compliment and uplift us. Negative and critical people should be avoided and discouraged. Positive, caring and supportive people should be sought after and embraced.

Temptation cultivates desire. Unfortunately, modern advertising uses extremes of temptation to sell merchandise. This can instill unnatural ideals and expectations of life and what life should provide. As these ideals are rarely fulfilled, they can be replaced by deep-seated craving, guilt and a sense of failure. All of this can lead to unhealthy desire-ridden fantasy, which is a strong neg. attractor. Coveting, dissatisfied, guilt-ridden minds are wide open to neg. invasion.

Self-discipline is the way to self-mastery, happiness and life fulfillment. Lack of self-control leads to suffering; often aided by neg. influences. The only true happiness and contentment anyone will every attain in mortal life flows from inner peace and harmony. These can only be achieved by embracing spiritual ideals and living a wholesome, balanced, spiritual life. The road to achieving this is

encapsulated in the Socratic saying: "Man, know thyself" -- which is the wisest single piece of spiritual advice ever given to humankind. The wholesome application of self-discipline, introspection, meditation, prayer and other positive life-empowering devices, in the long term, is the only way to achieve true happiness and contentment.

Unhappiness and discontent seed the mind with negativity. Most unhappiness today is caused by working in occupations one is not in tune with, and by associating with those people one is not in harmony with. Unfortunately, in our modern society, we sometimes become trapped in situations that seem to have no way out. It can be said that life is designed this way.

If one really looks at it, apart from the missing chains and guards, most of us are not much different from the slaves of old. We become slaves to society by voluntarily relinquishing our freedom and getting into debt. Once in debt and loaded up with social obligations, we are obliged to work in jobs we dislike (often, whatever one can find) in order to keep our families and possessions maintained. And of course, modern advertising always makes us want more than we can ever afford, thereby ever-increasing ones level of life debt slavery.

There is often no easy way out of set lifestyle situations. However, unhappiness can be minimized by accepting what life brings, and by looking for the lessons hidden within every situation. They are always there, albeit often obscure. Only when these lessons are recognized and taken to heart will any life situation change for the better. The physical body may be trapped in a situation with no realistic alternative. But the mind and spirit can never be trapped. These aspects of being can thrive under any circumstance, if one cultivates the right attitude.

The very best anyone can do to improve his/her spiritual life situation is to make the best with what is available. Self-improvement, as opposed to lifestyle quality change, is something anyone can undertake regardless of circumstances. A wholesome lifestyle with an active body and mind are things that can be cultivated by all. The essential ingredients are willingness to change and to improve ones life condition, regardless of circumstance, combined with the wholesome application of self-discipline to achieve long-term goals.

Your physical body is the temple that houses your bioincarnating spirit, while it lives for a short time here in the physical dimension. The old saying "You are what you eat" is true in many respects.

The quality of ones thoughts, and ones susceptibility to neg. related problems, are significantly affected by diet. The best quality food and drink one can afford should be sought. Subtle energy body radiations, much like bodily secretions and odors, are affected by diet and exercise. These affect how one interacts with universal law, affecting ones inbuilt attractions and repulsions, including ones luck. These can attract or repel neg. problems. In a way, this is like how mosquitoes are attracted to people with high blood sugar. If these persons reduce their blood sugar levels through diet and exercise, their health improves and mosquitoes are no longer attracted to them.

For the average person, a wholesome lifestyle with sensible moderation in all things, will maintain a reasonable state of inner balance and health. However, for those prone to neg. related problems, more significant changes may be in order. A regime consisting of strict bioorganic vegetarian diet, total abstinence from recreational drugs, alcohol and all things negative, plus regular healthy exercise, can help a great deal. Personal bioenergy body development, challenging

intellectual stimulation, plus regular meditation and prayer, are also advisable. The self-discipline necessary to maintain this regime also builds much-needed willpower muscle and strength of mind.

Diet and exercise alone will not solve neg. related problems. But a wholesome, balanced lifestyle will significantly reduce the likelihood of attracting negs in the first place. Good health, and a strong immune system to maintain it, result from inner harmony, achieved by the wholesome application of self-discipline over the long term. But one does not have to become a health fanatic and miss out on all the good things in life. For the average person, this can be reduced to the concept of intelligent moderation, self-control and tolerance in all things.

Empowering The Self:

The human mind and its ego are the two major aspects of human personality. They affect all aspects of life. These have a peculiar symbiotic relationship that, for most people, results in a lifelong war between what the mind/spirit wants and what the body/ego wants. The human ego has great power and influence over what the body does and what its capable of doing. But the ego is not too intelligent in its choices. Short-term rewards, instant gratification of desires, maximum comfort and minimal effort, are its primary motivations.

The human mind has little power but far more intelligence. The mind sees ahead and has long-term goals. It wants to be loved and accepted by all and likes to stay out of trouble. Much of childhood is spent training the ego to conform to societies rules. Learning what our society considers to be right from wrong, and conforming with socially acceptable behavior, is what keeps one out of prison.

The ego has often been likened to a dumb but powerful elephant, as compared with its much smaller but far more intelligent rider. The elephant (ego) is physically much stronger, so the rider (the mind) cannot force it to obey instructions. So the rider uses intelligence and places the elephant in situations where certain aspects of its existence come under the mind's control. Through the application of intelligence and perseverance, using reward and punishment, the rider slowly but surely trains the elephant to obey. In time, the elephant (ego) learns the best way to have its true needs fulfilled is to obey its rider (its mind).

The point of the above analogy is to show that a synthesis of ego and mind is required to gain control over ones life, to attain self-mastery. This is the key to everything that life has to offer, and the road to spiritual harmony and life fulfillment. The ego contains the bulk of ones inner strength, plus all the animal instincts and physical needs and wants. The mind contains the bulk of intelligence, plus all the higher emotions and spiritual aspirations. But when the ego is brought under the control of the mind, something truly wonderful happens. A life empowering symbiosis occurs. The great strength and willpower of the ego becomes an integral part of the mind, and the intelligence of the mind becomes an integral part of the ego. Together they can accomplish far more than they ever could apart.

Willpower muscles are much like the muscles of the physical body. They respond and grow progressively stronger with regular exercise. Developing willpower muscle requires patient application of small doses of self-discipline over the long term. The individual exercises are fairly easy in themselves, much like doing light repetitions with barbells. But long-term results are significant. This can be accomplished through a variety of disciplines, with dietary and exercise regimes being the most direct.

A strong human will provides good defense against neg. related problems. No matter what happens, a resolute human will cannot be compromised. It may get a little battered around the edges, but it will never be defeated. And fighting the battles of the mind are life strengthening experiences in themselves. If one does not fall in the process, the end results are always greater strength, stability and wisdom.

A lazy, undisciplined mind broadcasts an open invitation to any passing neg. If a mind cannot control itself, it is helpless to defend itself against unseen supernatural influences. Negs are less likely to interfere with self-disciplined people, simply because they are difficult targets.

The mind can be strengthened in much the same way as willpower: through regular, progressive exercise. There are many ways to improve the mind, but all involve the application of regular mental effort. Challenging the mind forces it to expand its capabilities. Learning, thinking and problem solving are the keys to exercising the mind.

One way to strengthen the mind is through learning new and interesting things. This can be anything: studying for a degree, learning a musical instrument, learning to play chess, or learning anything that is mentally challenging. A simple way to strengthen the mind is through memorization. Memorizing poems, Shakespeare, prayers, literature and facts is an effective way to exercise the mind. This also provides an opportunity to load ones mind up with good quality material.

The contents of memory, what is put into ones mind, affects the subtle energy radiations produced by the mind. This has a similar effect as the quality of the food

one eats. Good quality material produces good quality energies that do not attract or interest negs. And the reverse of course applies.

The mind is a peculiar animal that sometimes develops peculiar problems. While good internal housekeeping, i.e., facing and dealing sensibly with problems, can do much to foster mental health and reduce the likelihood of neg. interference, sometimes expert help is necessary. An trained psychotherapist can help one unravel and heal ones internal problems. Seeking expert help should always be considered when problems arise that do not respond to personal efforts.

The quality of ones thoughts and fantasies are paramount to inner spiritual existence. They affect all aspects of spirituality. Self-discipline and intelligence can be used to censor and change learned thought patterns that have become habitual. Like developing physical, mental and willpower muscles, ones inner life can be brought under control and a wholesome spirituality developed. Intelligence and conscience are the tools we are all given at birth, to cultivate our inner selves into things of beauty, strength and wisdom.

Ones conscience is a wonderful teacher of spirituality, that is, if one listens to it. In essence, its like having a spiritual guide sitting on ones shoulder. Defying ones conscience defies the gentle influences of ones higher-self; that quietest of all voices. This defiance causes inner stress, guilt and disharmony, all of which are prime neg. attractors.

The best explanation of how conscience and higher-self guidance works, was given to me by an old priest in Sunday school, when I was all of nine years old. He said to imagine I had a little devil on my left shoulder and a little angel on my right, both whispering advice continually.

The little devil works through the ego, urging quick gratification of life's desires, wants and vices. Its pure selfishness, greed, cruelty and cunning. It will do anything to satisfy its desire, no matter whom gets hurt in the process.

The little angel works through the mind, virtues and higher emotions. It speaks for ones spirit, for ones higher-self, and for ones Creator. The little angel points out moral issues and the difference between right and wrong, warning us of potential consequences. It will help satisfy ones actual life needs and goals. But it would rather have us starve than see us steal bread from another. It is unselfish, kind, gentle and wise. This aspect of mind nurtures a high order of moral thought and spirituality.

Another way to look at the above, is to imagine that every vice attracts a little devil to support it, and that every virtue attracts a little angel to promote it. All religions and schools of spiritual discipline promote the ideal that one has to conquer all desires (to become desire-less) and to develop all virtues, in order to attain enlightenment.

Every time one listens to the little angel of conscience, and denies the little devil of desire, one grows a little stronger and wiser. The one ignored the most will grow steadily weaker and quieter. The one listened to the most will grow steadily stronger, louder and more in tune with ones inner self. Eventually, one of these spiritual influences will become totally silent.

But sometimes, just having a conscience is not quite enough, especially when we are young and naïve. As children, our parents and teachers discipline and teach us morality, caring for others, unselfishness, and the often-subtle differences between right and wrong. These are often taught with hard life lessons, provided through

the natural reward and punishment process. But for those whom do not learn these lessons as a child, life has many other ways of teaching them, often far more painfully.

An old saying of mine: "God created the world to train the faithful" is most apt here. Life has an infinite variety of ways to train us. This process seems to continue progressively, life after life after life. Life's lessons, both good and bad, try to teach us to love our fellow beings and to treat them all as we ourselves would like to be treated: fairly and unselfishly, with kindness, love and understanding.

Going against life's lessons, which are dutifully pointed out by conscience, brings disharmony, pain and suffering into our lives. Learning and accepting these lessons in good spirit, having faith in God's eternal wisdom, is sage advice indeed. Living life moderately, good-naturedly and tolerantly of all fellow travelers, with a dash of good humor thrown in, even while struggling under life's slow, rich burden, is the very best advice of all for those aspiring to real spiritual progress.

For spiritual achievement to be realized, some form of hard-life testing is usually required. For example, one might lose everything one possesses to the trickery of thieves. Or a loved one may die, seemingly well before their time. Or one may be inflicted with painful medical conditions. Or ones luck may go bad and everything one touches goes wrong. Hardship may build upon hardship until one literally staggers under life's burdens. Unfortunately, when life treats people unkindly, they often believe God is punishing them. They could not be further from the truth. But if one has the right attitude, painful life testing will only last as long as it needs to last.

There are countless ways life can test us. Its only when the worst happens, when what one dreads the most actually happens, that one actually realizes the serious nature of life. This realization is inherent to real spiritual progression. Many people turn their face from God and all things spiritual at this time, saying "If there were a God, He would never let this happen". This is a profound denial of the greater spiritual reality. This is much like a child turning his/her face from a parent and saying "If you really loved me, you would not punish me." But sometimes parents have to be cruel to be kind.

But why should God not teach us hard life lessons, and why should He not test us sorely? If we do not fall by the wayside, we have the chance to make real spiritual progress? Unfortunately, many people turn inwards on themselves, often becoming bitter and twisted, seemingly to spite and punish God. Or they turn their wrath outwards and live self-serving hedonistic lives, with little love and consideration for their fellow creatures. When this happens, one fails a great life test, which one will probably have to repeat one day.

The above involves a shallow form of spiritual bargaining. One might be honest and say in ones prayers "I will love and believe in you God, just so long as my family and I are never hurt." To put it bluntly, this is a thinly veiled attempt to blackmail God. It shows spiritual shallowness and weaknesses that life will most surely attempt to purge, possibly with many lifetimes of suffering before ones lessons are truly learned.

Spiritual advancement has nothing whatsoever to do with the riches and possessions life provides one with, or the lack of them for that matter. This is a flawed spiritual concept of how life works. But this belief is quite natural for people living in opulent, materialistic societies. Life teaches and tests people with

riches and success, just as it tests with poverty and failure. How one handles and lives through either, and what one does with what one has, is far more important than the number of zeros on ones bank balance. Ones spiritual worth can only truly be measured by the number of smiles ones Soul collects while its visiting here on Earth.

The only things that truly matter are matters of the heart and spirit, of all the burdens one has eased, and all the smiles one has put on the faces of ones fellow beings during ones life. These are the only things that really endure. These sacred spiritual treasures are of immeasurable life-transcending value. Nothing else in this life has much more than temporary lesson value.

There is an old saying that encapsulates these deep spiritual concepts: "No person shall pass through the gates of heaven unless they are leaning on the arm of someone they have helped along the way".

The above is why, when someone develops themselves to an exalted spiritual level, and they stand poised at the very gates of heaven, with all knowledge, wisdom and power finally within their grasp, with a host of angels waiting with a well-earned fanfare of triumphant welcome, true spiritual masters falter and weep. Turning back to their old world below, they finally realize that they cannot in all good conscience leave even one poor soul behind that they might be able to help.

Please do not make the mistake of judging peoples spiritual advancement by their wealth, nor by their psychic abilities. These do not prove spiritual elevation. Psychic abilities can be developed by anyone, with regular bioenergy work and psychic development exercises, maybe with some natural ability backing it up.

Psychic abilities are things of the bioenergy body, not of the spirit. These are things any black mage can accomplish just as well as any saint.

However, while psychic abilities can be natural or developed, they can also be an offshoot of spiritual development. They form a part of the glamour and mystery of life. When they spring up as a result of true spiritual development, they sorely test ones mettle and worth. In themselves, these abilities are worthless distractions when compared with true spiritual evolution.

The wise spiritual aspirant shuns psychic abilities when they first appear. The Sanskrit saying 'Neti, neti' (not this, not that) encapsulates this aptly. In time, as more spiritual ground is covered, with wisdom and stability gained, these abilities return. But they are far stronger and more stable than they would have been, had they been taken up and widely used earlier. These abilities then add to the wealth of life tools available to the spiritual aspirant. They can then be used to help others, and to enhance mystical and spiritual practices. The glamour they generate is thus safely encapsulated by true spiritual intent. The damage they could do to the aspirant's path towards spiritual enlightenment is thereby overcome, for the benefit of all humankind.

Regular meditation (especially trance meditation) and prayer lower stress levels and progressively strengthen spiritual connections. In time, these connections begin positively influencing the subtle energy radiations produced through the act of living. In a way, a spiritual light shines down from above, bathing one in Holy light. This sign of higher spiritual connections, this shining light from above, helps overcome all neg. related problems.

Many people unrealistically rely on spiritual help arriving, by default, should they ever have need it. They like to believe this is their God-given right. But these same people often live with their faces turned away from God and all things spiritual. Waiting for the Ka Ka to hit the fan, before making ones first attempts at establishing spiritual connections, is most unwise.

Turning away from God and all things spiritual, because ones prayers are not instantly gratified, is a profound demonstration of spiritual naivety. I have heard people pray for the first time, out of desperation when all else fails. Often, the prayer goes something like this: "OK God, here's the deal: I'm in serious trouble and really need your help. If you help me out here I'll believe in you and join a church or something. But if you don't help me, then you can go take a jump in the lake, Amen".

Apart from the absurdly unspiritual implications of the above, experience tells me that even if these prayers were immediately answered, this type of person would soon turn their face from God again. This is human nature and old habits die hard. Its easier to explain away spiritual help as coincidence and opt out of such a bargain, than it is to make significant life changes.

Its often been said that prayer is talking to God and meditation is listening to God. Prayer said during meditation combines these two aspects, opening the way for more meaningful spiritual communications. More often than not, communications from above are composed of non-verbal psychic impressions and the stimulation of ones higher emotions. These are often difficult to make any sense of, but the feelings they produce are profound. But in time, as connections strengthen, these simple things become life-affecting outpourings of divine love, succor and sage advice.

The strongest defense anyone can have against neg. related problems is a close personal relationship with ones higher-self and ones Creator. One might call this Creator God, Allah, Buddha, Krishna, Mohammed, Jesus, Higher-Self, Guardian Angel or Great White Spirit; it does not really matter. This is a matter of cultural and religious circumstances, not of truth. Whatever name one uses to call upon The Creator of the universe, one is most assuredly looking in the same direction as everyone else.

One could be truly happy living in a tin shack on the beach, possessing nothing and living on fish and wild berries. One could also be truly happy wandering in a desert, living like an animal and slowly starving. No sane person would choose the latter. Even if, through circumstances beyond ones control, say famine or disease, one is sure to die, one does not have to spend what remains of ones life complaining bitterly about life's terrible sentence. One can instead spend ones remaining hours contemplating the meaning of ones life, while happily anticipating the coming transition into the afterlife.

To get the most value out of life's lessons, one should try and develop ones inner smile. One should strive to become a dispassionate observer of ones mortal life, while inwardly realizing the greater reality of spiritual existence. One must also realize that life is not always such a deadly serious matter. Sure, it has its ups and downs, its hero's and its villains, its joys and its sufferings, but if one has a good sense of the ridiculous and the right attitude, one can get through the whole thing almost sane.

In a way, developing the above attitude involves taking a few inner steps back, and observing life as if one were a character in a role-playing game. This may be drama, satire, tragedy, comedy, documentary, or like most lives, a mixture of all.

No matter what the circumstances of a life, and no matter how tragically it might unfold and end, one should keep in mind that if one performs badly, one might have to repeat it all over again; maybe with some added difficulties throw in for good measure.

Music & The Arts:

Music, the arts and culture can have a profound affect on ones inner and outer realities. Over time, regular exposure to the finer things of life changes the subtle energy radiations produced by the body/mind, elevating them to higher levels. This does not happen overnight, but with regular exposure changes will occur. Art, opera and classical music may not immediately appeal to everyone's tastes, but I have yet to meet anyone that could not find at least some works that appeal to them.

Developing a taste for classical and spiritual music helps build neg. resistance. Negs are repelled by the harmonies produced, and by the atmospheres these build in any area where they are regularly played. Classical music can also be used as an active countermeasure. I have yet to find a neg. that could stay active while, The William Tell Overture, and other such stimulating pieces, are played at high volume.

Books read, music listened to, movies seen, the art hanging on ones walls, all have long term effects on how one thinks and acts. These things are put into ones mind, like copying programs to the hard disk drive of a computer. The conscious mind may forget, or may only remember the essence, but subconscious and unconscious levels of memory remember every detail.

Good quality material fills our inner minds with beauty, grace and character. But bad quality material fills one with images and ideas that undermine ones sense of reality and spiritual truth. The lower the quality of the material, the lower will be the quality of ones subconscious environment, and the subtle energy radiations this generates. This has a direct affect on the dimensional interface, between personal inner-metaspaces and outer metaspaces. The shocking images and memories some low-quality material generates, provides a wealth of material negs can use to torment and obsess.

I am not in any way judging the broader-minded people in the world that chose to devour what I might consider to be poor quality material. It's a big world and everyone is entitled to their own lifestyle choices. However, I would like to point out that poor quality material, much like poor quality food, can have both subtle and not-so-subtle long-term consequences.

Improving physical, psychological and spiritual health, through a progressive course of wholesome self-discipline, and by embracing all that is good in life, while ever improving ones spiritual connections with ones higher self and ones Creator, are the most constructive things anyone could do to improve neg. immunity.

Churches, Worship & Baptism:

Down through the ages, humankind have gathered together to worship God in His many forms. Deep inside us all, group worship is extremely natural. It can be an empowering spiritual experience. A church, any church of any faith, is a specially prepared and sanctified place for group worship. Joining a church and engaging in group worship enfolds individuals in the group mind and higher forces that church

represents. Church life has many protective benefits when it comes to living a neg. free life. It does not matter which religion or church one chooses. All are looking in the same direction. All look to the same Divine Light that shines down on us all.

Baptism is a sacred ritual that dedicates people to God, bringing them under the spiritual protection of God. Unfortunately, in our modern society, many do not baptize (Christen) their children, thinking its a meaningless dogmatic exercise. But by all that I know, baptism is a wise thing to have done, for oneself and for ones children. Think on baptism as something like an anti-neg. inoculation. While this does not provide perfect protection, it helps reduce ones chances of catching neg. related problems.

The essential difference between baptized and unbaptized people is similar to the difference between Holy Water and tap water. Holy Water is dedicated to and therefore connected with higher spiritual forces. Holy Water has strong anti neg. protective properties. Ordinary tap water has only its natural protective properties.

Being baptized, attending church and bathing in Holy Water each day, will not offer perfect protection against all potential neg. related problems. For that matter, no single piece of advice or countermeasure given herein offers a perfect neg. free solution either. However, when combined and used intelligently these will provide significant protection.

White Light Shields

Robert Bruce

This article grew from an informal reply to a simple question posed to me some time ago. The question was: "Please explain why you say that purity of spirit and calling down the white light are not enough for spiritual protection?"

Where to start? First, please understand that I have extensive firsthand experience in this area, helping many people suffering various kinds of psychic and demonic attack; as well as coming under fire myself on countless occasions. I do not say what I am about to say in order to undermine your personal confidence in any way; but simply because you have posed the question. You also do not have to accept what I have to say; that being entirely your prerogative.

Purity of spirit on its own does not offer any realistic measure of defense. The best way to illustrate this point I think is to cite my work with children. I have seen many children (*even babies under 9 months of age*) come under major psychic and demonic attacks. By large, most of these children lived in good homes, with loving, down to earth, clean-living parents; not drunks, druggies, occult dabblers or even New Age type believers: your average healthy skeptics. In the early days I experimented a great deal using popularly accepted defensive measures, like visualized White Light et cetera, and found them virtually useless in field situations. Now while I have found some ways to help others (*even children and babies*) if purity in itself were an effective defense, then children would never come under any kind of psychic or demonic attack in the first place, i.e., children are pure, especially babies. But attacks like this are becoming extremely common today; far more common than anyone might imagine, or that I like to think about.

Purity in an adult, however (*an extremely rare thing indeed*) does offer some measure of defense as it raises certain Belief System Shields that denies the existence of negative inorganic beings. Purity also raises the vibrations of adults, making it even more difficult for the negatives to gain access to them. In a nutshell: purity of body, mind and spirit in individuals does not provide the negatives with any significant amount of raw material to work with, psychologically speaking. Purity and spiritual development does not provide any internal 'shadows' that negatives can use to attach, hide and exist within a person's mind.

In a similar fashion, total ignorance and disbelief of all things metaphysical will offer a reasonable belief system type of defense, effectively working against (*or unmaking*) negative energies as they try and manifest. This is why more scientific, skeptical types of people tend to experience far less by way of paranormal manifestations than do more open minded believers.

Both the above types of defensive aspects (*white light and purity*), however, offer only limited defense against direct incursions by low order negatives and their manifestations, i.e., the more brutal and unsophisticated types of inorganic beings. More intelligent negative types, however, get around these fairly easily if the intelligence and metaphysical knowledge of victims are not combined with at least some measure of spiritual purity; developed or natural.

Long-term psychological conditioning is the general method employed by negatives, although an experienced negative can make a great deal of headway (*conditioning a new subject/victim*) in a very short time indeed, by directly implanting control devices in their mind. Controlled ego and purity (*the very best you can do and can be*) plus knowledge and intuition, when combined, offer

formidable barriers. This is, of course, as long as persons concerned were not previously conditioned by negatives during their childhood. In a way, once persons have been cracked open and invaded by negatives, instructions on how to gain access to that person are tagged onto their aura; for any interested negative to read. This last does not prohibit personal security nor the use of effective self-defense measures: it just makes things a little more difficult.

By large, if victims lack experience and knowledge, attacks by negatives must be weathered and endured until they run out of steam; which they usually do after a few weeks. Although with wisdom gained most attacks can be fought and their duration significantly shortened; until enough experience and knowledge is gained to offer more effective shielding. There are some effective ways to defend yourself which are not commonly known today. And weathering attacks also causes forced bio-energetic development; which in a way grows etheric callouses around one. Experience also promotes the development of wisdom, through necessity, which can lead you to the gleaning of inspirational occult knowledge from within.

All knowledge rests within us, not without. You only have to look within and ask the right questions and the answers will be given. This is providing that all things are equal, and that an aspirant's foundation belief system will allow the internal manifestation of the necessary occult knowledge. Unfortunately, it is my observation that most people today blind themselves to this inner wisdom by constructing overly-elaborate foundation belief systems that are not based on personal experience, logic and reason.

Now, to the White Light question: by 'white light' you mean 'visualized white light' which is a popular visualization technique (*visualization being more accurately described as imagination*) used to visualize white light as surrounding yourself as a

protective measure. The end result of this is that you are in fact surrounding an imaginary version of yourself with imaginary white light within your mind's eye; with all the connotations implied by the word 'imaginary'. You are not actually 'calling down' any kind of magical force or energy powerful enough to protect you from negative invasion. If you believe you have succeeded at doing this, I suggest supposed results were coincidental with perceived outcomes; as hard experience tells me otherwise. To my way of thinking the visualized white light self-defense method is more placebo than anything else. This is much like how children ease their fear of darkness by hiding under their bed covers: it doesn't make their room any lighter, but it makes them feel better anyway.

The white light you speak of most definitely does exist. But this is generally only perceived after long term spiritual development. And while this light does begin to surround you (*in a sense*) in the astral once you attain a certain level of development, it is not a force, per se, that can be 'called down' or used or manipulated in any direct way. It can though, manifest more strongly (*albeit temporarily*) during mystical experiences, if you can connect strongly enough with your higher-self. This in effect raises your vibrations to a higher level, a level where the white light can be perceived as a tangible and visible force.

Under this circumstance White Light will most definitely offer an effective defensive shield: totally impenetrable. It can be said when the white light is perceived within your mind's eye as flooding down from above, that your vibrations have been raised to a level where negatives cannot directly affect you; with there being way too much positive energy surrounding and permeating your being to offer any exposed portion that can be taken advantage of by negative inorganic beings of any caliber.

The difficulty here, of course, is with holding a vibrational / mystical state of purity strongly enough, and for long enough, to be effective. In most cases once your guard drops the attack simply begins anew. And if the negatives cannot get at you directly, they will try and get at you through all the people around you. They will use them to cause upset and disharmony in your life until they pull you down off your high horse (*your vibrational level*) to a point where you are once more exposed to the unkind ministrations of the negatives.

And to make matters even more difficult, the more pure and spiritually developed a person is (*especially if they are actively working towards real spiritual advancement*) the more attention they will attract from the negatives to pull them down. In other words, the potential of any aspirant generates their level of negative opposition, plus their level of positive assistance, as set by karmic law. This is the natural way of things, and is part of the reason why real long-term spiritual development is so difficult. And this is also why those that achieve any significant level of spiritual / psychic development usually live fairly difficult lives, or have a painful past.

Mega Salt Baths

Removing Negative Energy & Entity Attachments

(C) by Violet Sky

(with Robert Bruce as consultant)

Salt has been used in healing for centuries to treat respiratory illnesses, fevers, wounds, and skin diseases. Also, energy healers have recommended salt baths to help cleanse negative energy from people's aura. Usually only a few tablespoons or cups are used for such baths. However, we have recently discovered that salt baths can help people with serious negative entity attachment or possession problems. The difference is much more salt is required. This tutorial discusses how to prepare a mega salt bath and the value of salt for people suffering from serious negative energy or entity problems.

***Warning!** Do not do mega salt baths if you have kidney, liver or heart problems. You may wish to consult your doctor prior to taking a mega salt bath, if you have low blood pressure, liver, kidney, or heart problems. Drinking alcohol can greatly dehydrate your body and cause low blood pressure. Never take mega salt baths if you are dehydrated. A doctor should be consulted before giving any child a salt bath."

Salt Bath Procedure:

What you need:

- At least 4 kg (8.8 lbs.) of coarse crystal salt to start with (Crystals 1/8th of an inch in diameter or more), preferably sea salt. You can raise or decrease the amount of salt used in the bath based on your needs. You want something that will not dissolve too rapidly. If sea salt is too expensive you can use pickling salt or salt used in swimming pools. The important thing is that it be in a coarse or chunky crystalline form.
- Tea towels and older towels you do not mind submersing in the bath tub.
- A snorkel (if you want to totally submerge your head)
- If you would like some ambiance get out some candles and nice music.
- An hour or two of your time.

The Procedure:

*Caution: this procedure is not suitable for children under the age of 10 years because of dehydration risks.

*Check with your doctor if you have liver, kidney or heart problems and make certain you drink lots of water before and afterwards.

*Do not drink alcohol before or during mega salt bath. This increases the risk of dehydration.

Step 1: Drink a large glass of water or Gator Aid. Gator Aid is best. Have water on hand to sip during the bath. Eat a banana before the bath, as this also will help stop dehydration.

Step 2:

Draw a bath. You might have to be in it for a while so give some room to add more hot water to keep the bath at a comfortable, relaxing temperature.

Step 3:

If you have negative energy problems concentrated down your back, it is helpful to lay an old towel on the bottom of the bath tub. Pour 2 kg (4.4 lbs.) of salt over the towel. The towel will help keep the salt crystals in place so they do not shift around on the bottom of the bath tub. Also the towel will help press the crystals up against the skin on your back. It is important that there be close skin contact with the crystals.

Step 4:

Before you lay down in the tub grab some tea towels and wet them. Pour salt on these and wrap them around any parts of you which will not be submerged in the salt water or around parts of your body that you notice have particularly high concentrations of negative energy. Pour the remaining salt from foot to chest.

Step 5: Shower or rinse with fresh water afterwards. This is important as salt on skin will cause dehydration.

*Have plenty of water on hand to sip during the bath.

Notes about covering the head:

You can use the wet tea towel technique to keep salt in close contact to your neck and head. If your biggest energy problems are around your head you may also wish to submerge the head and breathe through a snorkel. This is extreme, but a valuable option for some.

Cautions:

(1) These large quantities of salt in a bath can be dehydrating. It is advisable to drink a large glass of water or Gator Aid prior to the bath. Also, if you start feeling dizzy get out of the bath tub, reduce the heat of the bath and have another glass of water. It is unlikely you will have problems but if you have very low blood pressure or heart problems you may wish to consult your doctor first.

(2) Salt can sting the eyes. In the event that salt does get into your eyes rinse your eyes out with fresh water from the tap for several minutes.

(3) If you have a septic field beware that large amounts of salt can cause problems for a septic field, especially if it is located in clay soil. The salt can bind with the clay and the porosity of the septic field lost. In this event the entire septic field may have to be dug up at great cost. Dumping into a city sewer system tends not to be a problem since there is a great deal of dilution down the sewer line.

(4) Heavy salt baths do affect the pH (alkalinity). For women this can increase the risk of vaginal yeast infections. A vinegar or garlic water douche after the bath can help avoid this problem.

(5) If you have medical problems, specifically, liver, kidney or heart problems, check with your doctor first.

(6) Do not drink alcohol before or during a mega salt bath as this increases risk of dehydration

(7) Showering after mega salt bath is very important to reduce risk of dehydration.

Case Histories:

Please note that names have been changed for privacy.

#1: Violet's Case, which started it all:

One day after doing distance healing on a particularly difficult negative entity attachment case, a great deal of fiery electric negative energy ended up on my hands, arms, feet and legs and chest. I had been overworking myself and was tired at the time. I decided to take a bath and deal with this problem later.

Then I noticed a large bag of sea salt behind the bathroom door. My husband occasionally took salt baths. I decided to see just what salt could do. Normally, small amounts of salt are used for salt baths. Instead of using a small amount, I poured half of the 2 kg (4.4 lb) bag over my feet and legs and then the other half on my chest. I then grabbed salt crystals in my hands and crossed my arms over my chest ensuring lots of contact with the wet salt crystals. I was very impressed with the results. All the negative energy sensations stopped within a few minutes of

laying there relaxing. I then showered to wash off the excess salt.

After this experience, I asked the women, Cindy, who I had been distance healing that day to try a mega salt bath. She too found surprising results and continues to find the salt baths helpful. Cindy later reported that sea salt was more effective than pickling salt. She also reported that during her first heavy salt bath, with salt crystals poured on her chest, feeling a major uncoiling and release of an uncomfortable negative energy, which was inside her heart chakra.

It was also discovered after several more cases, that when large amounts of negative energy were involved, more salt and longer bathing times were required to feel significant relief. So, if you need to be in the bath for an hour or more you may want nice ambient music and candles to help you relax and enjoy your stay.

#2: Karl:

Karl, a male in his early forties was complaining of severe pain in all his joints and vertebrae. He was growing increasingly concerned because the pain was now spreading to his internal organs. Stomach, intestinal and heart pains were growing in intensity. On visiting medical doctors and after blood tests, orthoscopy and a battery of tests no physical cause could be found for his internal organ pains. Karl started growing increasingly concerned and was willing to try alternatives.

This individual had suffered several severe emotional traumas in his life and negative energy and entity attachments were strongly suspected. Karl was receiving energy body healings. The healer noticed two large lumps, suspected

attachment points. A two inch diameter gristly lump was around Karl's third vertebrae and a larger six inch gristly lump was located in the middle of his back. The healer sensed sharp energies, which felt like stinging nettle and less often large electrical shocks.

The energy body healings were helping but Karl needed an additional way to help himself on stressful days. We asked him to try the mega salt baths. He noticed they helped and increased the effectiveness of his energy body healing sessions. The baths helped him to lose less ground between healings.

The following things were noticed by Karl while taking salt baths. During the first 4 lb. sea salt bath he felt a significant decrease in pain. Towels were used to keep the chunks of sea salt in direct contact with the lumps on Karl's back and neck. Bizarre sensations and energy shifts were felt inside these lumps while the wet salt was in contact with them. The lump on the neck noticeably decreased in size during his first bath. Karl even heard occasional sizzling sounds associated with the energy movements and sensations in the lump on his neck. His second sea salt bath also provided significant relief and reduction in size of both lumps. This indicates heavy salt baths could weaken attachment points.

During a third bath, 8 lb. of pickling salt was used. Karl was given – using laying of hands – an energy healing while taking this salt bath. The results from combining energy healing with a salt bath are very promising. Approximately thirty minutes into the bath, a huge energy shift was felt within Karl as if a large weight had been lifted off of him.

After this bath Karl started noticing other things. When a person is in a great deal

of pain, it is difficult to notice small shifts in pain. However, he now started to notice that the pain shifted to spots not covered with salt. For example: Karl would suddenly feel pain shoot to his tooth. When he put wet salt in his hand and placed this on his cheek, the pain dissipated within half a minute.

Later during other baths he noticed that the spots he usually felt the most pain in started throbbing and pulsing. After an hour of being in the tub the throbbing spots started to buzz then itch before finally ceasing to have any sensation. Longer bath times were requested. Karl did this and noticed he required 1.5 hours in the tub to reach a point where all negative energy sensations stopped.

Karl still benefits from salt baths after a particularly stressful day at work. His recovery has been excellent. The lump on his neck has completely disappeared and the lump in the middle of his back is half the size it was.

Salt Notes:

Placing salt in plastic bags was also found to help people suffering from heavy negative energy attacks. If the plastic bags are sturdy enough, they can be placed in the bottom of shoes and worn throughout the day. If night attacks are a serious problem a person can fill plastic bags with salt and pack these around the areas where attacks are felt most severely.

Common night attack locations are the feet, hands and major chakras. Loose socks or even knee high nylons can be used to keep the salt bags in place while a person sleeps. It is important to note that the salt in the bags should be replaced regularly.

Fine table salt seems to work best in the bags since it distributes nicely in the bags and is less lumpy to sleep on.

A heavy solution of salt water, brine, can also be added to hot water bottles. These can be used in bed.

Salt packs and bottles can be used two or three times, depending on strength of negative energy. But, always replace or refresh after a major attack.

Mega salt baths show their greatest potential when combined with a healing done while the person is in the salt bath. But that the salt bath on its own does help the person weaken the attachments over time and makes life much more liveable. The most important thing is to keep up the salt baths.

A salt bath is something that can be done in the dead of winter (unlike garden hose) and may be easier for some people to do than the shower + white light visualization from PPSD.

ends.

Reincarnation

Robert Bruce

Reincarnation is in my opinion an overly simplified concept, designed to be easily understood and accepted by the general population. But the theory of reincarnation falls down sharply when closely examined. That is, if you understand how standard linear time sense behaves in higher dimensional levels, i.e., time sense fluctuates. As far as it goes, the theory of reincarnation is clear enough to explain some very complex esoteric matters in a simple way; without giving people headaches whenever they think about it. It also allows for the illusion of the continuation of present consciousness, unchanged and progressive, with only an occasional memory loss to mar its course; marking the division between each Re--Incarnation. This makes it easy for people to accept the bones of the incarnation process. It gives them the benefit of a rational afterlife belief-system containing the simplified essence of the whole truth. This allows a measure of independence and security, and a reassurance of the continuance of self, i.e., life after death and reincarnation = a kind of immortality theory that people can easily accept and relate to.

But the whole truth of reincarnation is so extraordinarily complex it is not so easily grasped.

At the top of the dimensional structure is ONE consciousness. A SINGLE mind (*call it universal consciousness, The Great White Spirit, the mind of God: pick one?*). Or split it into three if you like: Father, Son & Holy Spirit, or many more if you prefer the demigod perspective, i.e., Hindu beliefs, etc. However you conceive this structure, at the top of it all rests a single consciousness: the original spark of consciousness that created and is continually creating the entire multi-dimensional

universe we call home. But grasping and relating to the ONE is not an easy thing to do. The ONE is so far above our understanding of what consciousness is, it becomes incomprehensible to the human mind: except of course in the abstract; which is the only realistic way this can be perceived and related to. The most popular way of relating to the ONE is through abstract simile, i.e., God is like the father of all fathers, or, God is like the mother of all mothers, et cetera.

Beneath the ONE are layers of consciousness (*relating to subtle dimensional levels, i.e., the astral dimension, mental dimension, etc*) where the ONE fragments and splits into multiple parts, with each lower layer splitting again and again into many more layers and parts, and so on, until you get to the physical dimension, the dimension of Maya, the dimension of solid illusion where we as energy-cum-physical beings can experience the limitations of the physical universe through our physical bodies. This, in a way, makes us human beings the myriad eyes, ears and consciousness' (*in the physical dimension*) of the ONE great universal mind above us.

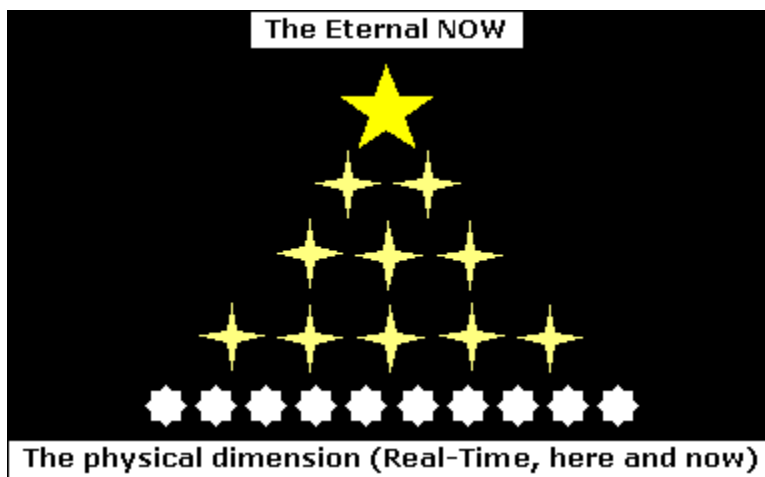
At the very top of the dimensional spectrum, at dimension ONE, there is NO time. Mystically, this is understood and experienced as The Eternal NOW. This means there is NO TIME. There, time does not exist and everything, the past, present and future, are happening all at once in the eternal NOW. Every layer beneath this takes on a little more time sense (*steadily increasing in time sense*) until we get back down to the physical dimension; to our Real-Time dimension of solid illusion (*our normal physical universe*) where time becomes relatively linear once again.

To support this: whenever you experience higher dimensions, say during OBE, you will always notice a significant variability in time; in your sense of time passing during each experience. Modern physicists are already working mathematically in

several different dimensions above but related (*or linked*) to the physical universe. The great physicist Einstein stated that at some point in the dimensional spectrum there must be a point where time does not exist, where past, present and future coexist simultaneously.

I have traveled to and experienced higher dimensional levels where there is NO concept of time at all. But the sensation and perception of time passing is also quite variable in the physical universe, and time sense is entirely relative to your state of mind. Look at how time flies when you are happy, say when you are spending time with someone you love. But oh how it drags and drags like a heavy stone while you are bored, or while you are waiting or experiencing something you dislike.

In a way this can be likened to a simple pyramid structure:



The above diagram shows the ascending and descending layers of the ONE consciousness, splitting into more and more parts as it descends into the real time universe (*the here and now*). Each part of the layers directly above the physical dimension can be more easily related to, if you consider each as being an Overself or Oversoul, or Higher Self (*pick one?*). In our dimension, each of these split into

many separate parts (*hundreds or even thousands of people; how many is unknown*). And if you take into account this flow of multiple consciousness units from above, from the eternal NOW, it is also likely this spreads throughout all of time and space: possibly with each Oversoul splitting into countless people; all who have ever lived in the past, all those living in the present, and all those that will live in the future. The bottom line is that these are all living simultaneously in the shadow of The Eternal NOW. And if you also take into account the countless worlds in our universe that probably contain many other race, not to mention a plethora of parallel universes, the mind simply boggles. And yes, I think I am definitely getting a headache at this point!

If you look closely at and ponder the mind-split effect (*see Astral Dynamics, or The Treatise on OBE parts 7 & 8*) you'll see before you the underlying principle of incarnation at work. As above so below. And if you apply the mind-split effect to incarnation, you'll see the ONE great mind splitting and reflecting (*or incarnating*) into many billions of parts, into many billions of people.

Now, if you take the above as read, you will see that the linear concept of reincarnation is just a little off the mark in explaining the higher nature of reality. It leaves too many questions unanswered and has too many holes in its logic. Its way too simplistic an explanation to fit the enormity underlying the reality of incarnation.

In my opinion, what is really happening is this:

We are all essentially a part of the ONE at the very highest level of consciousness. There is NO time at the top (*or you could say there is ALL time at the top*) so everything happens in the eternal NOW. Therefore, logically, a single person

would incarnate throughout time: past present and future, living and experiencing multiple lives. But these are lived all at the same time, all at once, all in the eternal NOW. And therefore, if all lives are lived at once, then it is also likely each 'person' incarnates many times in the same timeframe, i.e., that you are incarnated many times in the present, and are living many different lives simultaneously in this present time, in the present NOW. This also applies to the past, present and future; meaning you are now currently living throughout all time. Scary concept maybe, and definitely headache material, but its also extremely logical.

I believe the above, with a healthy application of like-attracts-like and opposites-repel, also accounts for what are commonly called Soul Mates. Individual incarnating spirits would logically attract like-minded spirits to them from among their own spectrum of incarnating brethren, i.e., from among those incarnating from their own shared Oversoul.

The Buddhist concept of the Overself is fairly accurate in describing what is happening at a higher level of consciousness. This is a step up from the simpler concept of linear incarnation, living life after life, as taken for granted by most NewAge people today. Although the Buddhist theory also includes linear reincarnation, you will find there are many gray areas between fact, theory and experience.

Past life memories...or past life associations?

In my opinion these may be caused by closely related links (*call it a soul family clan*) between some spirits contained within a single Oversoul unit. These links are not limited nor divided by our primitive concept of linear time, but are all connected through the higher soul clan in the eternal NOW. They are all existing

simultaneously at the higher level where they connect. Therefore, when a person remembers or feels connected with, or affected by, dramatic events from what is considered a past life filtering through into their present reality; these events are actually happening right now, in the eternal NOW. This may account for why these links can be so keenly felt. Even though the actual events that are affecting or being felt as stemming from a past life that may have happened thousands of years ago, it is actually happening right now, in the eternal NOW. And this goes a long way toward explaining why past life memories can have such a profound effect on us.

I think past life experiences can also be felt and experienced (*shared*) in varying degrees, by all the individual members of a closely related soul clan. They are not remembering events that happened a very long ago, they are being 'felt' and experienced by all parts as if they were actually a part of that other time, as if these events were happening NOW.

The above hopefully sheds some new light on the ancient but little-realized belief that we are all brothers and sisters in spirit, all God's children; regardless of sex or race; or even of species for that matter. Ultimately we are all ONE at the highest level, all ONE in the eternal NOW.

The Popular Model Conundrum

Robert Bruce

Many popular beliefs concerning the nature of Karma, spiritual reality, good and evil, stem from seeds planted by early channeled information and books on the same, from the late nineteenth and early twentieth centuries. These have a perpetual influence upon contemporary New Age spiritualist thought. The works of Allan Kardec, "The Spirits Book", and, "The Mediums Book" (1898) reputed channeled by spirits of high degree, are prime examples.

Early Channeled Information:

The spirits quoted in Kardec's books clearly state that there are no such things as pure evil spirits, demons or devils, and that the possession of humans by evil spirits cannot occur. They also claim that the practice of all forms of magic and witchcraft are ridiculous, and that exorcism rituals (performed by the church or otherwise) are the ineffectual playacting of deluded human minds; laughed at by all spirits. But my hard life experience totally contradicts these statements. I do not criticize Allen Kardec, who was obviously a sincere and intelligent man. But its my considered opinion that some of the spirit statements and precepts offered by these books, and many others like them, are misleading if not downright untruthful.

Some questions and answers from Kardek's: 'The Spirits Book:'

Spirit Question 131: Are there any demons in the usual acceptance of that term?

- **Spirit:** "If demons existed, they would be the work of God; but would it be just on the part of God to have created beings condemned eternally to evil and to misery? If demons exist, it is only in your low world, and in other

worlds of similar degree, that they are to be found. They are the human hypocrites who represent a just God as being cruel and vindictive, and who imagine that they make themselves agreeable to Him by the abominations they commit in His name."

Note: in the above statement, the spirit appears to be referring to living humans that practice various forms of Devil worship, and/or to X human earthbound type spirits.

Spirit Question 473: Can a spirit temporarily assume the envelope of a living person -- that is to say, can he introduce himself into an animate body, and act in the room and place of the spirit incarnated in it?

- **Spirit:** "A spirit does not enter into a body as you enter into a house. He assimilates himself to an incarnated spirit who has the same defects and the same qualities as himself, in order that they may act conjointly; but it is always the incarnate spirit who acts at his pleasure on the matter with which he is clothed. No other spirit can substitute himself in the place of the spirit who is incarnated in a given body, for a spirit is indissolubly united with his body until the arrival of the hour that has been appointed by Providence for the termination of his material existence."

Spirit Question 474: If there be no such thing as 'possession,' in the ordinary sense of that term - that is to say, cohabitation of two spirits in the same body - is it possible for one Soul to find itself dominated, subjugated, obsessed by another Soul to such a point as its will is, so to say, paralyzed?

- **Spirit:** "Yes; and it is this domination which really constitutes what you call possession. But you must understand that this domination is never

established without the participation of the spirit who is subjected to it, either through his weakness, or his free-will. Men have often mistaken for cases of possession what were really cases of epilepsy or madness, demanding the help of the physician rather than of the exorciser."

- Two explanations Kardek gives to support the above spirit statements:

Footnote by Kardek: The word possession, in its common acceptance, presupposes the existence of demons - that is to say, of a category of beings of a nature essentially evil, and the cohabitation of one of those beings with the Soul of a man in the body of the latter. Since there are no such beings as demons in the sense just defined, and since two spirits cannot inhabit simultaneously the same body, there is no such thing as 'possession' in the sense commonly attributed to that word. The word possessed should only be understood as expressing the state of absolute subjection to which a soul in flesh may be reduced by the imperfect spirits under whose domination it has fallen.

Footnote by Kardek: The 'weakness' which sometimes brings a human being under the power of spirit-tormentors, despite the strenuous resistance of his will, is always the punitive and expiatory result of his own wrong doing, either in this present earthly life or in a former one.

Spirit Question 467: Can we free ourselves from the influence of the spirits who incite us to evil?

- **Spirit:** "Yes, for they only attach themselves to those who attract them by the evil natures of their thoughts and desires."

Spirit Question 470: Have the spirits who seek to lead us into evil, and who thus put our firmness in rectitude to the proof, receive a mission to do this; and, if so, are they responsible for the accomplishment of such a mission?

- **Spirit:** "No spirit ever receives a mission to do evil; when he does it, he does it of his own will, and, therefore, undergoes the consequences of his wrongdoing. God may let him take his evil way, in order to try you; but He does not command him to do so, and it is for you to repel him."

Spirit Question 471: When we feel a sensation of vague anxiety, of indefinable uneasiness, or of interior satisfaction, without any assignable cause, do these sensations proceed simply from our physical state?

- **Spirit:** "They are almost always an effect of the communications which you unconsciously receive from the spirits about you, or which you have received from them during your sleep."

Spirit Question 489: Are there spirits who attach themselves to a particular individual, in order to protect and help him?

- **Spirit:** "Yes, the spirit brother; what you call the spirit protector, or the good genius."

Spirit Question 491: What is the mission of a spirit protector?

- **Spirit:** "That of a father towards his children - to lead the object of his protection into the right road, to aid him with his counsels, to console him in his afflictions, and to sustain his courage under the trials of his earthly life."

Author's Note: spirit protector is an antiquated term for Spirit Guides.

Spirit Question 492: Is a spirit protector attached to an individual from his birth?

- **Spirit:** "From his birth to his death; and he often follows him after death in the spirit-life, and even in several successive corporeal existences; for these existences are but very short phases of his existence as a spirit."

Spirit Question 511: Is there, besides the spirit guardian, an evil spirit attached to each individual for the purpose of exciting him to evil, and thus of furnishing him with the opportunity of struggling between good and evil?

- **Spirit:** "It would not be correct to say 'attached.' It is very true that bad spirits endeavor to draw you out of the right road, when they find an opportunity of doing so; but when one of them attaches himself to an individual, he does so of his own accord, because he hopes to be listened to. In such a case, there is a struggle between the good spirit and the evil spirit, and the victory remains with the one to whose influence the man has voluntarily subjected himself."

Spirit Question 553: What is the effect of the formulas and practices by the aid of which certain persons profess to be able to control the wills of spirits?

- **Spirit:** "Their only effect is to render such persons ridiculous, if they really put faith in them; and, if they do not, they are rogues who deserve to be punished. All such formulas are mere jugglery; there is no 'sacramental word,' no cabalistic sign, no talisman, that has any power over spirits; for spirits are attracted by thought, and not by anything material."

If you carefully examine the above extracts, you will see possibilities of erroneous seeds being sown into the public mind. Over the many years since, these fruit of

these seeds have greatly influenced contemporary New Age spiritual thought. I refute many of the above spirit statements through personal experience, logic and reasoning. Note that the actions of bad spirits, affecting, attaching to or obsessing people, are never said to result from a divine mission to enact Karma.

Note the disclaimers where the above spirits say that possession (deemed obsession) cannot occur without either the consent or wrongdoings of the victim, in this life or in previous lives, and, that bad spirits can only attach themselves to those who attract them by the evil natures of their thoughts and desires. These cover just about every conceivable possibility of bad spirit entities abusing humans, justifies all cases of 'obsession' and puts the blame squarely upon victims. This is not only an illogical and unworkable model, its very unfair to victims. It offers no hope and succor, nor resolutions to dark supernatural problems.

Contemporary Channeled Information:

As said, early channeled information (as given by Kardek) continues to influence New Age spiritual thought today. Early channeled information contributed to the precepts upon which the contemporary New Age spiritual model was developed. All today's channels have beliefs, which have been greatly affected by beliefs seeded by early channeled material.

Because of the delicate nature of channeling, any modern spirit would have serious problems passing glaring contradictions of popular New Age beliefs through their respective channels. I think it more than possible that such spirits are forced to work within this erroneous and stifling conceptual framework, if they are to be taken seriously and not rejected. And as long as these errors in belief continue to hold widespread popularity, this situation will undoubtedly continue unchecked.

Examples of the propagation of early channeled ideas can be found in most modern channeled books. The following spirit quotes come from the book, "Seth Speaks: The Eternal Validity Of The Soul" channeled and written by Jane Roberts. I chose this book as a modern example, simply because it happened to be laying on my desk this morning. I have no idea how it got there.

Please understand that my intention here is neither to decry nor insult the author, channel or spirit who produced this book, nor any books of similar content. My intentions are without prejudice. But I have serious questions that need serious answers, and I make no apologies for asking them. I am simply asking for reasonable explanations as to why repeated hard life experience (mine and that of many others) contradicts some of the channeled information upon which the New Age model of spiritual reality was founded.

Following are some quotes from the book, *Seth Speaks*, by Jane Roberts

Seth Speaks, page 162:

"Quite simply, a belief in the good without a belief in the evil, may seem highly unrealistic to you. This belief, however, is the best kind of insurance that you can have, both during physical life and afterwards."

"It may outrage your intellect, and the evidence of your physical senses may shout that it is untrue, yet a belief in good without a belief in evil is actually highly realistic, since in physical life it will keep your body healthier, keep you psychologically free of many fears and mental difficulties, and bring you a feeling of ease and spontaneity in which the development of your abilities can be better fulfilled."

Seth Speaks, page 238:

On the one hand, quite simply and in a way that you cannot presently understand, evil does not exist. However, you are obviously confronted with what seem to be quite evil effects. Now it has been said often that there is a god, so where must be a devil - or if there is good, there must be evil. This is like saying that because an apple has a top, it must have a bottom - but without any understanding of the fact that both are a portion of the apple."

"You must understand that each mental act is a reality for which you are responsible. That is what you are in this particular system of reality for. As long as you believe in a devil, for example, you will create on that is real enough for you, and for the others who continue to create him."

"Because of the energy he is given by others, he will have a certain consciousness of his own, but such a mock devil has no power or reality to those who do not believe in his existence, and who do not give him energy through their belief. He is, in other words, a superlative hallucination. As mentioned earlier, those who believe in a hell and assign themselves to it through their belief can indeed experience one."

"This hallucination is created, therefore, out of fear and out of restriction. The devil idea is merely the mass projection of certain fears - mass in that it is produced by many people, but also limited in that there have always been those who rejected this principle."

Seth Speaks, page 239:

"The light-and-darkness contrast presents us with the same kind of picture. The good was seen as light, for men felt safer in the day. The evil was therefore assigned to nightfall. Within the mass of distortions, however, hidden beneath the dogma there was always a hint of the basic creativity of every effect."

"There are, then, no devils waiting to carry anyone off, unless you create them yourself, in which case the power resides in you and not in the mock devils."

Conflicting Evidence:

Early New Age spiritualist thought began focusing on good and denying the existence of evil and evil beings for very good reasons. The first would be the lack of church support caused by the New Age spiritualist shift away from organized religion, and away from a historical perspective of evil. Lacking the knowledge to understand evil spirits, and with no effective procedures to counteract and protect against them, extremely uncomfortable belief system insecurities arose. Its far easier to deny evil, focus on the good and work around the problem by creating beliefs that foster security. This is a protective attitude that makes the most of natural mental shields. The quotes from Seth given above seem to agree with this but do not elaborate. This may have been an attempt to work around the popular model problem, in that Seth seems to be giving practical advice to avoid and disempower evil spirits, but without openly acknowledging their existence. Seth, like all channeled spirits, may have been forced to conform to the heartfelt beliefs of his living channel, and of his intended audience.

Glaring contradictions arise if one attempts to explain away or assimilate the evidence I am about to offer, or to answer the questions that arise, using popular

New Age models of spiritual reality. This assimilation is logically impossible, no matter how far one stretches and modifies the framework of the popular model. Please keep an open mind here, as the evidence coming up stems from the real-life experience and suffering of many innocent people.

I have seen babies as young as nine-months-old under strong, direct psychic attack from unquestionably evil spirits. I have seen toddlers attacked, overshadowed, possessed and tormented. I have stood in nurseries and seen manifestations (visible to the naked eye) that would make a normal person's hair turn gray. By large, these children came from decent but usually non-religious families, i.e., with no dabbling, substance abuse, or other possible lifestyle neg. attractors being involved.

I once became possessed myself and was almost killed, while trying to exorcize a powerful entity from a five-year-old boy. I have also seen animals attacked, even possessed and driven mad by negs. I know the past life Karma explanation can still be used to cover most of this, but this does not make any sense at all. There is no truth nor justice in this model. One could sit and argue this point until the cows come home -- hard life experience versus popular belief. But such dogmatic philosophical debate does not help understand these things any better, nor does it halt the human suffering.

Over the years, many knowledgeable spiritual teachers I have consulted with on these matters have suggested that I not intervene when babies and children are under psychic attack. They have said I should withdraw and allow them to suffer and work out their own Karma undisturbed, because this is the only way their problems can be resolved. But this is something I cannot in all good conscience do. Not when I know I can help such children by applying a few simple

countermeasures that, according to the spirits quoted above, should have no affect at all on spirit beings. These spirits clearly state that no physical action or rite can affect bad spirits, because such spirits are mental beings, thought forms or hallucinations if you like. So, why is it that the vast majority of bad spirits cannot cross running water and are clearly affected by other such physical countermeasures?

Spiritual teachers I have consulted with on these matters have always been sincere and well-intentioned. However, its obvious that my questions concerning babies, very young children and animals with dark supernatural problems, stretch all commonly-accepted explanations and models way beyond their breaking points. The only choices for steadfast believers are either to deny the possibility of the scenarios in question and do nothing, or to blame it on the unfathomably enigmatic mysteries of Karma, and again do nothing. But either course is inherently unfruitful as it involves some measure of dogma and even unreasonable denial of hard, repeatable, experiential evidence.

I have also consulted several reputedly-advanced spirits over the above matters, through their respected mediums (channels) on these same matters. This was done kindly and fairly, following all the rules of philosophical debate and charity. The answers always conform with the channeled information given above. But when I have questioned more closely, citing examples concerning very young children and animals, plus my own extensive hard-life experience with psychic attack, possession and exorcism, the popular model again stretches beyond breaking point.

In all cases, faced with contradictory proof of the popular model, said spirits began contradicting their previous statements and, basically, changing the subject. When this was respectfully pointed out, in all cases, no further spirit communication was

possible. In some cases, the channels of these spirits had great difficulty restoring contact with their spirits. All channels ended up denying my evidence and logic. In their eyes I was at best reduced to the status of a well-meaning but ignorant unbeliever, with much to learn concerning true spiritual reality. At worst I was dubbed an unspiritual, troublemaking liar. I can only conclude from the above experiences that the spirits I communicated with either did not know the truth of the matters in questions, or did not want to discuss them. But all these spirits agreed to a candid and open philosophical discussion beforehand, and all claimed advanced knowledge of metaphysics and spiritual matters, plus access to any and all higher knowledge as necessary. I made very sure these spirits made actual statements on their limitations before proceeding with my questioning. But again, when I questioned the popular model and offered serious hard-life contradictory evidence, they all began acting peculiar and soon withdrew from the discussion. I was kind, courteous and non-demanding, but stuck to my guns throughout. The communication problems arose soon after I began quoting their words back to them (I recorded all exchanges) and respectfully pointed out the glaring contradictions.

One question I posed to each spirit related to the human energy body, about which all claimed intimate knowledge. My NEW Energy Ways system had not been released at this time. But about a hundred volunteers were already proving its worth, so it was not exactly new -- no pun intended. According to their rules concerning the release of new knowledge (which I made sure they stated clearly) they should have been able to freely discuss all these matters.

I first asked about the large secondary energy centers in the feet and big toes, and how better to stimulate these. Their initial response was, in all cases, that this was a trick question. When I offered further proof on the validity of my question, I was

given a curious mixture of replies: the most memorable was when a spirit claimed the big toe centers could be developed into sense organs with the power of physical sight. The suggested training method was to walk blindfolded in the forest at night -- to walk boldly and let your big toes show you the way! Believe it or not I actually tried this, and have the bruises to prove it.

I have known many people to suffer incredibly negative fantasies, urges, pressures and compulsions, often from a very young age indeed. They fight against these all their lives, longing to be good and clean inside so they can live normal lives. But these pressures are sometimes insurmountable, impossible to throw off no matter what they do or how hard they try. By large, such people believe this darkness arises from within their own minds, which is Soul destroying to say the least.

When you consider cases where very young neg. influenced children have their childhoods ruined by obsessive adult sexual dreams and fantasies (where there has been no exposure to adult sexuality, pornography or violence) the case put by these spirits is again stretched way beyond breaking point. Where are the evil thoughts, the preexisting inclinations and weaknesses that are 'supposed' to be the primary bad spirit attractors? Where is the permission factor? The past life Karma explanation can be used to cover these situations, just. But this does not explain the sinisterly machiavellian processes that are all-too-often involved.

It is quite apparent to me, adding my own life experience to over a quarter-century of personal observations, involving dozens of families, that some bad spirits will spend months or even years breaking down children's natural defenses. They then psychologically condition them with psychic, telepathic and hypnotic means. To my way of thinking, this is nothing more than pitiless brainwashing, a sinister machiavellian campaign designed to break open and pollute innocent young minds.

If the past life Karma explanation were entirely accurate (as offered by the spirits above, and as per the popular New Age model) surely there would be preexisting conditions inside newborn babies that would eventually surface to enact any necessary Karma during the living of their young lives. This would surface naturally and, once realized as they grow into older children and young adults, they would then be Karma influenced from the inside to pursue whatever tasks or lessons their lives hold, for better or worse. And when these naturally Karma-induced conditions are realized and acted upon, this could understandably attract bad spirits with similar inclinations and tastes, and allow them to assimilate with and act conjointly with people; as per the popular model, and as per spirit statements given earlier.

But if the above were true, then why do negs need to attack babies and very young children at all? They cannot influence their thoughts and actions, especially at pre-language age (note the answer given above to Spirit Question #467). Why do negs expend so much time and effort breaking down children's natural defenses? Why do they then spend so much time conditioning and brainwashing children? And why do they deliberately create the negative psychological conditions that such children are supposed to have within them naturally, as preset by Karma? This makes no sense at all!

The popular New Age model states that everyone has spirit guides and/or spirit protectors attached to them, from birth to death. But if this were true, how can babies of pre-language age and very young children be attacked and tormented, even possessed? Where is their protection and guidance when they need it most? It could be said that such influences are designed to test them, to give them the opportunity to fight and overcome evil, and by so doing to grow into stronger and wiser people. But because babies and very young children are so weak and

vulnerable this just cannot happen. There is no truth, logic or justice in any model that allows this to continue unchecked.

With the dozens of babies and young children I have helped, none has ever had the slightest chance of resisting neg. attacks and influences unaided. This is quite understandable if one has ever had the extreme misfortune to go mind-to-mind with a strong Neg, or a demon, as I have done on many occasions. Winning the mental battle directly is just not an option, not even for the strong and well-trained minds of high-level practicing occultists. The minds of strong Negs are way more powerful than human minds. Their level of consciousness is superior to ours, albeit darkly so. It is like trying to walk against a hurricane wind. There are ways to fight this, suitable only for adults, but there is absolutely nothing any child could ever do against such a mental onslaught.

The spirits quoted earlier clearly state that demons and such are insubstantial hallucinations, mock demons created by the imagination, with no real power unless one believes in them and thus provides it. This sounds reasonable, but they also state that non-believers are totally immune to such things. But if this were true, what belief is involved with neg. interference and attacks on babies of pre-language age, animals, and very young children from good homes with no lifestyle Neg attractors?

I think it is entirely possible that a level of the collective consciousness (the nightmare level) could create thought-form or egregorical pseudo-demonic type beings. And also that such beings could become conscious and independent. But again, where are the Karma attractors and where are the spirit protectors and/or spirit guides these children are 'supposed' to have by default? And why are channeled spirits so maddeningly vague and evasive about such matters?

Why is it that if one stops childhood neg. invasions, children grow up with no serious neg. related problems; usually into decent Neg-free human beings? And why is it, if one exorcises persons who are riddled with unhealthy thoughts, compulsions, pressures and addictions, these all disappear and they rapidly become psychologically, physically and spiritually healthier?

If, as in the more workable and logical possibility I suggested earlier: that bad spirits may be related to the dark side of enforcing Karma (something the spirits above hotly deny (see Spirit Question #511), and that such bad spirits are drawn to attach to and influence people from birth, as instruments to enact and fulfill Karma, why has this never been stated by channeled spirits before? And why do the channeled spirits of today continue to refute this possibility? Either they do not know or they are hiding the truth. Many of these spirits have made multiple statements that totally contradicts the truth in many important areas. This is not just evasion, this is outright deception. If they did not know the truth or were not allowed to discuss these matters, they could simply state this and be done with it. Either would be more intellectually acceptable than the current level of apparent deception.

Again, the most glaring discrepancy with the popular model is that, by large, Bad spirits attack and corrupt humans during their most vulnerable, impressionable time -- during infancy and early childhood. If God-given Karma preset conditions were truly involved, bad spirits would not need to attack, penetrate and psychologically brainwash children while they are totally defenseless. Logically, they could simply float in and assimilate with them later, once such children reach the age where they begin realizing and acting upon Karma preset negative inclinations.

It has become very clear to me that bad spirits actually create the internal conditions in children, that the spirits above state are the attractive factors that allow bad-spirit/human assimilation to occur. All the evidence points to the truth being the total reverse of the popularly accepted model.

I know my views are controversial and I dislike contradicting the opinions and heartfelt beliefs of others, living or otherwise. But I can no longer remain silent. Every fiber of my being tells me something is very wrong here. This corruption of the innocent is ungodly evil in it's darkest form. How can anyone say it is God's will that these crimes against the innocent are natural and should be allowed to continue unchecked? There is no truth nor justice in this model. But we do not have to allow this to continue. Much can be done to stop it.

The Holy Bible:

If one reads the holy bible (and most other holy books for that matter, including The Tibetan Book of The Dead) many clear examples of hell, evil spirits, infernal demons and cases of possession and exorcism are found. Although I call them Negs (negative inorganic beings) I like to call a spade a spade and class anything that causes deliberate suffering as evil, be it human or spirit. If something looks like a demon, smells like a demon and acts like a demon, then to my way of thinking it probably is a demon.

- A Greek translation search on the roots of the word DEVIL in the Holy Bible shows it comes from two words: Dia and Bollos. Dia (deea) means the channel by or through which an act is carried out. Bollos means, among other things, to insert or put into. These two root words also contribute to the words Diablo and Diabolical.

An index quote from The Holy Bible (King James version) says it all:

- **Demon:** Translated as 'Devil' in authorized version of Holy Bible. In the New Testament, it denotes a spiritual being at enmity with God, having the power to afflict men with disease and spiritual pollution. The power of demons is thought to be limited. They recognized their true status before God (James. 2:19). They recognized Christ as the son of God and dreaded the approach of the final judgment (Matt 8:29). Beelzebub was their chief (Matt. 12:24-28). They appeared to be the angels of the devil, or of the dragon, destined for ultimate destruction (Matt. 25:41; Rev. 12:7, 9)

Following are two stories from many in The Holy Bible that show not only devils, possessions and exorcisms, but also of devils possessing animals (swine), driving them mad and forcing them to commit suicide. I do not offer this here as absolute proof, but when combined with other historical evidence, and my personal experience with possession and exorcism, it adds to an already strong case.

- **Matthew, 8: (16)** When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick.
- **Matthew, 8: (28)** And when he was come to the other side into the country of Ger'ge-senes, there met him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way. (29) And, behold, they cried out, saying, "What have we to do with thee, Jesus, thou Son of God? Art thou come hither to torment us before the time?" (30) And there was a good way off from them a herd of many swine feeding. (31) So the devils besought him, saying, "if thou cast us out, suffer us to go away into the herd of swine." (32) And he said unto them, "Go". And when they

were come out, they went into the herd of swine: and behold, the whole herd of swine ran violently down a steep place into the sea, and perished in the waters. (33) And they that kept the swine fled, and went their ways into the city, and told every thing, and what was befallen to those possessed of the devils.

I do not question New Age spiritual doctrine lightly. I have serious questions that need serious answers; answers that have not been forthcoming. But these questions must eventually be answered, one way or the other. Please keep in mind that I do not dispute or deny the existence of good spirits, spirit masters, angels and deities. I have encountered way too many of these not to know they are real. However, I firmly believe all spirits should be judged in the same way as humans are judged: by their words and actions, their honesty, openness and integrity. As said in The Holy Bible, "Test the spirits" is sage advice indeed (First letter of John, John 4:1).

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Is there an afterlife and what happens?

Robert Bruce

I see deceased people (spirits) all the time, including dogs, so I assume there is some kind of afterlife for everyone. My best guess here is that most people spend some time (variable) in the real time zone before moving to one of the spirit worlds (heavens). There, they process and come to terms with their recent past life. By process, I mean they relive life over and over until it is fully understood and absorbed. I think then a point comes when that life has been fully processed and the spirit has had enough and lets go, to merge back into the collective consciousness, to be reborn anew. This is a voluntary thing and hints at reincarnation, which is a good enough explanation for it down here in the physical universe where everything is perceived as being linear. But at a higher level, time does not exist so it could be said that from that perspective all lives are lived simultaneously. Real headache material that one (see my online article 'Reincarnation; not so simple'.)

To transcend the reincarnational process, I think one has to achieve a high level of development indeed, including fully developed Kundalini and Uraeus. Raising this level energy to its full creates a seed body, and this gestates inside one until it is projected out as what is called the 'light body'. This can then take on a life of its own to some extent, like a permanent astral projection, eg, maybe like the aspect of me that I call 'Astral Bob'. Then, when the physical body dies, the spirit shifts into the light body and gains independence from the reincarnation process. Then a new path begins and more choices are available. The spirited light body can then act as something like a spirit guide, helping the living. It can also choose to attach to a new foetus (one that does not contain a spirit yet) and be reborn. But this type of

rebirth includes the continuation of ones existing knowledge and personality. This is what Tibetan masters and etc do. I'm sure you have heard how when a master dies, a few years later his deciples are led to search for the new incarnation of that master, and tests are given to prove this, etc. In this way, knowledge and spiritual 'skill' can be accumulated over many deliberate lifetimes. I think at the end of this process yet another choice appears, and that would be to begin the path of the masters, maybe as a junior master of sorts. Eventually, it is possible that such a spirit could become some kind of deity, but I am unsure of this bit.

The above process is **not** limited to those who follow Eastern practices. This is a natural phenomeonon and it can occur spontaneously, eg, Carl Jung experienced this. I think it happens to those who reach a certain level of discipline, understanding, and realization about the nature of the universe. This includes people from primitive societies and tribes, and all religions, where it probably hides under a host of names and terms.

I think that everyone has the potential to transcend the reincarnation process in any life, but few actually achieve this, possibly due to life's many distractions.

Realization seems to be the key to this process, eg, to realize our place in the greater reality and, that each and every one of us is for all intents and purposes 'the supreme being'. It can be said that the individual is only an aspect of the collective consciousness of the universe, of the supreme being, but in truth it is impossible to divide one aspect from the whole. An aspect only stays an aspect as long as it believes it is an aspect. So in this sense it is a matter of 'realizing' that one is greater than a mere aspect. And the greater this realization becomes the greater an aspect becomes.

I do not hold with the belief that in between life we float around in the clouds planning our next life and etc. This is a comforting thought, but I think this comes from the human need for security, to continue as one is and to maintain control, have all the power and choices, etc.

It may sound scary to let go of who you are now, and relinquish all your memories and experiences. But if you really think about it, how do you really feel about having a brand new life from the start, a fresh slate, full of countless new experiences and opportunities? Its quite something.

One of nature's blessings is that us humans have the ability to forget. Memory fades with time. The memories are still there in the subconscious, but faded and shelved out of the way. This allows us to enjoy life and have new experiences. Without this ability we'd drown in the misery of having every painful experience memory up close and personal all the time. This would cloud our minds and grossly interfere with our ability to enjoy life. The afterlife process is a bit like this, in that eventually all memories fade and we grow into a state of mind that is empty and hungry for more. At this point we let go and do it all again in a different way. Not too scary, aye..... In fact, its quite an exciting thought. Try looking at children as they are exploring their environment; such wide eyed delight and wonder.....priceless.

In closing, it is clear to me that everyone, including animals, has some kind of afterlife. It is also clear that how this unfolds is extremely variable. The movie 'What Dreams May Come', is probably fairly typical of the average afterlife. And that's not too bad, you must admit.

Spirits, Angels, Origins & Relationships

Robert Bruce

There are an enormous variety of spirits: with good and bad and all the range between. Humans have associated with many of these, knowingly and unknowingly, since the dawn of humankind. This is reflected in language to a certain extent. Many old sayings and clichés indicate knowledge of spirit/human interactions.

For example: I'm not myself today; I don't know what came over me; he's in low spirits; you're in high spirits; I don't know what possessed me; the children have the devil in them today; go to hell; it was heaven sent; you're an angel; you're a devil; I'm in heaven; she's in seventh heaven; the wind howled like a banshee; something spooked him; he played like a man possessed; someone just walked over my grave; et cetera.

And words like God; Heaven, Hell, Hades, Purgatory, Limbo, black magic; Voodoo; The Devil; The Big Kuhuna; black Sabbath; Witchcraft, Spell; Succubus, Incubus, Poltergeist, Sylph, Salamander, Undine, gnome, Vampire, Werewolf, Haunting, Evil Spirit, Imp, Gargoyle, Harpy, Mischievous Spirit, Demon, Pixie, Fairy, Elf, Troll, Dragon, Satan, Angel, Archangel; Karma, Universal Law, Astral, Maya, Avatar, Nature Spirit, Elemental, Spirit Guide, Spirit Channel; Guardian Angel, Higher-Self; et cetera.

All the above and many more like them indicate widespread ancient beliefs in nonphysical beings and spiritual forces. These words are all in common use today.

Either there is some real meaning, history and worth behind these words and phrases, or mankind has one hell of an imagination.

The Nature of Good & Evil:

What exactly is good and evil? We are all instinctively supposed to know the difference. The majority of us have innate senses of right and wrong, something we call conscience. Conscience stems from social programming, but is also something more subtle and intangible; varying in strength from person to person. But whether or not one listens to one's conscience or not is another matter. One might ask why evil exists at all and what purpose it serves. It's easy to imagine that in a perfect world evil would not exist. But what would the world be like without evil, and more importantly, the adversity that springs from it? Could human society still function and evolve? What would become of our race if we did not have evil and adversity to push and fight against?

Good and evil are the opposing forces in what could be called the chaos of ever-changing evolutionary mutation. These forces provide the movement that shapes humanity, on both individual and group levels. Like the opposing poles of a magnet, positive and negative, neither good nor evil could exist without the other. Each is grounded, made real and given purpose by the existence of the other. If these forces are balanced, evolutionary change is free to move and experiment and harmony reigns supreme. But if the balance tilts too far one way or the other, chaos is overcome by dogmatic stagnation. And stagnation is fatal to human existence and evolution, physical and spiritual.

As there are good spirits, so there are bad spirits. Each group influences and shapes mankind, on group and individual levels. Good people struggle against bad people,

good spirits against bad spirits. And in the midst of this struggle both change, growing stronger and wiser. Progress, growth and change are achieved on all sides. But there would be no growth or change without the underlying struggle between good and evil.

Good and evil are often a matter of perspective. Good people sometimes find they have to do seemingly evil things to bring about good results; where ends justify means. Sometimes, during the struggle between good and evil, bad people are shown the error of their ways. And through forced realizations, they often become good people themselves. Both good and bad struggle and sacrifice together. And through this struggle, lessons are learned, realizations forced and gifted on all sides. The end result is always change and growth, for better or worse. But only time and hindsight show true results. But so far, nature has done a reasonably good job of evolving the universe and all it contains, both physically and spiritually.

Karma & Universal Law:

Karma is the accumulated influential force generated by all past acts of consciousness, both positive and negative; the sum of good and bad deeds. Through karma, a spirit obtains the real life experiences it requires to progress spiritually; through hard-life experience, via multiple bio-incarnations in the physical dimension. Karma can also be related to what the Christian Bible refers to as Sin.

Karma enables a spirit to maintain a healthy spiritual balance, life after life. This promotes spiritual growth and balance, while helping to avoid the possibility of soul corruption; which is to become totally evil. Karma is not reward and

punishment. Karma promotes spiritual evolution through a process of enforced spiritual balance, and the upwards struggle this always entails.

For every act of consciousness performed, an equal and opposite reaction is generated within the currents of universal law. All actions are eventually inflicted back upon their perpetrators, as per Karmic Law, in both the short and long term. This is aptly expressed by the popular sayings: "What goes around comes around" and "As ye sow, so shall ye reap."

Karma and Universal Law are indivisible aspects of the one subtle mechanism. Universal law works through the incredibly complex set of attractions, repulsions and conditional influences that are preset within every conscious being. Like may attract like, but only as preset and allowed by Karma. Karmic law adjusts how universal law works through all individuals, and through groups of connected individuals. Universal law can best be described as the working mechanism of karma, the magnetic force that applies the preset attractions and repulsions of karma to life experience in real time.

Karma and Universal Law have two main aspects, active and passive. Their active elements have more-noticeable affects on ones life, as its influences are more active and immediate in the short term. Passive or residual elements represent the underlying theme of ones life. These are long term conditional influences, possibly involving karma accumulated through many lifetimes.

The active aspects of Karma and Universal Law are more strongly affected by psychic attacks and the presence of negs in and around ones life. The way to counter these effects is to actively apply the principles of Right Living, Right

Thinking and Right Action. These are all active actions that have immediate effects on life, as life is being lived.

The forces of Karma and Universal Law, and how they affect individuals, can be reduced to the concept of luck. Luck also has active and passive elements. Passive good luck means one will be generally lucky in life, meaning life will usually work out well for one in the long term. Active good luck means one will have moments of extreme luckiness, or winning streaks, where everything one touches turns to gold.

Both active and passive luck forces have reverse sides, commonly called bad luck. The presence of negs in and around ones life will tend to promote bad luck and suppress good luck.

I have often heard it said that karma should never be interfered with, and that when misfortune strikes, people should be left to work out their karma alone. This is frequently quoted to me as the reason not to interfere, or as the reason why nothing can be done, when people suffer psychic attacks and/or possessions. I think what they really mean to say is, when all they know has failed to help, by default, this failure is blamed upon that person's own karma.

But it could be said that we interfere with karma all the time and think nothing of it. We have road rules to improve safety and stop accidents. We have lifeguards at beaches to rescue people. We have police and courts to enforce our laws and protect the innocent. We have doctors to treat injury and disease. All of these can be said to interfere with the natural way of things, with karma. But all these things are taken into account by Karmic Law, as are all acts of consciousness.

If people really believed in karma to that extent, they would neither seek nor offer medical help, because disease and injury are instruments of karma. If thieves are stealing their property they would neither stop the thieves nor call the police. After all, its only living karma in action.

Its easy to blame things on Karma, be it fortune or misfortune. Its also foolhardy, verging on the ridiculous, to take belief in karma to extremes like the above. But this is not to say that karma does not exist. Karma is a very real and influential spiritual force. But ones belief in karma should be tempered with commonsense and reason.

Karma and universal law are subtle influential currents, linking and affecting the actions and interactions of all life forms. Karma could aptly be called the underlying weave in the divine tapestry of life. It could also be called the unifying field, the holographic carrier wave, through which all life is interconnected. Every action within this unifying energy field creates a ripple, a wave. This flows out and eventually flows back upon its source as a counter-wave, an equal and opposite reaction to the original wave.

Its clear that karma and universal law work through everything and everyone, be they man or beast, inorganic being or bacteria. If a child is drowning, that child's life might be saved or not as the case might be. Karma and universal law are involved in the causative factors behind the accident, yes, but they may also provide the means to rescue. Through the process of action and reaction the cosmic drama plays on. Lessons are learned and wisdom gained, experience after experience, life after life. Regardless of outcomes good or bad, changes and realizations are gifted all around. Friendships are made and broken. Love flares,

waxes, wanes and dies. Hope is lost but endlessly renewed. And above all, life goes on regardless.

Another karmic analogy involves a hungry Tiger. Like all wild animals, the Tiger lives and works closely with universal law. It uses its innate predator skills to hunt and feed itself and its cubs. Universal law obliges and presents it with an unprotected child. The tiger takes a child and feeds its family. Now this may sound like a bad thing, but good and bad do not come into this karmic equation. The child was left unprotected and was available. Universal law, or in this case the law of the jungle (nature red in tooth and claw --Kipling) provided the hungry Tiger and cubs with a much-needed meal.

Universal law does not differentiate between humans and animals on that level of existence, concerning The Law Of The Jungle. God loves and cares equally for all His creations, be they Tiger cub or human child. Us modern humans like to think we are special, that we are above such raw brutality. But that goes against all the laws of nature.

The results of any real-life drama are always complex; countless wheels within wheels. In the above case, the child's spirit passes on from this world and the Tiger and cubs are fed. The cubs live where they might otherwise have died; to grow and perhaps mate and breed and kill again. The lives of the child's family are altered forever. Guilt, blame and grief change everyone concerned. Reactions occur that would never happen under any other circumstance. Friendships are made and broken, lessons are learned, hard life realizations and changes are gifted all around.

Any cosmic drama unfolds into a many splendored pattern, no matter how insignificant it might seem on the surface. Threads are woven and unpicked

continually in the great tapestry of life. The end results caused by small changes can be massive and widespread changes, for better or worse in all directions. These changes affect both the present and the future; countless wheels within wheels within cosmic wheels.

When the theory of karma and universal law are applied to psychic attack and neg. influence, even to possession, it becomes clear one is looking at an enormously complex equation. Negs attack, torment, injure and influence people for their own foul purposes. But like the Tiger, what attracts negs in the first place? Is it karma, chance, circumstance or destiny? Is it universal law working through the preset attractions and repulsions of Karma? When people come under attacks it can be said life is testing them sorely. Lifestyles, beliefs, aspirations, expectations and personal choices have everything to do with it. Dark clouds of unseen terror may enter peoples lives. But in the overcomes, silver linings are always eventually revealed.

How people affect those around them depends greatly on what choices they make, and upon what actions they take to meet life's challenges; large and small. By fighting against neg. attacks and influences, people are given opportunities to change and grow. Whether changes are positive or negative depends upon individual reactions, choices, strengths and weaknesses. The words of the great thinker, Nietzsche, "Pain that does not kill us makes us stronger" are entirely apt here.

Many people with high spiritual ideals and desires have come to me complaining about bad Karma and the seeming unfairness of life, asking what can be done to ease it. Often they stagger under life's burdens and suffer greatly. Life is undoubtedly testing them sorely. Many rile against God for inflicting such

pressure, instead of just giving them the spiritual gifts and truths they crave and have often worked so hard for.

Being good and striving hard for spiritual development is often not enough. Strength and spiritual maturity are required to accomplish great things in life. And these things always have a steep price tag. If ones hearts desire is to do great spiritual works, then one needs great spiritual strength and maturity. If these are not preexisting, life has many ways to teach what is necessary to realize ones goals. Hard life lessons are usually involved and many fall by the wayside.

For example, if one aspires to a spiritual level where one is capable of healing the sick, or casting out bad spirits, or seeing into the future, one must understand that these are not easy things to learn and do. All require great strength of character and spirit. If one does not have these, one could not withstand the negative spiritual forces the realization and use of these abilities would invoke. Taking this into account, one must either rethink ones goals and expectations or be prepared for it when life provides the necessary. The lessons involved may entail great suffering, physically, emotionally and spiritually. If this is accepted, and the lessons weathered stoically and good-naturedly, they will be of far shorter duration than they might otherwise be. This is sage advice to all who aspire to great spiritual attainment.

What all the above means in relation to good and evil spiritual forces, is that both are necessary parts of Karma and Universal Law. Both good and bad spirits have their place in the grand design. All play their parts in promoting necessary (Karmic?) life-path changes. Good spirits apply forces and pressures representing positive karma, while bad spirits apply forces and pressures representing negative

karma. Short term results may be adversity, struggle and suffering through change. But long term results are spiritual strength, maturity and progression.

In the case of the Tiger, one could easily say evil spirits influenced the family into leaving the child unprotected, and in leading the Tiger there. It could also be said that good spirits (the child's guardian angel?) failed. Its common for people to blame God for their misfortunes when they have no one else to blame. But is life really this simple?

Karma and universal law are not governed by what humans want or would like to believe. At best we struggle to understand what we now see through a glass but darkly. We see only the surface of karma and universal law in action. We do not understand their complex depths and inner mysteries. But we do know enough to recognize and give names to actions of these forces. While awesomely complex, once again, they can be reduced to the simple concept of luck.

While karmic influences, attractions and repulsions are preset within all individuals at birth, the laws of choice and chance are ever present. These allow change through the action of free will. Actions of free will affect luck. By living under the opposing influences of good and bad luck (good and bad karma) spiritual balance can be attained. And if right thinking, right effort and right action are applied to ones life, Karmic burdens can be greatly eased.

If one could rise above life and see an overview of these awesome forces in action, the most noticeable thing would have to be the constant flux and change. To a casual glance it might appear to be a chaotic maelstrom without rhyme or reason. But if one watches close enough for long enough, patterns emerge like solar flares, showing myriad possibilities for spiritual growth and attainment.

Nonphysical Relationships:

The Christian church is a prime example of widespread belief in the supernatural. All church beliefs are centered around supernatural phenomena, and interactions between humans and spiritual beings. For example: the miracles of Moses, i.e., the burning bush; parting the waters of a sea. The miracles of Jesus: walking on water; healing the sick; raising the dead; turning water into wine; surviving death. The Holy Bible is full of references to supernatural phenomena, and of meaningful interactions between human and spiritual beings.

While many people sincerely believe in all of the above, some only pay lip service to religion today. Many call themselves Christians, but are unbaptized and never attend services, pray or worship in a church. They choose to believe in the forces of good, but while refusing to believe in the existence of evil. Belief in God, for some people today, really has no more substance than Father Christmas holds for most adults. They scoff at supernatural phenomena and at the existence of evil spirits.

These informal, modern religious beliefs are highly selective. Unfortunately, this selectivity extends to much of the New Age spiritualist movement. Heaven is believed in, but Hell and Purgatory have been intellectualized out of existence. God and His angels are believed in. But Satan and his demons are downplayed as misguided earthbound spirits, of no real substance or consequence. These one-sided beliefs make people feel better about life, knowing they can never go to Hell or be afflicted by demons.

Even the concept of Sin has been watered down. To many modern people it simply means: as long as no one gets hurt its OK to do just about anything. And with a

totally loving and forgiving God to answer to at life's end, one is assured of forgiveness and absolution for ones Sins, no matter what one does during ones life.

Many years ago, widespread education sparked a decline in traditional church beliefs. The masses became too intelligent and scientifically-minded to accept what the old church had to offer. People drifted away and eventually created more informal versions of traditional beliefs. These better suited modern thought, expectations, conscience, fears and insecurities. Concepts like The Devil, Demons, Hell, Evil spirits, Purgatory and Sin were quickly discarded or watered down.

Modern pseudo Christian beliefs provide psychological life and afterlife security for many. But they provide little protection against negs. The existence of negs is widely disbelieved in. And its hard to defend oneself against something one does not believe in. Its also hard to get advice and help concerning neg. related problems, when ones peers do not believe in the possibility of such problems.

But modern people are not to blame for this. They are merely trying to stay sane in a rapidly-changing and evolving world. I think the blame rests squarely with the early church for not evolving along with the modern world. Somehow all the faith and old knowledge got left behind; lost in a past where church beliefs were once cornerstones of daily life. On a brighter note, I see churches everywhere rapidly modernizing and evolving, trying valiantly to catch up with the rest of the world.

The subjects of witchcraft and demonology are generally frowned on in much of the modern Western world. But in many other parts of the world, witches, demons and evil spirits are widely acknowledged. A couple of hundred years ago this was also acknowledge in the West. Our Western ancestors believed in these things far

more strongly than most people do today. The infamous Witch Hunts of The Inquisition were a direct result of widespread belief in supernatural relationships.

To really understand the history of witchcraft and demonology, one has to do a lot of reading. The world's great libraries contain an enormous number of volumes on these subjects, with many original texts and first-hand accounts dating back hundreds of years.

Modern New Age channeling used to be called Spirit Mediumship. There are many forms of mediumship, i.e., psychic sensing, visual clairvoyance, clairaudience, automatic writing and trance-type spirit communications. This last usually involves channels putting themselves into the trance state, and allowing spirits to overshadow and communicate through them. This is much like a temporary form of benevolent possession.

But trance mediumship (channeling) is always inherently risky. No matter how people phrase invitations (invocations) for this, permission can be obtusely or even accidentally given for any available spirit to enter and control them. Whether or not a good or bad spirit takes up an offer seems more a matter of luck than anything. However, I neither decry nor recommend any type of channeling or spirit communication. It's all a matter of personal taste and judgment really.

Some people may disagree with my thoughts on trance mediumship. People often believe they are safe because they specifically state during the invocation that only good spirits of such and such a type are allowed. But who or what moderates spirit beings, good or bad, on what they can and cannot do? People may say prayers of protection and visualize angels and barriers surrounding them, but they are still at

risk. Bad spirits rarely read the fine print of prayers and will often disguise themselves as good spirits.

It can be very difficult to tell good spirits from bad in a trance mediumship situation. Many bad spirits do not have tangible atmospheres of evil that sensitives might detect, as they are shielded by their mediums. My best advise is to treat all spirits as one would treat any stranger one might meet on the street. Trust should be earned by good deeds and never given by default.

'Test your spirits' is sage advice from the Holy Bible. Questioning spirits will often reveal their true intentions. Most bad or false good spirits will frequently backtrack and contradict themselves, if intelligently questioned. The ability to say prayers and passages of sacred text is no test at all. Evil spirits have been known to quote the Holy Bible slicker than any minister.

One rarely hears of the mishaps that occur to people while experimenting with or trying to learn trance mediumship. Most are swept under the carpet and/or blamed on bad karma. I have helped many people in this situation. Most people go into denial when supernatural things go wrong. This is especially so if their model of reality does not allow for the machinations of evil spirits.

For any individual or group pursuing spirit contact and phenomena, the most basic protection advised would be a running-water perimeter barrier. I would also suggest everyone walk over the running-water perimeter before entering the protected area within. This will effectively keep out most free roaming negs, but will not protect against negs that are already resident inside group members. (Such a barrier is easily made with a 5 gallon plastic keg, a small aquarium submersible pump and some oxygen tubing).

Some types of channeling and mediumship involve spirits overshadowing people and causing psychic abilities to manifest through them. This is caused by direct spirit manipulation of the human bioenergy body. Through this spirits may for example cause people to become clairvoyant (seeing visions) or clairaudient (hearing spirit voices) or to gain healing ability.

Spirit caused abilities must be preexisting in the person they are being caused in. Therefore, they can be developed and used by that person without spirit intervention, should that person care to undertake the necessary training.

Early in the twentieth century, heavier forms of what was called 'physical' mediumship were more common. These involved the production of ectoplasm, which was often used to cloak or partially cover spirit figures so they could be seen and heard by the average person; called materialization (covering full body) or transfiguration (covering face only). Other types of physical mediumship involve causing voices to be heard by all in a room (direct voice) and various types of levitation of objects, i.e., levitating a trumpet through which spirit voices could be heard. Often, public materialization demonstrations were given to audiences of thousands.

If one studies physical mediumship, its clear similarities exist between good spirit phenomena and bad spirit phenomena. For example, the power good spirits use to levitate physical objects is much the same as that used by poltergeists. The production of voices and ectoplasm by good spirits is similar to bad spirits causing frightening apparitions and scary voices. And the knocks and taps of an early type of spirit communication (called Table Tapping) is obviously related to the knocks and taps commonly heard during psychic attacks and hauntings.

Good spirits will sometimes perform healings, and/or cause healing abilities to manifest in channels. Some form of spirit overshadowing is often involved. The healing abilities of good spirits is also a type of spirit phenomena, i.e., bioenergy body manipulation of healers and patients by spirits to cause healing. I believe this power is often misused, or reversed, by bad spirits to cause illness and disease in much the same way. Sudden health problems are often caused by bad spirits during psychic attacks. Long term health problems can also be associated with long term neg. attachments.

Many years ago, I recognized the above phenomena happening to me. This always occurred during meditation or pre-sleep, a few times a year on average. I would often see this happening with real-time astral sight (seeing into the astral through closed eyelids). I would see slender gray humanoid figures (usually two or three) enter my room. I would see the shapes of their hands moving over my face and body. I used to think, "oh how lovely, spirits are giving me healing". But one day I realized that whenever this happened I would always get sick a few days later.

Once I stopped allowing these spirit hands to interfere with me, my health improved significantly. First, I tried ordering these beings to go away, but they simply ignored me. Now I stop whatever I am doing and leave the room whenever I see them or their hands near me. I am not sure what type of beings these are, but they are vaguely humanoid, about six feet tall, slender with slightly overlarge heads. When seen with real time astral sight, they seem to be wearing long, pale robes, and to be composed of a dense, light-gray smoke. These often seem to be mistaken as Extra Terrestrial beings by some people. I do not sense an evil presence with these beings, but they can definitely have a negative affect on ones health.

Angels:

While much has been written about angels over the years, little is understood about them. Some people believe that angels are everywhere, running around helping people all over the place. Some believe angels are willing to communicate with us on a daily basis, much like some spirits do through channels. While its a lovely thought, I think too many spirits are classed as angels these days.

Angels and archangels are exalted spirit beings of a very high order. They are not like normal good spirits, but belong to the hierarchical spiritual structure above us. There are many levels and ranks of angels, with archangels outranking all other angels.

In essence, angels are the messengers and servants of God. They keep to themselves, have their own agendas and will only rarely interact directly with humans. When an angel appears its a visitation by an exalted messenger of God. There are always good reasons for angelic visitations. But the message may not be apparent at the time its received. Often angels will appear and seem to communicate nothing. But the visitation itself is the message. If one has been visited by angels, one has been handed a personal message from God. Angels will never just appear to say hello and catch up on idle chit-chat.

Angels have awesome powers. When angels visit they will either make themselves clearly visible to the naked eye, or make themselves clearly heard as a real voice, or both. The clarity of an angelic manifestations and communication is a good rule-of-thumb way of discerning whether angels are involved or not. If there is any doubt as to whether or not an angel is involved, then its usually not an angel but some other type of spirit being instead.

Angels have few limitations. They can travel to and manifest clearly in any dimension, including the physical dimension, with ease. Recipients do not need psychic abilities in order to see and hear angelic visitors. Their power overcomes all such human limitations.

The only limitations angels have are moral and ethical. Like most high level good spirits, they will seldom interfere with humanity. They will occasionally bring messages of hope to people in need. Even more rarely will they intervene. This does happen, but its rare. If angels do help directly, its because the person they are helping has a special destiny to fulfill. Most angelic visitations and interventions are once-in-a-lifetime occurrences.

I have sighted angels several times during high-level OBE's, and have been visited by them three times while I have been fully awake.

Everything angels do, every gesture and nuance, has symbolic meaning.

Angels do not regulate the behavior of lower spirit beings (negs) and will rarely intervene. Angels exist at higher vibrational/dimensional levels than bad spirits. One might think this is why they cannot intervene, but its not that simple. I have heard many people state this as the reason for noninterference, but angels have the power to operate in any dimensional level, high or low. They can also manifest in the physical dimension, appearing to the naked eye of non-sensitive people. They do not interfere unbidden because they are ethically bound not to.

Angels are not an exalted police force. They are messengers of God. They have awesome powers but will seldom intervene in human affairs. This may sound cruel to some people, thinking there are exalted spiritual beings capable of saving people from suffering and death. But this would take destiny out of the hands of

humankind. It would grossly interfere with karma and universal law and freedom of choice.

It all comes down to a matter of perspective. If God wanted to ensure our safety from harm, He would not have created the physical dimension and placed us within it in the first place; not to mention countless incarnations here. If there is purpose to physical life, then there is purpose in living it; warts and all. And living life often involves making mistakes and suffering in order to learn life's many lessons.

Pain and suffering are great teachers. Having the freedom to suffer and learn from our own mistakes is really the only way to go. Anything else would weaken us as an evolving race of spiritual beings and cast us into mindless bondage of moderated spiritual servitude. We would become bleating, complaining sheep, forever putting our hands up and demanding angels fix what we do not like about life on Earth. But if there is anything we do not like about life, it's up to us to make the sacrifices and changes that will fix it. This is spiritual freedom in the physical dimension, like it or not, wars and all.

For all the above, angels and spiritual beings will occasionally intervene unbidden under special circumstances. They will also sometimes intervene if approached in the right way. Many people use rituals and prayers and invocations to solicit the help of angels. This is best thought of as being part of the mysterious equation of life down here in the physical dimension.

In my experience, effort and faith are required to attract divine angelic attention. The old saying "God helps those who help themselves" is very true. But while great effort and faith can attract divine attention, it will not necessarily result in

angelic intervention. Some of life's lessons have to be learned the hard way or they will not be learned at all.

The View From Below:

In my experience, apart from spirit masters, angels, archangels, deities and other exalted beings of the spiritual hierarchy above, there are a wide variety of spirit beings, both good and bad. Between lowly demons and more advanced spiritual beings, there are a vast number of very average spirit being types. Most are neither good nor bad, but somewhere in between.

It would be an overwhelming undertaking to attempt to categorize the whole range of spirit being types. In essence, to do this in full would be like attempting an underwater survey of all of the worlds marine life forms. More to the point, it would be like studying the waves and ripples of the surface from under water, and by so doing attempting to understand the nature of atmospheric phenomena above. While observation and logic would provide some answers, this angle of perception, the view from below, would not allow any realistic understanding of air pressure and wind movement. Down here in the physical dimension, similar problems with the angle of our perception makes studying other dimensions and their inhabitants extraordinarily difficult.

Most people today greatly oversimplify the structure and nature of the spiritual universe. While a simple model is useful, it should be realized that its only a model. If taken too far it can cloud the truth with dogmatic beliefs. I suspect the whole truth is vastly more complex than anyone imagines.

We see only a small part of the vast spiritual tapestry of which we are all a part. In trying to make everything fit into our models of spiritual understanding, we often

drive square pegs through round holes. By so doing our pet models become even more distorted than they once were. This can generate widespread confusion that provides few worthwhile answers. However, I do not pretend to have all the answers; far from it. As I am fond of saying, the further one gets away from the physical dimension, the more abstract and complex everything all too soon becomes.

Catch Basket Concept

Robert Bruce

In the mid nineteen-eighties, I experienced a serious belief system challenge. Glaring contradictions arose at every turn, between my ongoing hard-life experiences and popularly accepted New Age concepts of spiritual reality. I struggled to comprehend and integrate my experience with this paradigm, being forced time and time again to accept illogical compromises. But adaptation of my life experience soon became impossible and I began suffocating under its awkward burden. The popular model rapidly became unworkable in a practical sense. Either I was going crazy and experiencing consistent, repeatable delusions, as were all the people I was helping, or something was decidedly rotten in downtown Denmark.

Like many people down through the ages, I had spent my life searching for spiritual truth and meaning to life. For many years, I had sat in development groups, prayed, meditated, visualized and read until my eyes burned and my mind reeled under the massive contradictory onslaught. I developed psychic abilities, had spectacular OBE's, visions and mystical experiences. I made good progress, but still I need more. . .

I was eventually reborn and transformed when I raised my kundalini to its highest level around 1987 (this was when the enigma of my life became apparent to me). But raising kundalini, in itself, does not bring instant enlightenment. Kundalini has to be raised regularly and mastered, just like any other ability. The first time kundalini is raised it causes 'abstract' enlightenment, not actual enlightenment. You know everything while kundalini is raised, but cannot realize this when you return to a normal level of consciousness (the base level of consciousness in the normal

waking state). There are no shortcuts, and there is no way of avoiding all the hard work and hard-life experience necessary for the abstracts to filter down into your conscious mind and physical reality.

All of this gleaned me glimpses of the greater spiritual reality above, with a few tantalizingly abstract snippets of abstract higher truth thrown in for good measure. But my increasingly strong contact with the greater spiritual reality provided me with a flood of contradictions to the popularly accepted model. This intellectual burden grew and grew as my belief system was stretched way beyond its design limits. It rapidly approached critical mass.

I was offered a solution in 1990. I had a major experience where an angel, or my higher-self (hard to tell which, and somewhat of a moot point really) manifested to me as a powerful objective voice. I could have recorded this had I a tape recorder handy; it was that audible. I was wide-awake and standing up. I had just stepped out of the shower and was about to start my evening meditation, around 9 pm. It was the most beautiful voice I have ever heard: deep, masculine, eloquent, loving, forgiving and wise. The atmosphere was intense. I felt like a small child might feel when standing before God in a great cathedral for the very first time. The sense of awe and loving fatherly forgiveness is overpowering. As I write, just revisiting my living memory of this causes tears of deep spiritual longing to flood down my face; such is the emotional impact of this experience.

NB: This was the same objective voice that had spoken to me a couple of years earlier, when it then instructed me to begin teaching myself how to write. Since I barely finished grade eight, this was no mean feat in itself. I had worked hard, and by the time of the second visitation, had already mastered the basics of English and grammar. Even so, I still felt I had not done enough. But direct contact with

spiritual beings from the greater reality always has this effect, especially when they come to you.

The voice asked me to sit down, and then proceed to explain a great many things to me, the most important of which was advice on how to proceed on my quest for higher spiritual truth and knowledge. I was instructed to dismantle my belief system, and then to intelligently rebuild it from scratch. I was told to be disciplined in my approach and to use personal experience, logic and commonsense to build a new foundation belief system, upon which to continue my quest for true enlightenment.

The foundation belief system lies deep within the subconscious mind. This comprises a set of conceptual mental filters and shields, which are fundamental to one's physical and spiritual existence. These shape and affect your thoughts and perceptions by filtering ideas and inspirations, making these conform to a central theme, as set by your foundation beliefs. All knowledge lies within your heart. But accessing this is extraordinarily difficult. Everything has to pass through your conceptual filters before it can be perceived or realized.

If one's fundamental beliefs are even slightly flawed, information trying to pass through becomes distorted or blocked. Imagine new truths as being delicate square crystals, and flawed conceptual filters (contradictory beliefs) as being coarse round holes. New truths are effectively blocked. If one forces them through, the results are splintered octagonals, i.e., fractured, distorted or incomplete truths.

Therefore, if a higher intelligence (be it God, one's higher-self, holy guardian angel or spirit guide) tries to pass contradictory new truths through a flawed belief system, these truths are conceptually blocked or distorted. The greater the

fundamental errors in one's belief system, the greater will be the distortion. All things being equal, this is why some people can receive inspiration (be it scientific or spiritual) and others cannot or receive only poorly.

This concept that you create your own spiritual reality is nothing new. Versions of this can be found in a great many books of spiritual philosophy. But actually realizing how this works and applying it to one's own foundation belief system in pursuit of higher truth and knowledge is an entirely different matter.

I was given detailed instructions on how to accomplish this. The next day I sat down and made a list of all the things I believed in concerning my spiritual reality. I then analyzed and erased all the things I had not actually experienced or proven for myself. After many days of pondering and revising, I ended up with a very small list indeed. It went something like this:

1. OBE is real: I've had Astral projections all my life.
2. Clairvoyance is real: I've seen auras and visions all my life.
3. Healing is real: I've both given and received it, seen and felt its power.
4. Kundalini is real: I raised mine to its highest level in 1987, and many times since.
5. We survive death: I've seen people after their deaths and have visited the spirit worlds.
6. A higher force is concerned with human existence and its spiritual evolution: I've experienced this many times -- the voice I heard above is just one example.
7. Angels, masters, deities and good spirits are real: I've interacted with these many times.

8. Bad spirits are real: I've experienced poltergeists and psychic attacks, been possessed and self-exorcised, and helped many people and children with similar problems.

Gone were personal spirit guides (while I had learned to believe I had one, I had never actually met or openly communicated with him). Gone was the involvement of spirits in just about everything spiritual and psychic (I had no hard experience to support this, only vague assumptions). And gone was the entire organized spirit structure above us that I had been taught to believe in (I had no real proof this was accurate). I also had a quandary. Apart from angels and other such exalted beings (which have such power and presence they are impossible to mistake for who they truly are) I had no reliable way of telling good spirits from bad spirits. Therefore, logically, I had to reject all lesser spirits until I discovered a reliable method of discernment.

The above might sound extreme, but it is eminently logical. Given the source, I took the advice I had been given to heart. I would learn to live this new way of truth and to apply it to my life.

My final list was real and true, as I had personally experienced everything on it. As instructed, I would build on what was real and discard everything else. I was told to shelve items of 'possible' truth aside, until proven or disproven. However, this is easier said than done and I went into what I can only describe as spiritual shock. I felt empty, alone and depressed. I had to keep stopping myself from talking to my spirit guide during prayers. If I was to do this at all, as instructed, I had to go all the way.

In time, this new foundation belief system settled more comfortably within me. I got over my emptiness and began filling my aching void with practical truth and knowledge. From this point onwards, slowly and surely, everything started to come together in my life. As instructed, I began writing a journal of my thoughts and ideas. I used the writing process to nurture my inner genius, to free up the flow of inspiration between my physical-self and my higher-self. This flow, I had been told, was blocked not only by my previously flawed conceptual filters, but by the vast differences in consciousness: between the level of consciousness of my normal awake mind (my base level of consciousness) and the more rarified and abstract level where my higher-self resided within me.

I turned my unanswered questions into journal articles. These contained everything I experientially knew to be true about each subject. I found myself putting in many logical subtitles and question marks to represent gaps in my knowledge. I used the writing process (revision, sleep, revision, sleep, and so on) to coax the truth from my dreams, and from the deep recesses of my higher spiritual-self. As instructed, I began shutting myself away in a dark, silent room for several hours at a time, discovering a profound new level of deep trance thinking. I thought, dreamed, meditated and wrote on seemingly unfathomable arcane matters.

In time I began receiving inspirational ideas. My dreams and visions swam with sparkling clues; tiny pieces of the jigsaws I was trying to build. My logical and inspirational processes began working overtime, far more powerful than ever before. I found myself waking many times during sleep, compelled to reach for pen and paper to record new ideas. Mundane conversations and events triggered intellectual storms through the mental associations they caused, necessitating much frantic note-taking as inspirational ideas surfaced like glistening dolphins leaping from the murky waters of my subconscious mind.

I accepted this process and began working with it. I felt like I had been reborn. This is how I developed my Catch Basket concept. During the day, I set my catch baskets by pondering unanswered questions. These are baited with rich crumbs of personal experience, tantalizing ideas and juicy pieces of logic. In the morning, I check these for fruits that have been cast into them from above. I record everything and add each small harvest to my questioning articles. Pretty soon, these began fleshing themselves out and filling in the mysterious gaps.

In truth, my work teaches me just as much as it teaches those I share it with. Over the years since I began this process, my catch basket repository began groaning with ripe esoteric fruits. As instructed, I began pouring these into the articles, tutorials and books I eventually began writing.

Over the years since my arcane riddle began, my inspirational process grew into a finely-tuned subtle mechanism. Now, if I have a serious question the answer always comes to me. Sometimes it surfaces immediately, sometimes days, months or even years later, but the clues that lead me to the answers always come. This has given me drive and purpose, plus an ever-increasing fascination for this many-splendored thing we call mortal life. Whatever the future holds in store, I look forward to living it with great interest.

I hope the above explanation of where I am coming from is of some help to people who might be struggling with their own beliefs. It is neither my intention nor my joy to cast doubts upon anyone's heartfelt theories and beliefs. But if my work causes you belief system discomfort, then how solid were your beliefs to begin with? While faith is a priceless jewel, if one accepts anything blindly one risks polluting one's essential foundation belief system with the curse of mindless dogmatism.

Please keep an open mind to the possibilities I have introduced here. The popular New Age spiritual model contains a great deal of beautiful, comforting philosophy. But it can fall down quite badly in a practical sense, especially when applied to dark supernatural problems. If one clings to this model, the development of new concepts and the gathering of higher spiritual truths becomes virtually impossible. The parameters of current popular spiritual models simply do not allow for this. Because of this, many people today bend the rules and invent elaborate explanations to get around these problems, while dogmatically holding true to popular beliefs. But this increased complexity prohibits a more direct approach. It leads to belief system obfuscation and ineffective methods being developed.

A Little Sage Advice To Close On:

Question everything, especially the sacred cows of dogma. Always think for yourself. Experiment and learn from all that life has to offer you. Listen to and consider the wisdom of others, and try on their ideas as you might try on a new coat for size. Never buy a new coat just because it seems to fit; it must be practical, within your price range, and look good on you too. And above all, build your own foundation belief system from the wealth of your own personal life experience.

That Glimmer Of Life

Robert Bruce

When persons are nearing death, their auras change dramatically. As a mystic and healer with many years experience, I have probably had more opportunities than most to observe the auras of people with terminal illnesses, in the weeks, days, hours and minutes prior to their death.

The first auric symptoms of approaching death through illness are difficult to diagnose for what they actually are. The etheric aura just starts fading away, very gradually, as the dying person grows weaker, until it is almost undetectable. This also happens, though, during the natural course of many non-fatal illnesses. Please keep this in mind before you start telling people they are about to die.

For what its worth, with these poor tools I have of words, I will try and share what I have seen with some terminally ill people during the time leading up to their deaths. This provides a good general example as the timing of the end result, death, is usually fairly predictable.

The colours of the main aura begin to fade and change slowly during the few months prior to death. This continues until there is only a faint tint of colour left in it; giving it a washed-out look. The etheric aura (*the thin band of pale-blue or creamy aura next to the skin*) also fades rapidly during this time. It shrinks a little more each day and pales until it is almost undetectable. The natural bioenergetic recharging process slows as the energy body prepares itself for its approaching demise, and the transition of its essential animating spirit into another dimension of existence.

A couple of days before death, depending on the nature of the disease of course, the etheric aura undergoes a dramatic change and begins expanding. The primary and secondary and tertiary energy centers, of the energy body, seem to open wide at this point and start pumping vast amounts of refined spiritual energy into the energy body; flooding the aura.

This causes the aura to have a peculiar bright ethereal glow, but unfortunately one that can usually only be seen with clairvoyance (*mind's eye vision ability, i.e., the ability to see visions*) and not with normal auric sight alone. This change can also be felt by a sensitive if they have experienced it before and know what to sense for.

The energies accompanying this ethereal glow usually have the effect of temporarily uplifting dying persons. It can also cause clairvoyance in varying degrees. While this variability seems affected by innate ability, they will often begin seeing into the next world, to see and hear spirits. This can be very confusing for them. Often they will hide the fact they can see and hear people they know are long dead; not wanting to appear crazy and upset their loved ones.

This ethereal expansion continues until it surpasses the original size of the main aura. The colour is a beautiful, very, very pale sky-blue, shot through with millions of white and silver sparks. It also develops a peculiar cool-tingly, fizzy feeling to it. A lot of energy can be sensed in this; but not the normal vitality type of energy.

Note:

This does NOT mean that any person seen with a pale-blue aura, with or without sparks, is about to die; even if you happen to see this in your own aura during self-observation. There are several circumstances that can cause similar-looking temporary changes. For example, the human aura tends to expand and turn pale-

blue in full sunlight; or be changed by the blue-sky above and behind the subject being observed. And keep in mind that background colours can also change auric colours. Spiritual upliftment, including mystical experience, can also have a similar temporarily effect. The colour of the aura during the death process is quite different from any normal pale-blue aura. It is also quite difficult to see this type of aura with a normal level of auric sight alone.

The surrounding atmosphere generated by the expanding ethereal aura often makes people feel uncomfortable. I think this may be because it can be difficult to relate on a personal level to what is happening, i.e., the death process; especially on a spiritual energy level. The heaviness in the atmosphere around a dying person can also cause some perplexing emotions to manifest within those exposed to it. People can become emotionally drained if exposed to this for even a short length of time.

In situations like this, understandably, there is also often a lot of fear and sadness permeating the atmosphere. But sensed at a higher level of perception there is also a profound emanation of love coming through dying persons; even though they may not feel this themselves. This atmosphere intensifies as the moment of death nears.

As a mystic, being in the presence of a dying person is truly humbling. The source power can be incredibly strong at times. You are, basically, standing in the shadow of a greater light being cast through a briefly opened doorway, flowing from a higher level of reality; from one of the spirit worlds or heavens. Unfortunately, for all intents and purposes this is an unseen light to mortal eyes.

A sensitive can feel the presence of the source in this light. It is a tangible, almost touchable energy that permeates the mystical heart center. This can make it swell

and thrum with a gentle and powerful rhythm unlike any other; with a kind of spiritual energy resonance.

During the few moments before death, the ethereal-cum-mystical aura surges dramatically, flooding the room for a moment with a profound cool stillness. At this moment, it can feel like time itself has stopped. This is when the unseen light is at its strongest and the doorway into the spirit world is at its widest. Phenomena will sometimes be seen at this time, often visible to the naked eye. I have my suspicions that a dying person's Kundalini raises to its highest level at this time.

The time distortion comes from the room's exposure to an abstract spiritual reality of a higher dimensional existence than the normal physical dimension we live in. The higher the dimensional level, the less the passing of time is apparent. On the highest level, time ceases and there is only The Eternal Now. Time stands utterly still.

Eternal Now: See 'Glossary of Terms' for Astral Dynamics

At the moment of death the released spirit of the deceased person will fly swiftly out of his or her body, sometimes helped by loved ones that are waiting. The spirit's old physical body is now biologically deceased. The unseen ethereal aura then contracts rapidly, imploding and fading away to nothing in a matter of a few seconds.

This whole process is like an etheric-cum-auric bioenergetic explosion, followed by an implosion that sucks all the available energy in the room away with it; often including heat energy.

At the moment of death, as a doorway cracks open into a higher reality and the spirit is drawn through it, all free energy can be drawn into it, including the emotional energy being vented by mourners. This can create an unnaturally cold feeling around any newly deceased person.

After death, the atmosphere in the room carries a shocked kind of feeling -- that's the only way to really describe it. This is caused by the terrific forces that were work during the death process. You can feel this hanging in the atmosphere wherever there has been a recent death; especially if you are a sensitive.

Depending on the nature of the death in question, this atmosphere generally fades away over a few days. But in an area where there has been a violent or massive loss of life, this shocked feeling can persist for months or even years.

The discarded physical body is now left with only a very weak ethereal glow around it; swiftly fading to nothing. This is barely detectable even with the strongest level of auric sight. This is residual etheric matter and not living aura. This fades away very quickly and nothing more will be seen of the living aura around the corpse. You will see only a pale outline, such as you can see around any inanimate object.

The living aura dies with the departure of its essential animating spirit. I have seen a lot of strange and wonderful things around people when they have died, but never have I seen a living aura around a human corpse.

The human aura is not to be mistaken as just a mere reflection of what goes on within the living body. It is an integral part of the bioenergetic system binding the essential animating spirit in physical matter, i.e., in its physical body. It is not insubstantial like a rainbow or a projected image. It is only ever present in a living

being. It has depth and texture, it has warm and cool areas, and parts of it tingle and pulse -- to the hands of a sensitive that is. There is a unique look and feel to any human aura. It is a living thing that can be keenly felt by the hands of sensitives and healers, as well as seen and sensed in other ways.

The human energy system and its aura, and all the wonderfully complex life processes going on within and around it, enable the essential animating spirit to manifest through it into the physical dimension. The spirit animates the physical body through this wonderful bioenergetic process. When it is a spirit's time to leave its physical body, this all closes down. It is no longer needed when the spirit goes home again, back to its natural timeless state.

The living aura is still very mysterious, for all the little we know about it. And its existence cannot simply be explained away. It may not fit in with our present level of scientific understanding, but that does not mean it does not exist or is any less real. Aura is strictly a living thing.

Disjecta Fragmenta

Robert Bruce

117.

You cannot put God in a box, and you cannot learn God from a book.

116.

A balanced perspective is required if one is to preserve reasonable logic and truth.

115.

The wise saying 'Know Thyself' can also be translated as 'Know Your Enemy', because most people are their own worst enemy.

114.

When the serpent burns a path through you and changes what you are, then you will see the light my friends and you will know. . .Forever.

113.

No invention in human history lets you make errors faster than a computer... with the possible exception of a handgun and tequila. (anon)

112.

If you bungle raising your children, I don't think whatever else you do well matters very much. (Jacqueline Kennedy Onassis)

111.

All that one gives one gives to oneself. If this truth is understood Who will not give to others? (Ramana Maharshi, 1970).

110.

The thought that 'letting someone go' eases their passing into the spiritworld life is only partly true. While grief (which is perfectly natural) does tend to hold a new spirit close to the earth plane, it also allows time for a 'letting go' from both sides. And time is not important to a new spirit; while love is and love helps, even grieving love. God is merciful and as this is a perfectly natural thing, it is accounted for. (RB)

109.

I find it beneficial to bow my head and say 'God is wise' and to accept painful medical conditions, if I can do nothing about them. Angry thoughts and emotions against what life brings us can sometimes attract more of the same. Painful medical conditions can be thought of as karmic tests, as well as life-path modifiers. For example, a ruptured disk will modify your life by forcing you to avoid manual labour and sports, and to take up more intellectual pursuits. Accepting the pain and guidance such conditions impose upon us can help enormously, often removing the need for more of the same. (RB)

108.

Information or memories about past lives are spiritually useless, especially when given to you through the senses of another person. This amounts to no more than spiritual window dressing, often egotistical in nature. Past lives must be personally 'experienced' and 'realized' through one's own senses, before they can have any

spiritual meaning or worth at all. And if you have to ponder a past life memory or message to discover its meaning and how it applies to your current life, you just won't get it...and probably never will.

107.

Life is like a tale told by an idiot: full of sound and fury...but signifying nothing.

(anon)

106.

Climb to the threshold of your own beliefs, Not with the statements of others, But with the footsteps of your own experience.

105.

The personal, hands-on approach will never let you down when it comes to spiritual evolution.

104.

Try on new ideas as you might try on a new coat for size. But never buy a new coat just because it seems to fit. It must be practical, comfortable, within your price range, and look good on you to boot.

103.

To all appearances, humankind seems to be inexorably staggering towards the abyss of self- destruction. But let this not blind you to all that is good and beautiful and kind and brave and holy in life. If you have the eyes to see, you'll find these spiritual qualities in abundance everywhere.

102.

Always consider the pearls of wisdom offered by people of maturity, especially the elderly. It is historical fact that listening to one's elders is highly-beneficial to the living of one's life. We may not like to admit it, but they are usually right.

101.

Just because a person is well known or has their name on a book or movie title, it does not follow that they represent, teach or live in spiritual truth and wisdom beyond the level of the proverbial village idiot. And I unashamedly include myself here, because like all of you, I am also an imperfect human being.

100.

Learn to think for yourself! Experiment and learn from all that life offers you.

99.

Question everything, especially the sacred cows of dogma.

98.

Do you think God is just going to sit idly by, watching His children and all of His beautiful creations destroy themselves without lifting a finger to help? I think not! However, God does seem to have the habit of only appearing at the eleventh hour. So have a little faith and believe that He will not forsake us when our hour of need appears.

97.

If you look at the world today, you will see all the many faces of evil, ignorance and bigotry, seemingly all around you and at every turn. You will also see widespread, soul-deep depression as spiritually minded people struggle to exist and realize their ideals in a faithless material world, more suited to robots than to spiritually evolving human beings. But let this not blind you to the wondrous variety of spiritual life lessons such a world as ours can provide. For it is only when this is realized that life's whips and barbs begin losing their stings, and a little light can be seen shining down from above.

96.

It would be easier to teach a kangaroo to type than it would be for a yuppie to ascend into heaven.

95.

There is far more life beyond your bank balance and credit rating than you could ever possibly imagine.

94.

Money cannot buy any significant level of spiritual wisdom. Love and tears, sickness and health, suffering and joy, hard-life experience and wondrous good-fortune, are the official coins of real-life physical incarnation.

93.

The most precious moments of your life will come to you like a thief in the night. Recognize these when they appear and you will be truly blessed.

92.

On a good day, if you close your eyes and are still, sometimes you can still see forever twinkling like a precious jewel through a halo of spiritual fog.

91.

If one skips dinner, then attends a wedding and mixes a large amount of champagne with strong pain killers, one tends to fall out of boats and spill drinks over really nice people (cringe).

90.

Build your own foundation belief-system from the wealth of your own personal life experience

89.

If you truly want freedom from all the pressures and influences and controls the powers-that-be use to control the living of all our mundane lives, you must be prepared to take on personal responsibility for everything: including your health, your emotions, your intellect, your beliefs, and all your thoughts and actions. In a nutshell, you must begin living your life for yourself and start making your own life choices.

88.

It would seem ironic that the path to truth is so clearly marked, yet all the signposts seem to point in the wrong direction. This makes sense in a warped sort of way. Could you be perhaps on the right path and not even know it? [David Kitson]

87.

Often, only by distilling something down to its raw, abstract essence will the truth (often unsuspected for what it is) come shining through.

86.

Life, its a learning experience in every sense of The Word.

85.

The glamour psychic abilities hold, if sought for their own sakes, provides great distraction from true spiritual progress. Instead of stripping away inner barriers between ones self and ones higher self, new barriers are created and old ones reinforced.

84.

One should not look outside oneself for true spiritual knowledge and wisdom.

83.

Psychic abilities are side-effects of spiritual development, best not sought for their own sakes.

82.

Realizing ones mortality is a life-empowering spiritual exercise.

81.

Ones higher-self exists deep in ones own heart, so one does not have to travel far to find it.

80.

Its far preferable to get in touch with ones own true inner-self, aiming at developing contact with ones own true higher-self, than it is to seek contact and help from unknown spirit beings.

79.

Achieving true inner-happiness and the enjoyment of ones life are heavily-dependent upon character, attitude and ones sense of humor.

78.

Good-quality material fills our inner minds with beauty, grace and character. But the reverse also applies.

77.

One should never waste the opportunity to enjoy what life offers, while ever-expanding ones life experience and spiritual horizons.

76.

Every life is important. . . and always way too short.

75.

One cannot unread, unwatch or unsay something. What is put into ones mind, or into the minds of others, is there forever.

74.

The only things that truly matter are of the heart: of all the burdens one has eased and of all the smiles one has collected during ones life.

73.

One must learn from all life has to offer, both good and bad, and try to get through it all with slightly more wisdom than one started out with.

72.

The strongest protection against evil is a close relationship with ones Creator.

71.

One must realize that life is not always the deadly serious matter it often appears to be. It has its ups and downs, its hero's and villains, its entrances and exits, but if one has the right attitude and a good sense of the ridiculous, one can get through it almost sane.

70.

Psychic abilities are distractions which, in themselves, are worthless trinkets when compared with true spiritual evolution.

69.

Music, the arts and culture, have profound effects on ones inner and outer realities. Long-term exposure changes the way ones brain works, which in turn changes the way one thinks.

68.

Psychic abilities are of the bioenergy body and mind, not of the spirit. These are things any black mage can accomplish just as well as any saint. These cannot be used to measure true spiritual advancement.

67.

Ones spiritual worth can only truly be measured by the number of smiles one is gifted with.

66.

The saying 'Praise The Lord and pass the ammunition' expresses an appealing down-to-earth spiritual realism I both admire and find invaluable.

65.

Maintaining ones composure in the face of fear, even while trembling like a leaf on the inside, is true bravery.

64.

Ours are not the reasons why, ours is but to do and die...often wondering intensely about the meanings of our lives...(RB)

63.

God created this universe of hard life experience to train the faithful.

62.

To hear God, one only has to listen for Him. To see God, one only has to look for Him. To bathe in God's glorious presence, one only has to reach within and feel for

Him. To be loved by God, one only has to love God before all else, passionately and with all ones heart, Amen.

61.

In realms of eternal brightness, how could one find the warmth of the Sun? In realms of eternal darkness, how could one find the cool of the shade? Opposites exist for enigmatic, contrasting reasons, oft' maddeningly obscure to us mortals.

60.

Evil should never be tolerated. Its presence should be avoided where possible. Its influence should be fought where it cannot be avoided. And its touch should always be abhorred...

59.

The evil ones, living or otherwise, deserve only our enmity and resistance. They are the opposition, the enemy, and as such are there for us to fight and push against.

58.

Evil spirits are just as valid and necessary to the life process as are good spirits. Evil entities provide balance to the forces of nature. They give the good something to push against. Imagine a weight lifter trying to lift weights in outer space. Without gravity to defy him/her, they cannot lift weights. Gravity provides resistance to strength, which in turn enables strength to exist and thereby lift heavy weights. And the heavier the weights lifted, the stronger grows the weightlifter.

57.

The concepts of Sin and Soul corruptions must always be accounted for. The bad people in life learn their lessons and accrue karma, and in turn are used by Karma's instrument, Universal Law, to enact karma upon others. Nothing is wasted.

56.

Everything is accounted for in your current stage of life, and everything has a reason at this level of reality. But everything can be changed, i.e., if you change your needs through free will and the realization process, changes occur in the currents of universal law to reflect the changes in your needs. Then and only then are conditions able to change.

55.

Looking into the future, one might believe this is destiny unchangeable. But what is seen of the future is not the actual future, but visions generated within the Akashic Records by probability energies. What is seen is not 'written' per se. Everything can be changed through the application of free will and the realization process.

54.

Life's path is created through the act of living and walking it. It does not exist ahead of each footfall upon the path of life.

53.

Through the realization process' life can and will change. This is the only thing that can change life and life's path, from what one could deem to be the mundane destiny of the masses.

52.

People live as they should, but it does not have to stay that way. Free will is always a factor.

51.

If persons are brought up believing they must struggle to make their ways in life, the need to struggle is thus created. Universal law provides this 'needed' struggle, until such time as these persons 'realize' they do not need to struggle any more. Once this 'need to struggle' is gone, the life conditions causing struggle go away.

50.

If one is tuned in, aligned, with universal law, and one listens to ones intuition, one can not only find solutions to problems, but can to some extent avoid the negative aspects that might be generated by the solutions.

49.

Within the currents of universal law: Every problem generates its own solution, Every need generates its own fulfilment, Every evil act generates an opposite reaction of good, Every good act generates an opposite reaction of evil, These opposite reactions are necessary aspects of life.

48.

Everything in your life is just as it should be at the moment. You honor what you are here for, our purpose in life, by living your life to the full.

47.

No human being is capable of realizing and expressing true love for you in quite the same way as your dog can.

46.

Filling the mind with knowledge and experience is not the road to enlightenment. Emptying the mind is. Only then can the great abstracts inherent to illumination be realized.

45.

The question 'Who AM I?' should be understood, not answered. There is only ONE, so how can one be anything else?

44.

To be, or not to be, is a question most profound to individual and collective humanity.

43.

Enlightenment is often so absurdly simple it boggles understanding. Intellectually stunning, or beyond belief, are most descriptive aptisms. A staggered process of realization is required to maintain precarious notions of sanity. Many small realizations, leading to more and more significant realizations, culminating in veritable milestones of realization. Eventually, through this staggered process, some fine day, one stumbles blindly onto the big one. After this, it all comes down to a matter of belief, as the razor's edge is walked.

42.

If you prune away all the layers of flesh from us humans, we are only what our brains are. The brain exists in personal inner-metaspaces, and everything outside it can aptly be called outer metaspaces. This includes the physical dimension and all other dimensions. The brain cannot tell physical input from nonphysical input, all is sensory input and all gets processed according to how the brain has learned to process sensory input. My intuition tells me that only by creating and expanding on such a simple model will we every begin to understand all this. And in so doing, we might just learn a little more about how the brain works and what consciousness really is, maybe even where it is. If we do this right, we might even be able to prove it one day. At the very least, we'll be able to work within its boundaries and make progress.

41.

If the bough beneath you breaks, remember, your birthright soars awing.

40.

Life is strange and sad and funny and wonderful all at the same time. I have learned to accept (but still wonder and marvel in absolute awe) how life works shimmering threads of universal law around and through us all. It is both utter simplicity and utter complexity, both foolish and profound, invisible and visible -- and most clearly the all is opaquely indivisible with the ONE.

39.

Try not to embellish your own seemingly-dull existence by borrowing from the glory of your distant ancestors. Be proud of who you are now -- you are enough already! And most assuredly you will be more as the fullness of time has its way.

38.

If you have children: love them, parent them, be their friend and confident, but be not their judge and jury as one day you might inadvertently become their executioner.

37.

We all love our children and try and make them into what we think they should be, for their own good. It hurts us when, while they are busy learning all the myriad lessons life has to offer them, they seem to fail or take wrong turns in life. But failure is first cousin to success, copesmate to blessed victory. Sorrow and pain are great teachers! Winning is not everything: its how the game of life is played that truly matters, and how we handle all our successes and failures along the way.

36.

Children are little adult spirits with bodies and minds that have just not had time to grow up yet. But they will, most assuredly, and what will they think of us then? Will they still love us -- probably. But more importantly will they still like us! And will they want to spend their precious time with us?

35.

We all come into this world the same way: naked and alone, often kicking and screaming, and we leave this world in roughly the same way.

34.

No one owns anyone else! We are all free spirits here!

33.

Everyone on this planet wants the same things: to be loved and accepted for exactly who they are, not who they 'should' be, or who their parents, family and friends 'think' they should be.

32.

Many parents alienate their children through years of well-meaning coercion and over-zealous parental judgment. They don't mean to but they do. Then they wonder why they see less of their children as they slowly drift away into adulthood. The truth is, many children grow intimidated and feel they cannot do anything right by their parents, and this gets steadily worse as they grow older. Before you know it, this grows into an infuriating psychological reflex: some adults call: The Attitude Of Youth. Go figure it eh.

31.

Being good at life does not happen overnight. It takes so many years and so many tears, but many fears are overcome along the way.

30.

One of the greatest wrongs inflicted upon the youth of today is the desire to skip through childhood and grow up faster. Trying to be an adult without the necessary experience and maturity causes great stress and insecurity. Trying to be cool at the same time is pure insanity.

29.

If your hearts desires are to fish, surf and write poetry -- be good at them all or you'll surely starve, drown or fall upon deaf ears -- either of which can be fatal.

28.

As self-discipline leads to self-mastery and spiritual progress, so self-indulgence leads to self-abuse and spiritual decline.

27.

So many people have told me over the years, after asking my help and advice: that their lives are so busy they just don't have time for spiritual exercises and daily meditations. But these very same people watch 30+ hours of TV per week. Go figure it eh -- I guess its a matter of priorities.

26.

Undisciplined Television watching will most assuredly rot your brain and damage your life. Choose what you watch carefully, then turn the blasted thing off! Be radical: talk to friends, play sports and games, make love to your spouse, read a book, go for a walk -- anything is better than mindlessly gazing into Couch Potato land.

25.

Desire not money is the root of all evil, and the quest for enlightenment requires desire be rooted out.

24.

If being your true self includes accepting one or more of the seven deadly sins as being part of your natural makeup and character, you'll be committing slow spiritual suicide if you do not at least resist.

23.

How much money a career path will make you in the future should 'always' be a secondary consideration to long-term happiness and personal fulfillment.

22.

Following one's natural inclinations, one's likes and dislikes, not only ensures happiness, but is the only realistic way to forge a career that will hold any kind of meaning and value later on.

21.

Know and be true to your own self in all things, for it is more than enough just to be yourself.

20.

Its hard enough being yourself these days, let alone a composite of everyone and everything that's considered cool.

19.

Walk boldly, live your own special journey, and you will most assuredly discover your own glory along the way.

18.

Have courage and take that first little step!

17.

A true life's path can only be created through the act of walking it.

16.

Destiny is rarely suspected before it is born, before it 'happens' to us.

15.

Please trust me: there is far more to life &, love than just body-parts!

14.

If you really want to find yourself, get to know your inner-self first before you start hunting afield. If you don't know where to start, one or two weeks solitude somewhere spartan and secluded, with no radio, TV or PC, is a decidedly good start. If you spend enough time alone you are bound to meet up with your true self sooner or later....its inevitable.

13.

Believe it or not I find myself speechless today. My fingers are poised over the keyboard but my mind is silent, sprouting no words of wisdom or wit to share. But that's probably just as well for we all talk too much these days. In fact, come to think of it, hardly anyone seems to listen these days. And when they do, don't be fooled by their apparently attentive silence: look in their eyes and you'll see they are not really listening but politely awaiting their turn to speak. Most people today are total strangers to solitude and silence, but strangely, I only truly know I am

alive when I am silent and go within. My own personal mind's eye inner space is, to me anyway, the most wonderful place to be. Try it and you'll learn to love it as much as I do, of this I am sure.

12.

If you find yourself surrounded by family and friends that you can't really discuss the things in your life you really care about, i.e., OBE, meditation, etc, then as my son Ben says 'its time you got yourself a new gig'. You don't have to abandon family and old friends, but you can expand your circle of friends with people more attuned to who you are now, rather than with who you used to be. The best way to do this is to get out there in the market place of life and do something. Think about what you like doing and start searching for like-minded people. Put an add in your local paper, 'seeking a friend' or join a meditation or development group, or start one up yourself. You don't need knowledge and metaphysical skill in order to sit around in a semi-dark room with a group of friends following a taped meditation. And you'll find the discussion that follows and the friendships you'll make will, more than anything else, help you grow into who you'll become tomorrow.

11.

What have I learned this week...hmmm...let me see. Well, I've learned that nice people do exist (thanks Keith!) and will appear as knights on shining armor when they are truly needed. But also that its wise to keep a good stock of beer in the fridge to save the necessity of offering guests cooking sherry. (I really do cook with it sometimes...hic!).

10.

Pain and suffering are great teachers. They test our limits and teach us who we really are.

9.

Question 'everything', most especially partisan beliefs and the assumptions of others, even if they are famous. Just because a person has given talks and written books on something does not mean they are right. Scientific method does not always fit in with metaphysical research and exploration. But this is no excuse to throw out the baby with the bath-water. Its really all we have going for us.

8.

Mankind is continually gifted with small pieces (pieces of knowledge) of an incredibly complex esoteric jigsaw puzzle, and always has been. But these precious gems are more-often-than-not cast away, trodden into the dust, tossed unceremoniously into the too-hard basket because they don't fit in with partisan opinion. For many years I was ridiculed for my thoughts on the nature of OBE, most especially about my theories on Mind-Split phenomena. But no one is laughing now. All I did was take a few pieces of puzzle (repeatable phenomena) and study and experiment with these until I understood them well enough to develop a theory.

7.

Angels and advanced spirit beings (whatever you'd like to call them) do not deliberately hide the nature of reality, of life and death, nor the nature of metaphysical reality and the hierarchy and workings of spiritual beings. One could easily say, and wrongly I think, that we are not capable of understanding, or are not

ready for such rarefied esoteric knowledge. But the simple truth is that the majority of people do not want to hear the actual truth. They are not prepared to listen because it may offend heartfelt beliefs. The only problem with heartfelt belief without proof is that it is either based on non-repeatable phenomena, or wishful thinking, or a construction of both. And taken to extremes, heartfelt belief often becomes mindless dogma.

6.

This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. What I do today is important, because I'm exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, not loss, good, not evil, success, not failure, in order that I shall not regret the price I paid for it.

5.

Just as the practice of deep physical relaxation is the key to successful wake induced OBE, so the practice of daily trance meditation, contemplation and introspection are the keys to successful spiritual development.

4.

The best advice I can give anyone aspiring to significant spiritual-cum-psychic development is: sacrifice at least an entire day, from waking to bedtime, meditating. Make sure you are completely undisturbed for the entire day. Repeat this one day sacrifice as often as you can, until you learn to love your time alone. Your ego will rebel, your body will want to be up and doing things, your mind will get bored and frustrated and will try and trick you into breaking your resolve. But

do not give into these things. These are things of the flesh, not of the spirit. All these things must be overcome through strength of will and self-discipline. In time, you will come to know yourself. Through this you will find peace of mind. Everything you need to progress will then be yours for the taking. Never give up!

3.

Do unto others as you would be done by (treat others as you would like to be treated yourself) are probably the wisest words ever said. They have been said many times by many masters, in many languages. But while people nod sagely and agree with the wisdom of these words, they are seldom put into practice. Why? Because this advice does not seem to work in the modern world. You treat everyone nicely and, before you know it, people are abusing your niceness and taking advantage of you, thinking you weak. But if you ponder awhile, this wisdom does not advise meekness and submission. It advises fairness and kindness in all things. And let's face it, in this imperfect modern world that's about as much as anyone has the right to expect from others.

2.

When you were born, you had a mature, ageless spirit, contained in a baby's body with an empty brain. This is the highest manifestation of higher-self most people will ever experience. The higher self does not need language to think and be and create. After birth, we spend our whole lives filling our brains with language and learning and experience. But then, one fine day, some of us undertake the task to still the mind and achieve pseudo emptiness, so we can once more reach out to our higher selves, buried under tons of language and millions of hours of memory. If we achieve our goals, we achieve emptiness and learn how to think and be and create without language, in blissful abstract emptiness. With this comes the higher

level / higher self connection we were all born with. For most people, this task is too difficult to conceive of let alone achieve. But only through this process can one be all that one can be. Animals also have the same emptiness at birth. But they do not suffer from language as humans do, so maintain a stronger contact with their higher selves. They also share at some level, or are connected with, the very same higher-selves as we are, our many-legged brothers and sisters. So, next time you look into the eyes of a baby, have a little respect. You will never get any nearer to God in this lifetime.

1.

What price would you put on your own freedom? Historically, this apparently simple thing carries a very heavy price tag.

Frequently Asked Questions

Robert Bruce

This section contains articles dealing with frequently asked questions (FAQs) on a variety of subjects.

"Shaman drum from sun to sun, but my work is never done" -- Robert Bruce

Acknowledgements: A big thank you to Adam West for helping to compile the material in this article.

Introduction: This collection of questions and answers covers a variety of topics, including astral projection, energy work, psychic self-defense, and other subjects. It was compiled between 2001 and 2003. Its original purpose was a book promotion, a Question of the Week competition, run by Robert Bruce's publishers, Hampton Roads, VA, USA. It seemed a shame to waste so much work, so these were compiled by Adam West and revised by Robert Bruce.

FAQ Contributions: This FAQ will be added to periodically. If you wish to submit a question for consideration, send to FAQ@astraldynamics.com Please number your question and write them as clearly as possible. RB.

Avoiding Waking Paralysis (Sleep Paralysis)?

Robert Bruce

Q: I often unwillingly get stuck in between being partly awake and partly asleep - which my friend told me is the beginning of having an out of body experience. I am deathly afraid of this. Scary things have happened to me just while being in that stage. Is there anything I can do to avoid this?

A: This is not a simple matter. If persons become stuck between waking and sleeping, they will probably experience some level of waking paralysis (also called sleep paralysis), often also experiencing typical OBE exit sensations, like partial or whole body vibrations, rapid heartbeat, continual falling sensation, breathing and choking problems, head pressures, the feeling of weight on the chest area, audio-visual hallucinations, and even seeing and hearing things through astral sight and hearing. This can be terrifying if you do not understand, cannot control, or simply do not want to experience OBE exit related phenomena.

I give detailed explanations and instructions on ways to help overcome this type of problem in my book "Astral Dynamics" but here is the short version:

First, let us look at the basics of what happens when the above phenomenon occurs. When persons become stuck between sleeping and waking, an OBE is very likely in full progress already. This is not perceived or realized due to the mind split effect that occurs during OBE (see Astral Dynamics, or my online articles on this). When persons are tired or close to falling asleep, OBE exits can occur very rapidly and smoothly and these are often not perceived for what they are; usually not. Often, the only symptom of such an OBE exit is a slight falling

sensation, as the projected double is generated and projected. From the moment the OBE exit occurs, the projected double begins having experiences independently, and recording these memories independently from the physical body and its normal memory storage mechanism. The resulting OBE memories may or may not download after the experience; usually not.

In a nutshell, this also encapsulates the real problem with the practice of wake-induced OBE. Projecting out of body is quite an easy thing to do and most people can accomplish this with a little practice. But 'remembering' an OBE after the fact is quite a different kettle of fish. Downloading OBE 'shadow memories' into recallable levels of conscious memory, so the OBE can be remembered and realized after the fact, is an extremely fickle thing. But therein also lies the key to reliable and repeatable wake induced OBE.

The physical/etheric body/mind contains the original copy of mind, memory, consciousness and spirit. The projected double contains a fully functional and yet independent copy of the same in pure energy form. This can be likened to the ram in a computer, where data (OBE memory) only exists while the computer is turned on and the ram chips have power. And if power is turned off (the OBE ends) before the ram data is saved to physical hard disk (physical body/mind memory storage), all data is lost as if it never existed.

Many problems arise when the OBE exit happens unnoticed, and the physical/etheric mind (original copy) stays awake. When this happens, varying degrees of paralysis will be experienced along with various types of OBE exit related phenomena, as mentioned above. So as you can see, trying to stop this occurring after this much has already happened can be a difficult proposition, as an OBE is already in full progress. The fear experienced by suddenly finding oneself

paralysed can be intense and even traumatizing. This usually causes strong physical body memories and this stops OBE memories from downloading.

Sleeping position is well known to affect the likelihood of having spontaneous OBE, and of getting stuck in the in-between state. This can cause waking paralysis. Lying on your back is probably the most problematic sleeping position, and this is the most likely position to cause waking paralysis. But sensitivity to this position varies from person to person, so some experimentation would be in order. Avoiding the sleeping position most likely to produce this phenomenon is a good way to avoid waking paralysis.

Diet can also affect the likelihood of having spontaneous OBE. A full stomach tends to promote deep sleep, whereas an empty stomach will tend to promote waking paralysis, if one is prone to this.

A sleep deficit can also affect OBE and waking paralysis. If you have a sleep deficit (if you are overtired) you are more likely to experience waking paralysis and OBE exits. The solution is to rectify the sleep deficit by catching up on sleep. If this is difficult, please consult your doctor for advice.

OBE's and waking paralysis episodes are heralded by slight falling or sinking feelings. If you feel this happening, roll out of bed immediately. You have to be very quick for this method to work. Once you are on your feet, do not return to bed for at least fifteen minutes, or it will likely occur again. I suggest raiding the refrigerator at this point, as eating helps discourage spontaneous OBE and waking paralysis.

Converting waking paralysis to OBE is common advice that I have seen in many books and websites. But while good in theory this is not so easy or effective in

practice. And most people in this situation simply do not want to have an OBE, due to fear. They just want to go to sleep in peace. I enjoy OBE, but I dislike waking paralysis, so I tend to break the state rather than try for a conversion.

To convert waking paralysis to OBE, persons must reach out with their feelings and try to connect with their projected doubles. They must feel around the room with their feelings, trying to perceive and connect. Once a connection is made, the centre of consciousness will either switch instantly to the projected double, or this may be reeled in and then a fully conscious OBE exit may then occur. I've tried this many times, as have many of my volunteers, and this type of conversion is very hit or miss.

Another way of reducing the likelihood of waking paralysis and spontaneous OBE is to learn how to deliberately induce one. If you are experiencing this type of problem, you will find wake-inducing OBE relatively easy to learn, as OBE ability is obviously present. Once you have induced a couple of OBE's, you'll find the frequency of waking paralysis and spontaneous OBE will reduce. And when they do occur, you'll find you have more control and can end them easier.

Sleep apnea can also cause waking paralysis. This is a condition where one stops breathing many times per hour and partially awakes. This is a medically treatable condition. It can be dangerous in severe cases. But many people do not realize they have sleep apnea as it happens during sleep. Ask your partner if you stop breathing in your sleep. Another symptom of sleep apnea is unusual tiredness during the day and the need for more sleep than other people.

To break the waking paralysis state, the easiest way is to concentrate everything on moving a single big toe. For some reason, the big toe is the easiest and most

effective body part to use for this. Once a big toe is moved even slightly, waking paralysis is broken instantly. I then recommend getting up and raiding the refrigerator, and waiting ten minutes or so before returning to bed, or it will likely happen again. A change in sleeping position is also recommended at this time.

Episodes of spontaneous OBE and waking paralysis will often occur at certain times of the month or year. Identify these times and take extra precautions, eg, take a sleeping pill, avoid the most likely sleeping position, don't go to bed hungry, don't get overtired, etc. An alcohol-based nightcap can also help, as can certain sleeping herbs.

Astral Multiple Personality Disorder?

Robert Bruce

Q: What do you think of the possibility of someone developing Multiple Personalities in the Astral? And how would one go about fixing this?

A: I have not so far encountered cases where persons have developed multiple personalities solely through the practice of astral projection, that have manifested in their waking lives as personality disorders. However, during OBE's and dreams, different aspects of a projector's personality may indeed take prominence, and often will.

The most common personality alterations during OBE come from the uninhibiting effect that projecting into the astral dimension has upon people. This causes projectors to manifest suppressed desires and other hidden aspects of their subconscious. Exaggerated lust and lack of conscience are probably the most common astral problems in this respect.

As for fixing this, if it became a problem, I would suggest the help of a good psychotherapist.

Can I Get Possessed During OBE?

Robert Bruce

Q: I have reached the point in your book, Astral Dynamics, where you explain the Mind-Split and bury the fears people have of losing their dormant physical bodies to astral squatters, while they themselves have projected out. Then today I came across your latest book, Practical Psychic Self-Defense, while Web browsing. This deals with fighting astral attacks, including possession, by Negative spirit entities. I have not read the new book, but am confused. Is astral projection safe or not... I mean, if it is safe, then what need was there for the new book?

My last question concerns the existence of spirits (I mean the souls of dead people and etc). Your logical explanation of how subtle bodies are created has the physical body as the generator or "energy source" for all the higher forms. You also mention that it requires increasingly more energy to generate bodies of increasing subtlety. So my question is: how can a soul exist without this energy source?

A: Your three questions are answered one at a time below.

First, I do not believe that a person's physical body and mind can be easily infiltrated or possessed during an out of body experience. The physical body / mind during OBE is in a very sensitive state. An energy field is produced during OBE that extends about ten metres in all directions around the body. This is very sensitive and will cause an OBE to abort if someone or something not well known and friendly penetrates this field. So, in my experience and opinion, the physical

body/mind is quite safe during OBE, and thus the actual act of having a spontaneous or wake induced OBE is quite safe. Keep in mind that the projected double, according to my astral observations, of everyone projects out every time they sleep. Normally this hovers just above the physical body mimicking its sleeping position. In effect, the projected double is out of body every night. So, logic dictates that OBE is no more dangerous for the physical body/mind than is normal sleep.

As for your next question, my book 'Practical Psychic Self-Defence' (PPSD) grew from chapters that were deleted from Astral Dynamics. I wrote these because so many people worry about being attacked during OBE. They were deleted because they raised more questions than they answered, and as Astral Dynamics was too big we had to delete it. (Astral Dynamics was originally close to 1000 pages). My new book was born during a monumental discussion with my publishing editors, about the value of my anti-Neg countermeasures. When the smoke cleared I had won the argument and was promptly handed a contract to write the book. The main thrust of PPSD is to provide information and countermeasures that anyone, without training or development, with the means to deal with sinister negative problems should they arise. PPSD contains a lot of new ideas, methods and little known facts, all of which have been thoroughly proven in field conditions, during actual Neg interference and/or attacks. I also give a number of case histories, mine and of people I have helped over the years, to support my reasoning.

As for your last question, my reasoning is that during biological incarnation the spirit of a person is, in a way, cut off from its natural dimension or origin and from its natural source of energy on those levels. During incarnation, the physical body and its energy body get nourishment from food and other sources, producing all the

energy they require to coexist. Further to this, for a projected double to extend itself out into higher dimensional levels, the human energy system (chakras and etc), automatically transforms basic vital energy into a higher form of energy to allow the projected double to project higher aspects of itself into higher dimensional levels, spirit worlds and etc. This is supported by the way deceased spirits will hang around the physical dimension for a number of weeks or so before they run out of residual etheric life energy and fade back into their dimension of origin. (The above does not include earthbound spirits which prolong their stay near the physical world by feeding off the living, etc).

Can Projecting Energy Affect People & PC's?

Robert Bruce

Q: A couple of times I have managed to shut down another persons pc on chat through using NEW techniques, also sometimes they get cold shivers coming up their hands and get mild shocks. Also, afterwards when they chat to me, they tell me of minor poltergeist activity around their home. I have done this more than 30 times. Does this cause harm to their pc and them selves? How can they have poltergeist activity after I do this?

A: What you describe below constitutes a type of psychic attack, eg, you are psychically attacking these people. Energy can be sent from one person to another in many different ways, involving many different qualities of energy. For example, healing ability can be used to mount a psychic attack, by reversing the intention and sending negative energy, as everything has a reverse side. Negative entities may or may not be involved in the below examples, but they will most definitely be attracted and empowered by this type of activity. This may explain the poltergeist activity and equipment failure you mention.

Computer equipment can easily be damaged during psychic attacks. I have seen this many times. For example, during one powerful attack, a brand new 17in computer monitor was left running while I dealt with the problem. When I returned to my PC an hour later, a demonic looking face, including short horns, was heavily burned into the screen. This was very clear and the onscreen desktop display could not be seen through the dark green of the face that took up about 75% of the screen. It was as if the Neg had pushed its head through the monitor.

The screen had to be degaussed several times before it returned to normal, and it was never quite the same again. Note, at this time I was writing my book 'Practical Psychic Self-Defense' and I experienced frequent attacks throughout the writing of this book. The Neg entities involved seemed very interested in what I was writing, which was understandable.

In my experience, electrical and electronic equipment can be easily interfered with and even damaged by spirit beings and energy. I have seen this with my own eyes many times, from computers to toasters, TV's and radios, etc.

You are obviously mediumistic, meaning you generate a lot more energy than the average person. The experiments you are doing could be dangerous. I am not suggesting that you are deliberately sending negative energy. But sending raw energy can precipitate a psychic attack by empowering negative entities near the person to whom you are sending energy. This could continue long after you cease sending energy. The poltergeist activity is a good indicator of strong energy being broadcast and manifesting at the target area.

In my opinion, you have so far been lucky not to cause any lasting harm to people or equipment, or to yourself. If you keep doing this, however, you will eventually learn the hard way that this type of dabbling can have major negative consequences. I suggest that you undertake a course of psychic training and development, to learn how to focus your energy in more positive ways, such as healing and clairvoyance.

Chi or Reiki for Psychic Self-Defense?

Robert Bruce

Q: Can Chi or energy such as Reiki be used for psychic self-defense or exorcism?
If yes, how is it done?

A: Raising and using energy might seem good in theory, but efforts to use just energy for psychic defense or exorcism falls down badly in practice. Energy is best used to empower countermeasures and defensive acts. Pure energy can, however, be used effectively in the astral dimension. I have a chapter on astral combat in my book, Astral Dynamics, which you might like to read. There is also an article on my website giving basic psychic countermeasures on my website at <http://www.astraldynamics.com/tutorials/?BoardID=10>

Energy disruption methods using body awareness actions can be used to deflect psychic attacks and wear away energy body attachments. The movement of body awareness, as per the NEW Energy Ways method disrupts the substance of the human energy body, causing a kind of ripple wave effect. Some aspects of psychic attacks, such as energy feeding and entity attachment, involve very delicate subtle processes. These can easily be disrupted by body awareness actions.

See <http://www.astraldynamics.com/tutorials/?BoardID=6>

Defending Against Psychic Attack?

Robert Bruce

Q: I have 2 indigo children ages 12 and 14 who are both Reiki 2 healers. Unfortunately, one of them has befriended a girl who comes from a family who practiced the black arts and they have been cursed. Although my daughter protects herself with Reiki, I have a feeling this girl curses her from time to time. This girl has been asking for a picture of my daughter and although I told her no, she recently gave her one. How can she protect herself from this girl?

A: Giving a potential enemy a photograph is, as you seem to suspect, not a good idea. But this is not as bad as giving a lock of hair or similar. But the potential attacker here probably does not have any significant magical abilities, given her age.

However, to be on the safe side, try to reclaim the photograph as diplomatically as possible. If this fails, obtain a full-length picture of the girl in question and a few strands of her hair or fingernail clippings, a spot of blood, or etc. Tape this to the photograph and store it in an envelope with the girl's full name and date of birth written on it. This will give you a far more powerful hold over this girl than she might have over your daughter. If problems of spiritual attack arise in the future, these items could then be used to remedy the situation.

I also suggest that contact be avoided with the suspect girl and her family as much as possible. The first rule of psychic self-defense is to break all contact with the source. This helps stop petty disputes and jealousies from developing into actual

psychic attacks. As for defending your family against this girl, please read my book “Practical Psychic Self-Defence” and my online articles on this same topic for advice.

Developing Precognition and Intuition?

Robert Bruce

Q: Sometimes I just know something, whether its the right answer, the next song on the radio and so forth. How do I tap into that knowing, so its on all the time instead of just once in awhile?

A: This kind of precognitive 'knowing' relates to intuition. When intuition becomes more accurate, its called psychic ability. I think the best way to develop any natural ability is to undertake a progressive course of spiritual/psychic/energy body development. There are no safe shortcuts that I would recommend. And psychic abilities should not be sought for their own sake. This is not a moral judgment but a wise safety precaution.

Psychic development without the necessary mental discipline and spiritual development can cause mental instability as a side effect. The higher the level of psychic development, the greater is the risk of becoming mentally unstable. There is no way around the long-term inner work that must be undertaken to provide inner balance and equilibrium. The necessary skills and strengths must be acquired and practiced, such as concentration and mental control, and these counteract mental instability. A wholesome development, one step at a time, is always advised.

My book, Astral Dynamics, contains a course of general development practices that can be applied to just about anything, not just to OBE. This would be a good place to start. The general rule with development is that you get out of it what you

put into it. The more time and effort you dedicate to your self-development, the more progress you will make. One to two hours per day of practice is suggested for reasonable progress.

Do Negs Cooperate Within A Hierarchy?

Robert Bruce

Q: Are there hierarchy of negative entities? If so, does it apply to *every* entity, such that repelling/banishing one entity raises the ire of its superior? Is this even a remotely possible scenario? Is it possible to invite more trouble in such a fashion?

A: Hierarchies of both good and evil spirits appear to exist. A number of ranking systems for demons can be found in ancient magical texts. Every angel and demon is said to have an opposite number. But I do not think that, in the case of Negs, if one is banished its superior will intercede in a vengeful way. In my experience Negs generally operate alone, and can be said to be independent loners that prefer to operate in secret. If one is successfully banished, it just goes away and I have never experienced anything that might indicate a vengeful backlash from its superiors.

As for inviting more trouble, the secretive habits of Negs can sometimes make it appear that a stronger Neg has appeared once the original has been removed. When a Neg is interfered with its activities will usually escalate as it fights to reestablish itself. The widespread disbelief in Negative type entities today gives them a free hand. In all my years of working against these types of problems, once it becomes clear that you know about a troublesome Neg, the veil of secrecy is dropped and Neg activities become more open and direct.

The biggest difference between negative and positive spiritual forces, including all lesser spiritual beings, is that the positive forces seem far less willing to interfere

directly with humankind. Positive spirits almost seem to have some kind of non-interference policy in force. They will sometimes intervene, but this is rare. This is understandable, given their superior ethical nature and intentions, and greater understanding of the forces behind spiritual evolution and karma. Negative forces, however, seem to interfere much more frequently and willingly. This is also understandable, given their lower ethical nature and intentions.

Please keep in mind that what we are discussing here is one of the most obscure mysteries of the universe -- the interaction between spiritual beings and human beings. We know comparatively little about this and what is known is based on the observation of these forces, of their activities down here in the physical universe. The big picture and the intricacies of this situation are extremely difficult to grasp and make sense of from a human perspective. This whole thing is made even more obtuse, given the way that the majority of people tend to go into denial whenever they experience supernatural activity, often to the extent of denying the evidence of their own senses.

Does OBE Require Special Ability?

Robert Bruce

Q: Do you have to have special abilities to experience an OBE?

A: No, you do not need special ability or talent just to experience OBE. OBE frequently happens spontaneously to people who have no noticeable skills or abilities in this area. But to induce an OBE from the awake state can take a fair bit of training for most people, all natural ability aside. I have found it almost impossible to tell who will and who will not be able to learn OBE in a reasonable length of time. The abilities to clear the mind and deeply relax the physical body, and perform OBE exit techniques, take some time and effort to learn. I have taught people who seem to have absolutely no natural ability, and those who have worked hard have eventually succeeded. The most difficult person I have ever worked with took just over two years before he had his first true OBE. However, he had many lucid dreams and other such experiences during this time.

I have also known talented psychic people with apparently extensive metaphysical and spiritual development who have totally failed to learn how to OBE, no matter how hard they have tried. And I have known people with absolutely no knowledge or OBE related skills that have succeeded the very first time they have tried to get out of body. Its very difficult to tell.

Energy Body Damage & Repair?

Robert Bruce

Q: I have heard some psychics use the term "whacked" to describe a negative energy hit, whether from another person or from an entity. I take it to mean a wound suffered on an energetic level. Can one avoid suffering these, and what are some ways to recover from damaging hits?

A: To suffer an energy 'hit' of some kind from an unseen assailant can take many forms, but there are a few basics that cover just about everything.

Energy drainage, covering all forms of energy vampirism, is the most common type of Neg interference. Negative energy conversion within a living human, or the addition of negative energy, can also cause an accumulation of negative energy. Implantation of a programmed energy unit, eg, a thought form, egregore, or etheric attachment programmed with a purpose, is also fairly common. A magical act, spell or curse can drain energy, or convert it to negative quality, in order to cause harm to a person. Energy body damage can also occur on the astral or etheric level.

There are a number of ways to avoid and shield against such things. For starters, living a healthy, wholesome life with good exercise and diet, and avoiding bad company and unhealthy circumstances, and avoiding occult dabbling, are paramount to maintaining natural shields and defenses. The physical body has the means to protect and repair itself, and to replace any subtle energy losses, if it is kept in good condition.

Personal shields and wards can also be created, damage repaired and energy replaced, but this requires a study of magic or similar disciplines, and energy work. Shields and wards also take considerable time and effort to create, and they must be regularly maintained if they are to stay effective. Simply visualizing white light or shields around yourself during an attack has little effect, contrary to popular belief. Such instant shields have more of a placebo effect than anything else, depending of course on the strength of the mind creating them. A strong trained mind can create an effective shield very quickly, but the shield will rapidly fade once the effort used to create it ends.

Recovering from magical or entity attack and replacing ones energies or repairing ones energy body from damage is not a simple matter. Energy can be replaced through healthy living and various energy raising practices (see my NEW Energy Ways tutorial online for an excellent method at (see my online tutorial at <http://www.astraldynamics.com/tutorials/?BoardID=6>)

But if this fails to bring relief in a reasonable time, one must discover what has been done and find a remedy. If, for example, a magical energy draining subtle device (a thought form device) has been attached, or an energy feeding entity has attached, replenishing personal energy will not have the desired result. In this case, I recommend the aid of a good shaman, magician or white witch be sought to remedy the situation.

Altered state meditation where one connects with one's higher self and the divine is also highly beneficial. This causes a strong flow of natural high quality healing energy, which will replenish lost energy, repair damage and weaken attachments. Prayer is also highly beneficial, especially during altered state meditation. Simply

asking God to take something away or for healing can be very effective. A good healer can also be a great help, of course.

Fixing Spirit Manifestations and Atmospheres?

Robert Bruce

Q: Within 9 months my 27-year old son was killed in a car accident, my mother-in-law who I cared for died of Alzheimer's, and then my father-in-law died on my kitchen floor of heart failure. Since then, there has been heaviness in the energy of my home. I have dowsed to see if their spirits were involved, and received the answer that while my mother-in-law has moved into the light, my son and father-in-law have not. I believe this to be true due to the unexplained aromas that can come into rooms, lights that come on when no one is in rooms, etc. I have considered having a nun do a house blessing to try to send these spirits on to the next level. Or do you think a house clearing via smudging would be a better alternative?

A: First, my sincere condolences for your losses. Letting go of those we love is not an easy thing to do, especially our children.

It is unusual for spirits to remain near the earth plane for any longer than a month, but it can happen. Most spirits move on within thirty days. Spirit caused smells and scents, e.g., the smell of tobacco, perfume, body odor, anything that is peculiar to a particular spirit, are the most common ways spirits communicate their presence. The ability to detect these is fairly strong in most people, unlike more sophisticated psychic abilities.

If you suspect the presence of the spirits of loved ones that may be clinging to you and or their earthly existence, one easy way to contact them is to write them

letters. Write these in large, bold letters, explaining their situation and giving them advice on how to move on. First, tell them that they are now spirits. Many do not realize they have died. They can be in denial or just confused. It is important to tell them to not try to hug or get too close to living humans. This can cause them to absorb life energy by osmosis, which will prolong their earthbound state. Also tell them to look for and move towards a bright light. They may not see this immediately, but it will appear if they look for this. Tell them to ask for help and help will be given to them. Also tell them that they must let go of their earthly life, all of their earthly needs and desires and ties, and to move on. Also tell them to forgive everyone and everything that has ever hurt them. Most especially, they must forgive themselves for any hurt they may have caused others. This last is very important as letting go of guilt and blame will help enormously.

If you are sure of the identity of the spirit in question, affix a small photograph of them above the letter to draw his/her attention. If you are not sure of the spirit's identity, also use a picture of yourself to attract attention. Tape these letters to the walls of any rooms where you sense a spirit presence or atmosphere. Leave these letters up for several weeks or more.

If the above fails, I suggest fumigation. This will not harm earthbound spirits, but it will remove any negative energy from them that may be holding them in the earthbound state. So this will help them to move on to the afterlife proper.

Spring-cleaning your home is a good first step when handling any spirit or haunting problem. This should precede fumigation. Finish cleaning walls and floors with a tea made from fresh rosemary as a final rinse. Say a prayer over the herbs first, asking that they wash away negative energies and attract good energy

to your home.

Sulfur is the best fumigant, but this creates poisonous fumes so one needs to be careful. One can also fumigate with a combination of fresh chopped hot chili peppers and black mustard seeds. Dried chili or powder is not as effective. Directions for fumigating safely are given in my book, *Practical Psychic Self-Defense*. (Coils of sulfur can be purchased for this purpose. These are used in the wine industry for cleansing wine barrels of mould). These methods will destroy any negative energy that might be in your home. Fumigation is far superior to smudging. Repeat fumigation as necessary.

After fumigation, fresh cut flowers and use essential oils and incense to make your home smell beautiful. This will help attract good spiritual energy into your home, and you will keep these there if you continue to make your home smell nice. The presence of good spiritual energies tends to repel negative spirits. But you have to get rid of the bad ones first or the good ones will not stay for the same reason, in that a buildup of negative energy drives away good spirits. After doing this, have the nun you mentioned do a home blessing for you.

You might like to redecorate, removing clutter and brightening up your home. Try to let in as much light and fresh air as possible. Play happy, light music as much as possible, eg, classical music, Xmas carols, spiritual songs and music, etc. These simple procedures will fix 99% of home atmosphere problems.

Quick Fixes: To quickly remove negative energies from a room, light a box of matches, several matches at a time. This releases a safe level of sulphur into the atmosphere. It can also be used to quickly remove negative energies that visitors to your home might leave behind, which is a common problem. Another way is to

mix scented essential oil in water, say sandalwood or lavender, and use a pump pack to spray a scented mist throughout your home.

Healing People with Neg Attachments?

Robert Bruce

Q: In regards to the healing arts, do you believe there are some people with whom we should not mix our energies, especially if our intuition warns us accordingly?

A: A good question. I say, always follow your intuition and do what feels right. The reason for an intuitive warning in a healer/patient situation may not be apparent, but it means that your higher self is warning you to be on guard. This does not mean that you have to refuse to give healing, if you are a healer. A lot depends on your ability and experience. But you would be wise to keep your guard up and not get too involved with such patients.

Sometimes an intuitive warning can indicate the presence of a strong negative spirit entity is attached to or within the patient. In my experience as a healer, this is usually the case. If you tend to open yourself during the healing act, you could risk some form of psychic attack or invasion. Many healers I have known over the years feel a painful cramping in their upper back or shoulder blade when they encounter patients with strong Neg attachments, myself included. But in my experience, healers are reasonably safe as long as they stay aware of potential risks and break contact the moment any negative feedback or invasion is sensed. In a small percentage of cases this can also occur during distance healing, but this is rare.

If psychic attack happens during healing, it's a good idea to break contact immediately and quickly leave the building and walk across running water (an

underground water main pipe, or garden hose gushing water, or shower, paddling in surf of stream, will suffice). This will break any links that might have formed during the healing act and stop the attack cold. I also advise that the healer does not panic and make a big deal out of this, as this can adversely affect the patient, as well as feed the Neg with attention energy. A self-fulfilling prophecy can easily be created, and psychic attack can result for both healer and patient. Neg entity attachments are extremely common and usually don't cause too many problems for healers. But occasionally, a strong or antagonistic Neg will be encountered, so its wise to be cautious and sensible always.

I advise that cleansing and grounding practices be used after healing, especially if negative energies have been sensed. Physical exercise and eating help to reduce energy body activity and ground excess energies. Crossing running water, showering and bathing, also help wash away negative energies. The running water plus visualization method given in my book Practical Psychic Self-Defence, is very helpful for removing negative energies (also see my online article on this subject at <http://www.astraldynamics.com/tutorials/?BoardID=10>

Grounding can be as simple as lying on the ground and relaxing and feeling your energy melting away and being absorbed into the ground. Imagine clear, bright energy flowing into you, and dark negative energy flowing from you into the ground like a discolored liquid soaking away. Another way is to imagine a cord of light running down your spine and going deep into the earth, to the planet core. Imagine all negative energies flowing down this grounding cord and out of you. You can also use body awareness actions to pump the energy out of you and down the cord. See NEW Energy Ways Tutorial on <http://www.astraldynamics.com/tutorials/?BoardID=6>

High-Level OBE Confusion?

Robert Bruce

Q: I recently had a dream where I was in contact with my I/THERE (Bob Monroe called it the cluster) and I saw everything coming together and then everything seemed to disappear. Is this anything like the winking out that Bob Monroe described in his books? Do you know what happens when this happens?

A: If I read you correctly here, you seem to have achieved a high level of consciousness and some kind of high level contact or access in the dream state. This level of altered state can happen during deep meditation and during OBE. Maintaining such a high level contact for any length of time is extremely difficult, due to the delicate mental balance and focus required. The slightest change in mental focus will cause such a state to disappear or 'wink out', as you say. This is one of the reasons why high-level metaphysical practice requires so much training in concentration and mental control. Early high-level contacts are generally brief affairs, often lasting for only a few seconds. This is frustrating, I know, but further mental training will help overcome this shift of focus problem.

Another major cause for the apparent failure (winking out) of such high level experiences is because of the high level of consciousness being experienced. Such experiences do not translate well at the base level (normal awake level) of consciousness. Typically, only the first part of such experiences are remembered, but once your consciousness shifts to a higher level, and you connect with a higher level of reality, that part is so abstract that your mind is incapable of storing it as an understandable memory. Such memories are stored deep in the unconscious mind, at a suitably abstract level of consciousness and memory.

Is Psychic Self-Defense Needed?

Robert Bruce

Q: In my 16 months of doing retrievals and journeying, I've never needed any psychic self-defense. Why do you feel it is needed?

A: This is a common sense matter. It can be likened to a lifeguard who does not think he needs to learn first aid and resuscitation techniques, because he has never before had need of them. This lifeguard goes about his work, day after day, rescuing people from the surf, living on borrowed time. But of course, eventually he will encounter situations where he will badly need first aid and/or resuscitation skills. He will then learn the hard way that he was wrong about not needing to learn these skills in advance.

Some people have above average natural shields, but no one is totally invulnerable from psychic attack and Neg interference. If you are regularly interacting with spirits, it may only be a matter of time before you encounter Neg related situations. I hope this never happens, but if it does some prior knowledge of practical psychic self-defense would then be invaluable.

I do not suggest that people dwell on potential Neg related problems. This is an unhealthy attitude and was never the intention of my book, Practical Psychic Self-Defense. But the knowledge it offers is priceless. People all over the world learn first aid and resuscitation techniques every day. This does not mean that such people dwell on morbid possibilities. It only means that they are preparing themselves for unpleasant situations that may one day occur.

Karma, Possession & Past Life Problems?

Robert Bruce

Q: When I had a shamanic soul retrieval by a shaman, she told me the 1st time that I had a spell on me, the 2nd that I had a former life hanging at the same place, and the 3rd time that I had an entity attached in the same place, and that I needed a full work with 2 mediums and herself to be performed to free me. (its free but time and energy consuming for them). One of the mediums I asked in a workshop to journey to that entity. He told me she was my mom in another life and had killed me then. At first, I could not relate to that, but then I got a strong headache which made me review my opinion. Nothing actually from what he had told me contradicted what I had got with my own journeys. I went to the entity and told her what the medium had told me. She said it was true and explained the whole thing. I asked her to leave me many times in many ways and had to force her out at the end. I also allegedly killed another sorcerer I saw there and relived several lives with him (he would be the one who had sent the spell). However, after all this, I don't feel at all different and my shaman is adamant I still need de-possession work. I was just wondering if you would give me your opinion, since I'm getting a little confused and, after all, I'm not doing that bad in any circumstance of my life to explain such an amazing amount of crap in me!

A: If you were truly experiencing the negative repercussions of a past life(s), this would be quite apparent to you. You would experience bad luck, health problems, general strife, and even spiritual problems like psychic or negative entity attacks, which have no reasonable explanation and/or do not respond to normal treatments.

The only reason for interfering in a person's spiritual life, especially involving some form of exorcism or past life spiritual healing treatment, should be to alleviate the effects of negative energies and/or karmic problems you might have accumulated that are causing you real life problems in the here and now.

Trying to repair a thing that is not damaged can cause it to malfunction. This especially applies to spiritual psychology. The 'suggestion' that your spiritual life is a mess, reinforced by all the attention you are getting from these spiritual practitioners, could generate a self-fulfilling prophecy. This could invite real spiritual problems into your life, or cause your subconscious mind to create these.

The old saying "if its not broken don't fix it" applies here. If everything is going okay for you, think positive, be thankful, and enjoy your life.

And on that note, the best way to overcome bad karma is to get busy living an active spiritual life doing good. Help your fellow beings, human and animal, as much as you can and try to do as many good deeds as you can. For example, help lots of old ladies cross streets, dragging them across even if they don't want to cross.

Killing Negs?

Robert Bruce

Q: Is it possible to actually kill (permanently extinguish) a negative entity, either minor or major, in any way? More philosophically, would there be anything unethical with this, since such creatures can only cause suffering and damage in their existence. Humans after all kill spiders and snakes in their own homes to prevent any chance of harm being done.

A: I have heard it said by those skilled at ritual magic that demons can be destroyed, but also that this is a long, involved and dangerous undertaking. However, I do not know whether or not this is true, as this is beyond my personal experience.

I think that some Neg types of a very low order of existence can be extinguished, yes, but not the higher types like demons and etc. Created thought form beings and egregores, however, can definitely be extinguished. Anything that is created by a human mind, accidentally or deliberately, can be uncreated or drained of energy to the point where it ceases to exist. Various types of ghosts, shades, echoes of the past, specters and earthbound spirits can also be extinguished or forced to move on to another level of existence, and in effect destroyed. Some of the countermeasures given in my book, *Practical Psychic Self-Defense*, help accomplish this. For example, the fumigation and crossing running water methods are capable of draining enough energy from low order beings, so that they will either cease to exist or move on to a place from which they cannot easily return.

When Negs manifest close enough to the physical dimension to interfere with its inhabitants, they take on two-dimensional properties and are for all intents and purposes bound to the surface of the earth. They are like shadows with intent and substance, of varying intelligence, capable of projecting seemingly three-dimensional illusory forms. In this state they have limitations and weaknesses. Many things, including sound, light, scent, and various types of energies, including the subtle energies generated by running water, affect them.

The crossing running water method proves the two-dimensional factor, because this is so repeatable and effective. I can think of no other explanation for the efficiency of this method, other than that Negs are two-dimensional and bound to the surface of the earth. Logically, if Negs were free to fly and roam at will, this method would have no effect on them at all, eg, they would just fly over running water if they could. Running water drains Negs of their subtle electromagnetic energies, causing them to demanifest.

Other natural forces may also affect Negs, including various types of magnetic and electromagnetic fields. I say this because my observations show them to have electromagnetic properties, and the ability to interfere with electrical and electronic equipment. I have not had the opportunity to experiment with these things under field conditions. But one day I hope to have the facilities to experiment further and uncover more Neg weaknesses.

I do not think it is in any way unethical to counter the forces of darkness, regardless of its form. Negs may serve a higher but hidden purpose of ultimate good involving physical and spiritual evolution, unbeknownst to them. All predators help progressively improve the gene pool of their prey by removing the weak, the old and the sickly. But learning how to defend against one's predators is

also a strong evolutionary factor. In the case of humans countering Neg predators, its not just a matter of physical strength and prowess, but of psychic and spiritual strength and intelligence. So, if it were possible to kill a neg, then this would be no more unethical than it would be to kill an attacking shark or tiger.

Living with Empathy?

Robert Bruce

Q1: I am very empathic (extremely useful in my line of work as a vet!). This often gets me into big trouble as there are times when I'm not sure that what I feel is mine or someone else's. Have you recommendations of exercises or techniques to sharpen my skills and selectively filter out background noise so I can make better use of this gift?

Q2: One thing I notice about myself is a strong empathy for individuals. Is empathy a form of or a part of psychic energy? If the answer is yes, what's the best way to develop my empathetic skills? (It can be draining but I want to use it more constructively)

A1 & A2: Yes, empathy is a psychic ability, functioning on the emotional and intuitive levels. An empath tunes into emotional undercurrents, intentions and atmospheres and 'feels' what another person or animal or spirit being is feeling.

Empathy is a two edged sword. While it can be useful knowing how others are feeling, this can impinge upon your own feelings. If these feelings manifest in yourself rather than you just sensing them in others and knowing they have an external source, this can cause problems. Feeling other people's feelings in yourself, as if they were your own feelings, is usually the case for most empaths. In severe cases, strong empathy can lead to agoraphobias; fear of crowded places, and a host of other psychological disorders.

There is no easy solution. A good way to help overcome the negative aspects of empathy is to train yourself to tune into only good emotional radiations. For example, when you enter a crowded area, look and feel among the people around you for happy people who are giving off good vibes. Focus on these and only on these with your empathic senses, and use this 'tuning' to keep negative emotions at bay. Also, keep your thoughts positive and do not allow negative thoughts to creep into your mind space, as these will tend to switch your orientation to receiving negative vibes instead of positive vibes. Basically, reach out and find some happy feelings and cling to them.

Time and experience are the only ways I know of to selectively train empathic ability and tuning. Personal and spiritual development and energy work and meditation will help improve and hone this ability. Details on how to do all this are given in my book, *Astral Dynamics*, and in my online 'NEW Energy Ways' tutorial. Also, the integration of all aspects of your personality, and dealing with past negative experience memories and their effects on you in the now, provide a stable base that helps avoid the majority of empathic and psychic problems.

Strong empathy can wreak havoc in relationships, if you do not know what is happening. For example, let's say your spouse gets into a bad mood but does not tell you. You suddenly feel in a bad mood yourself, but do not tell your spouse. Then your spouse picks up on how you feel and starts to experience an even worse bad mood. This reflects back to you, back to them, and so on, with a reflecting and compounding effect upon both of you. Before long, serious arguments can break out and your entire day is ruined.

The trick to overcoming the problem when two empaths have a relationship is

good communication and loving support. So, when you feel a bad mood or negative emotion arising for no reason, tell your partner immediately. Your partner must do the same if this happens to them. This way it can be identified where the bad mood comes from and what caused it to happen. If you communicate openly and support each other, this empathic compounding effect can be overcome by understanding, loving support, and cheerful thoughts. At a higher level, this can lead to an incredibly close loving relationship.

Localized Neg Spirits?

Robert Bruce

Q: Are there regional or local negative entities that inhabit particular nations, cities, areas? Do minor or major entities have such specializations in any form - geographic, type of evil, method of attack, etc? Or can any particular entity move freely, participate in any form of assault and affect a human in any desired way?

A: A complex question. Some Neg types are bound to or restricted to geographical areas. This is for a variety of reasons. With some it is just habit or territorial factors, much like how some wildlife will claim and hold an area of territory. Oceans, rivers and streams, including underground water movement, will also bind some Negs to particular areas. All Negs have great difficulty crossing water. High volumes of moving water are impassable for all unaided negs, and they must hitchhike with living beings in order to cross over.

Other forces such as geopathic stress lines may also be involved. I have discovered a number of Neg limitations, like running water, so it is likely that there are others that have not yet been revealed.

Many Negs become bound to or stuck in particular areas due to modern plumbing. Any Neg spirit that is manifesting close enough to the physical world to perceive and affect it develops 2 dimensional properties, and in a sense becomes 'earthbound'. They exist in the energy field that covers the surface of the earth, much like invisible shadows. In this state they are strongly affected by running water and other physical forces. Because of this, cities tend to accumulate

earthbound spirits. Some earthbound spirits eventually discover how to cross running water barriers, by hitchhiking rides with living humans and animals. This shields them and allows them to be carried across running water.

Some Neg types may also be affected by electrical current, power lines and etc, especially underground power transmission, but I have not as yet explored these possibilities.

All the Neg spirits I have so far encountered are ruled by habit in the methods they employ. Negs are not very good at adapting to changing circumstances. If, for example, a Neg is interfering or attacking a person with a particular method, and the victim finds a way to counteract that method, most Negs will not adapt, experiment, or try new methods. They will usually just keep on trying to apply the same methods they have always used, with few variations. This is understandable, given that some Negs are ancient and may have used the same methods for many thousands of years. They have had no need to change their ways, so have developed habitual methods. Most negs, if you change circumstances to the point where Neg methods do not work, will eventually give up and move on to less troublesome pastures.

The apparent unwillingness of most Neg types to change their methods is one of their greatest weaknesses. Many of the countermeasures given in my book, *Practical Psychic Self-Defense*, are based on Neg inflexibility.

Long-distance ET Communications?

Robert Bruce

Q: Could someone talk to ET's across the galaxies?

A: This is possible, as telepathy has no distance limitations. But I don't think this would be a practical undertaking unless the communicator personally knew the ET in question, or vice versa. Otherwise, this would be like trying to telepathically communicate with the entire population of the universe simultaneously. Some method of attunement would be required to cause such a telepathic connection.

Multiple Reincarnations in Non Linear Time?

Robert Bruce

Q: Do we experience more than one life at a time?

A: Time and reincarnation are not simple matters. Please read my online article, 'Reincarnation, Not So Simple', and this will give you some idea of its complexity, at

<http://www.astraldynamics.com/tutorials/?BoardID=4&BulletinID=127>

Yes, I do think we incarnate into many lives simultaneously, including in the present. Time is a manmade concept and the sense of time passing is a part of living in the physical universe. But in higher dimensional levels the sense of time passing can be hugely distorted, contracted or stretched. At very high levels, time ceases to have all meaning and seems to freeze. This is called 'The Eternal Now'. Imagine yourself reincarnating from the Eternal Now. If you can wrap your mind around the No Time concept, the answer becomes quite apparent, in that all incarnations occur simultaneous, past, present and future.

The common linear concept of reincarnation masks the mind-numbing complexities inherent to cogitating the No Time concept. The popular linear view/dogma of reincarnation, life after life, is necessary for ordinary people to grasp the basic concept. Linear reincarnation, life after life according to our physical time sense, is simply a rule-of-thumb way to 'diplomatically' explain the concept of reincarnation.

And if you push the Eternal Now concept a little further, it becomes clear that there is only ONE source of consciousness. The physical universe is only a tiny part of the whole dimensional, spiritual structure that is the universe. The physical world and all life (nature) can aptly be called the physically manifested face of spirit. We all flow from a single source, from The ONE consciousness that is the whole dimensional and physical universe. Therefore in a holistic spiritual sense we are most truly one another -- all spiritual brothers and sisters in the most profound way, including all other life forms, from dogs and bees and dolphins to ET's. However, down here in the physical universe this concept is little realized, so the simpler rule-of-thumb concept of linear reincarnation is more popular.

Negs Attacking Other Negs?

Robert Bruce

Q: Do negative entities attack/vampirise other negative entities in the same way they attack humans? ie, can Negs infest one another, or even infest positive entities? Is there something common to psychically sentient beings that Negs desire?

A: Yes, Neg entities will sometimes attack lesser Neg entities. Strong Negs also can also take control over lesser Negs. It is a common practice in some schools of magic to send a stronger demon to remove a troublesome lesser demon.

The coin of the realm for negative spirit entities is vital life energy. Living physical beings have this in abundance. Spirit entities also have some type of energy reserve, so it is possible that they also feed on each other. As for the possibility of Negs possessing other Negs, this seems possible but I have no experience with which to give an opinion at this time.

New Copies Of Consciousness During OBE Mind Split?

Robert Bruce

Q: Is it your contention that there is a new copy of consciousness in every subtle body (from etheric to real-time to the various astral bodies) or are there only two copies of consciousness, one in the physical body and one in the highest subtle body upon which the consciousness is operating?”

A: I think a copy of consciousness (or at least the potential for same) exists in all subtle bodies. However, in the majority of projectors there is usually only one active aspect of consciousness at any one time; and this factor is probably a significant factor in the OBE memory download problem. Note that when the projected double is externalized during a wake induced OBE, the resident etheric body/mind copy may retain full mental coherence, but without the power to fully animate its physical body. When this happens, waking paralysis occurs.

The state of the physical/etheric body/mind affects all exteriorized copies of consciousness, and is in turn affected by same. The original copy of consciousness left in charge of the physical/etheric body/mind during OBE is, usually, either asleep and involved with the dreaming mind, or paralyzed and low on mental energy, if it happens to be awake during a mind split event.

Consciousness can return to any aspect when triggered by stimuli, say by a noise, thirst, a full bladder, associations, etc. Such stimuli can wake the physical/etheric copy of mind to a paralyzed or semi-paralyzed physical body (waking paralysis), temporarily shifting the active center of consciousness back to the physical body

for a time. During this time, the previously active center of consciousness, say the real time or astral double, will usually experience some weakness and mental cloudiness. This will progressively worsen if the waking paralysis state continues.

Stimuli can also trigger false awakenings, and cause consciousness to return to any external projected aspect. For example, a full bladder will often reflect into and cause a projected double (or the dream mind) to feel the need to urinate, or thirst will cause the need to drink. These reflected sensations between the physical body/mind and its various exterior aspects clearly show strong connections during any mind split event.

The more energy generated/raised and the higher the level of consciousness attained by the physical/etheric (base level of consciousness) aspect prior to OBE, the more functional external aspects of consciousness become.

The bilocation (duality) phenomenon that occurs between the physical/etheric body and its projected double will often cause a flickering back and forth of the center of consciousness (the strongest aspect of consciousness). Whichever aspect contains the most energy can be said to contain the center of consciousness, and the strongest aspect will usually dominate memory storage.

The dream mind can function independently during OBE, but this lucidity tends to disempower all other aspects of the mind split. The dream mind, marked by REM (rapid eye movement) can also become active while the physical body is awake in a deeply relaxed state. During this event, the physical body can still be partially ambulatory and capable of speech, albeit from a blurry state of consciousness. I have experienced this many times, and have watched many others experience this in meditation groups. This is a common but largely misunderstood phenomenon.

This is used in sleep labs studying lucid dreaming, where volunteers signal scientists when they become lucid. When persons experience REM level lucid dreaming, while also being awake and capable of some movement, they are functioning on two levels, on both the physical/etheric level and on the dream mind level. This illustrates that the Mindsplit phenomenon is scientifically measurable.

Each exterior copy of consciousness is generated fresh, because there are never any OBE or dream memories of a continuing, linear existence outside the physical body. But up-to-date memories of normal life are usually available to all external aspects.

Normally only two aspects of consciousness are capable of functioning independently at any one time. But, further aspects can achieve independent consciousness if enough energy is available. This energy is not normal physical/etheric bioenergy, but more a type of consciousness or mental energy that can be increased through spiritual development and practice. Certain drugs can also increase this type of energy.

Imagine a diagram showing active and passive aspects during a mind split event. This would also need to show how each higher level of consciousness becomes progressively more abstract in its thoughts and perceptions and memories. This would also show high-level memory download problems, in how the physical brain must decode and interpret abstract OBE memories, in order to store them at a conscious and recallable level base-level of memory. But keep in mind that this 'interpretation' usually converts high-level abstract memories into metaphorical imagery. For example, a profound and lengthy high-level experience can be converted into a brief memory showing a child handing out flowers. This is

because the physical brain cannot decode and store the original high-level experience memory into base level format. It thus cannot make this memory available at a conscious, recallable and 'understandable' level of memory. The full knowledge of such an experience then downloads into the subconscious mind at a suitably abstract level. However, the resulting memory (child with flowers) can be used to trigger parts of the original abstract experience memory to surface during altered state meditation, in which more detail, at least in a heartfelt realizing sense, can appear.

OBE, Altered States and Technological Advances?

Robert Bruce

Q: What are the most promising technological advances for inducing expanded states of awareness, OBEs and perception of non-ordinary reality? For example, Dr. Michael Persinger, a neuroscientist at Laurential University, has developed a device that transmits extremely weak electromagnetic signals in specific patterns into particular parts of the brain. Persinger's device facilitates perception of non-ordinary levels of awareness by properly stimulating dormant aspects of the amygdala and hippocampus, which seem to be the parts of the brain which mediate communication with other dimensions. A number of Persinger's test subjects report OBEs, encounters with angels, beings of light, aliens, vivid (like you were there) memories of childhood, and other hyper-real subjective experiences. Persinger takes the view that all of these experiences are produced by the brain, i.e., that they are not real. I think it is much more likely that the brain simply translates the experience, which originates in consciousness itself, and that stimulation of certain brain regions in the proper manner (which Persinger seems to have found) enables, or jump starts access to expanded awareness in the same way that meditation or conscious OBE practice or lucid dreaming does, but without the effort. This is sort of like hemi-sync on steroids. Are you aware of anything like, or better than, Persinger's device?

A: I am aware of Persinger's research, but have not yet been able to experiment with his methods. I am not aware of anything similar or better. I agree with your comments on this.

Persinger's method is used to stimulate particular areas of the brain with subtle EM fields, which as you say can cause various altered perceptions, experiences, and states of consciousness. The brain, of course, is the major receiver and translator of such experiences.

The physical brain is not the mind. The brain acts like a radio receiver, and also a filter between mind and spirit, but it does not actually contain memories. Scientists do not know where the mind resides. It appears to reside everywhere in the physical body. But no particular area of the brain can be said to contain any particular memories. Memory exists everywhere and nowhere at the same time. Brain damage may interfere with the brain's ability to receive/access particular types of memories and process particular types of data, but scientific research proves that the damaged area(s) cannot be said to contain those memories.

See 'Basic Brain Anatomy and theory of consciousness', by Jack Turner, MD., in the articles section of my website, for a very interesting read on this subject.

<http://www.astraldynamics.com/reference/?BoardID=45>

Also see information on consciousness and brain research on the following link:

<http://www.rickstrassman.com>

<http://www.innerworlds.50megs.com>

The human brain is an essential ingredient in the bio-incarnation process, of binding a spirit within a physical body. The human brain is the highest functioning organ, though it is only barely understood. But it is clear that the brain is not the actual source of human mind and consciousness and spirit. If it were, it science should be able to prove that memories reside in the substance of the brain.

Being able to artificially induce altered states of consciousness by modifying sensory input to the brain is nothing new. Various patterns of sound and light are well known to do this, eg, Hemi Sync methods (developed by Robert Monroe) lucid dreaming sound and light machines, and brain wave generator machines (see Noromaa Solutions at www.bwgen.com) Epileptic fits can also be produced in some people by certain frequencies of flickering light, which shows how light frequencies and patterns can affect the brain and mind as well as sound.

Some research and experimentation is being done on primary energy centers (chakras), mainly on scientifically detecting and then artificially generating similar frequencies. I know of two devices that have resulted from this research. The first is called the 'Q Link' (see www.enlightenment.com) and another I heard mentioned of by, Ken Wilbur, on one of his audio CD's, which are available from the above website. This device is used to carry and enhance sound, so it is felt and heard by the whole body, including the charisma of the artist, rather than just being heard. This is a kind of super chakra powered stereo machine.

Persinger's method uses EM fields to stimulate particular areas of the brain that, through trial and error experimentation, appears to be linked with the production of altered states of consciousness, spiritual perceptions and experiences, including OBE. By stimulating certain brain areas, the subtle spiritual mechanisms these are connected to are also stimulated, producing a variety of unusual sensory experiences. This research shows great promise.

However, the secrets of the human brain and mind are not so easily revealed and exploited. The assumption behind Persinger's approach seems to be that the human brain contains the mind and that all psychic perceptions and altered states, including dreaming and OBE, are internal functions of the brain that can be

artificially stimulated. This is understandable, as that is the basis of the current scientific/medical paradigm. But knowledge of the human brain and the mind and the nature of consciousness and spirit are incomplete. There is so much that we do not know. Our current knowledge of the human energy body and the nature of psychic perceptions and abilities, consciousness and altered states of consciousness, including OBE and Remote Viewing and telepathy, are also incomplete. And this is not to mention our lack of knowledge concerning other dimensions and the greater spiritual reality above the physical universe.

There is an interesting but largely unknown natural phenomenon that bears some examination in light of this topic. And this is that some people appear to have no physical brains to speak of, or more precisely, they have only a tiny amount of brain tissue inside their skulls. Before you hit the delete button, take a look at the following link. Go to <http://www.google.co.uk/search?q=lorber+sheffield+brain> and read through some of the links provided on this topic. This makes fascinating reading. It also raises a great many questions that I doubt will be answered in the near future.

In a nutshell, a professor Lorber, from Sheffield University, who's specialty is neurology, discovered a student on his campus around 1980 that had no detectable brain. This is a rare medical condition, caused by a build up of cerebral fluid and pressure in childhood that causes the brain to shrink. In the article cited, a number of other people were also identified with this condition. In some cases, the skull was full of cerebral fluid and only a few millimetres of brain tissue were found covering the brain stem. But some of these people had above-average IQ's and excellent working memory abilities, including one university math honour student.

This phenomenon has been swept under the carpet for many years, because it obviously points to massive flaws in scientific understanding of the nature of the human brain in relation to its size. This also shows that Persinger's basic assumption may also be flawed. His methods are causing effects, but exactly what is happening is unclear. It would be interesting to see how effective Persinger's methods would be on a subject with hardly any brain matter.

The primary questions here are, obviously, how can a human being live a completely normal life with only a couple of ounces of brain tissue, with the brain size of a rat? So just what the heck is the human brain and what does it really do? And, as the human mind and seat of consciousness is obviously not inside the human brain, then where is it hiding? This leaves in tatters the long-standing scientific belief that brain size and intelligence (and consciousness) have a direct relationship.

For all that, I advise against a gung ho approach with this type of research. Like any new discovery it must be carefully studied before it will be safe to use. It might sound great to be able to switch on altered perceptions with no time and effort being required, but this could easily have a downside. What would happen if such perceptions could not be turned off? Nature in all its wisdom closed humans off to such advanced altered states and psychic perceptions, and for good reason.

It is not possible to exist with fully functioning altered perceptions and stay sane at the same time, not if they can't be turned off. It might sound like a wonderful thing to suddenly be able to see spirit beings and read minds and hear spirit voices and etc all the time, but if it could not be turned off this would grossly interfere with human existence in the real world. What I describe above sounds very much like schizophrenia. We must also take into account nature's way of making high levels

of discipline and ‘trained’ mental control necessary in order to safely manifest and use advanced altered states and psychic perceptions. Mental and spiritual control can only safely be developed through long-term efforts. Without the necessary controls, one would simply go insane if these abilities were suddenly switched on artificially and could not be turned off.

OBE Exit Position - Does Sitting Work Better?

Robert Bruce

Q: In your book, Astral Dynamics, you say that its better to sit in a chair than laying down while projecting. I read the contrary in many books by reliable authors. I see it more logical to lay down, even if its hard to imagine your self vertically from horizontal, its easy to leave your body horizontally and float atop your body and straighten your self up then. I'd be grateful if u could write back and show why sitting is better.

A: The sitting or propped up in bed position makes it much easier to wake induce an OBE exit. This is historically known if you examine some ancient records, Egyptology, etc, where paintings and carvings indicate that 37degrees from the vertical is the perfect angle to have an OBE. My personal experiences with the OBE exit, plus the hundreds of people I have coached for same, all support this as being true.

Sitting while making an OBE exit makes it a little more difficult to relax, but this is easily overcome with a little practice. The 'slight' discomfort caused by sitting also helps you stay more connected with your physical body/mind, which helps stop you falling asleep. Falling asleep during an OBE exit attempt is a big problem for most people. The improved mind/body connection from using a sitting position also helps promote more successful shadow memory downloading, so OBE memories are more easily downloaded into recallable levels of conscious memory after a successful OBE.

The above is also why Yoga Lotus type positions are superior for meditation. This helps keep meditators more closely in touch with their bodies (a better mind/body connection) so they don't drift away and lose touch with themselves during altered state meditation. People who do not use sitting or semi sitting positions tend to lose touch easily, and sleep is an ever-present companion. This is why I recommend a hard backed chair with no head support for meditation, and for all OBE related training exercises. The 'slight discomfort' this causes makes for a superior mind/body/projected double connection. The superior training value of this position is clear.

Too much comfort during meditation or OBE exit attempts promotes sleep. Questioning people that meditate can support this statement. A large percentage of modern meditators that use a too comfortable meditation position develop a very similar problem, in that the majority of the time spent meditating is forgotten after the fact. In this case, it is common to remember the first few minutes of a meditation, then nothing for the bulk of the time, and then to return to consciousness shortly before the end. This can also be translated as having a meditation-like nap.

Inducing an OBE exit is quite an easy thing for most people to achieve. But remembering it afterwards is very difficult, much like how recalling dreams is difficult for most people. And if you don't have the memory of an OBE, it never happened. So memory recall is crucial to successful OBE. And this can best be achieved by keeping a thread of mind/body connection alive.

I have thoroughly tested this factor out and sitting or semi reclined positions, or yoga lotus positions, are always more successful for meditation and OBE. This is particularly important for novices. More advanced meditators and projectors may

have trained themselves to stay mentally functional in a horizontal sleeping position, but their road to that level of ability is usually longer and more difficult than it otherwise might have been.

Please do not be led astray by those lucky few (including some authors on these matters) that take to OBE like ducks to water, and then tell everyone that successful OBE is really easy, just because it is easy for them. Copying what such people do is misleading, frustrating and nonproductive for novices. It is best to start from the beginning and find your own way, using tried and proven training methods.

OBE Flying Problems?

Robert Bruce

Q: Although I have not had a conscious, self-induced OBE, I have had several dreams where I have the perception of trying to fly. In the dream I am usually in my back yard. The problem is that I cannot seem to sustain the flight--almost like being weighted or too heavy to get off the ground. I can get up briefly but not stay up. The questions regarding this are:

- 1) Is this a form of OBE?
- 2) If it is, why is it so difficult to get up and stay up?

A: Yes, this is definitely an OBE related problem, as the fact that you are having problems with gravity proves that you are having OBE's and not dreams. I call this problem 'the gravity habit'. This stems from our habitual 24/7 sense of gravity in the physical universe, every moment of our lives. What happens is, during OBE, we subconsciously expect to fall. This creates a subconscious internal conflict that causes what I call 'slow gravity', where you will start to fall while flying. I discuss this in detail and give ways of overcoming it in my book 'Astral Dynamics'.

You'll also find that when you hit the ground you will experience something similar to pain and shock, but this is greatly blunted because it is actually 'remembered' pain and shock. This does not really hurt or shock of course, but when it happens we get a semblance of the same things. Again, this is provided by the subconscious mind, because we expect this to happen upon impact.

There are various ways to overcome flying problems. You can run and flap your arms like a bird taking off, which does generate a subconscious lifting and speeding-up mental action. You can flap your arms like a bird when you start to fall, which helps. You can also work on keeping your mind clear and use affirmations to overcome the problem. You can also imagine and 'feel' that you are lighter than air. The gravity habit slowly disappears with a bit of experience. And overcoming this can be a lot of fun if you have the right attitude.

Overcoming Fear of OBE?

Robert Bruce

Q: How can I diminish the fear that stops me having OBE's?

A: Fear of the experientially unknown out of body state is a well-known natural barrier to OBE. It can only be replaced by knowledge and understanding and personal experience. My advice for you is to read everything you can get your hands on regarding OBE, and become thoroughly familiar with all aspects of OBE and what to expect during and after the exit out of body. Affirmations and self-hypnosis, if used properly, can also help a great deal. You will also find that undertaking training in the skills required for wake inducing an OBE is very strengthening, and this in itself helps overcome fear.

My book, *Mastering Astral Projection: a 90-day program*, which I coauthored with Brian Mercer, has fear-removing and confidence building affirmations and tips woven throughout. I thoroughly recommend this book to help overcome OBE related fear.

A big part of OBE related fear stems from trying to OBE at night. At night, the world is fairly dark and creepy looking, with shadows everywhere. Fear of the dark is a natural fear of the unknown that stems from childhood. Astral realms may be bright and clear, but projectors have to get past the perceptions they have of the world around them being dark as night. One of the best ways to overcome this is to practice the OBE exit during daylight hours. Set an alarm to wake you at

dawn. I have yet to meet anyone who experiences fear during daytime OBE. In fact, this is one of the most enjoyable activities I can think of.

Positive Spirit Entities?

Robert Bruce

Q: Are there positive entities that operate similar to negs, but with an opposite motive and effect on the mind? ie, minor/major astral entities that attach to a psyche for the purpose of positive spiritual influence, as opposed to negative influence. Are there entities that derive nourishment or even just pleasure from positive spiritual energy?

A: A complex question indeed, and a difficult one to answer.

To explain positive spiritual forces I must start at the beginning: a human child is born morally neutral with preset but unrealized spiritual alignments, with both positive and negative strengths and weaknesses. These can also be described, as I did in my book, *Astral Dynamics*, when I dealt with the Astral Wind Phenomena and Deja Vu, as subtle attractive and repulsive spiritual forces. These forces act like an internal compass, related to conscience and intuitive urges, guiding people through life according to the application of their life experience and free will.

The qualities and strengths of these complex forces are preset by karmic forces, so not every child has the same alignment in any positive or negative sense. As children grow up, these forces guide them through life and exert strong influences on their choices, good or bad: in who they like or dislike, and in all their decisions and the things that they do, eg, who they intuitively like and dislike, what friends and enemies they will make, who they will love and marry, what occupation and

interests they will develop, what luck they will have, and what beliefs and psychological orientation they will acquire.

Environmental and circumstantial factors also play a big part in the above equation, particularly parents, genetic factors, lifestyle and beliefs, and the socio-economic group into which children are born, and all the people and experiences and psychological influences to which they are exposed. I believe that all of this is taken into account when a spirit is attracted to a new life and a baby is conceived. These conditions provide children with opportunities to realize life lessons, tests and goals. This allows spiritual evolution through natural selection, environment and circumstances, with preset attractions and repulsions being modified by free will.

All the above can be reduced to the simple concept of children being born with tiny devils on their left shoulders, and with tiny angels on their right shoulders. These whisper advice and influence children in positive and negative ways. The ones listened to the most grow louder and more influential. The ones listened to the least grow quieter and less influential. This entire process is governed by free will. And free will is essential to spiritual evolution. Without free will, we would be nothing more than drones guided through life to a destiny over which we have no control. Free will allows us to win or lose according to our own efforts. But it also allows us the opportunity of becoming more than we were before, by overcoming adversity and failure and learning from experience, and through hard won success to evolve to higher levels of spiritual existence.

Spiritual forces, including angels and demons and all spiritual beings between these great extremes, are intimately involved with karma and thus can be said to be the active forces of apparently wild and chaotic universal law. These positive and

negative beings respond to the attractive and repulsive forces that every person is born with. For example, the attractions in some people might attract positive spirits to help them along their way in life, but they may also attract negative spirits to test them and to provide resistance.

Resistance and testing are necessary parts of spiritual evolution. Good cannot exist without evil, and evil cannot exist without good. And the only place where success comes before sweat is in the dictionary. Both these positive and negative forces are necessary to provide balance in the complex equation of life. If you deny or remove all negative forces, then good would cease to exist. You cannot have light without shadow.

Spiritual beings, both positive and negative, will sometimes attach to or connect with human beings. Angels are known to work through and possibly even to possess people. However, by large, spirit beings seem to have a noninterference policy concerning humans and they, especially highly evolved good spirits, will seldom intervene directly. This does happen, but it is uncommon, and more so concerning things like divine intervention.

It may be incorrect to say that good spirits are only attracted to good energy, and to only good emotions and thoughts. It may also be incorrect to say that negative spirits are only attracted to negative thoughts and emotions. The exact opposite of this often happens, eg, good spirits are attracted to people experiencing negative entity problems in order to help them and in so doing to provide resistance to evil. Negative spirits are also attracted to people experiencing positive things, in order to hinder them and in so doing to provide resistance to good.

Little is known of the motivations and activities of spirit beings, and in the

dynamics of human/spirit relationships in general. Finding consistent factors to help unravel this heavily veiled equation is like finding needles in haystacks. At the moment we are limited to observations with precious few known repeatable factors and a lot of guesswork. Much further study is needed to fill in some of the blanks.

Psychic Attack From Family Members?

Robert Bruce

Q: How does one protect oneself from psychic attack from family members? Particularly those who believe they have your best interests at heart.

A: This is a difficult proposition due to its complexity, but it happens in a lot of families. I discuss this in my book, Practical Psychic Self-Defense. What can or should be done depends on whether you are suffering actual psychic, spiritual attacks, and on what type and level of attack is involved. Most commonly, this does not involve actual psychic attack but psychic influence. Strong and persuasive people will often attempt to force others to do things that they might otherwise not choose. We all do this to a certain extent, eg, trying to pressure our children into do their homework, or convincing family and friends to do things. But some people are very strong-minded and/or have Neg attachments, and this can certainly lead to unintentional psychic attack.

The first rule of psychic attack is to break off all contact with the psychic aggressor. But this can be socially difficult when family members are involved. So ways must be found to minimize or defuse such attacks. During family disputes, psychic pressures can be strong and in some cases this can result in actual psychic attack involving negative spirit beings. Defusing the situation and telling family members in question what they want to hear, will often stop any attacks that might be taking place. Then it is advisable to distance yourself and/or emotionally disconnect from that person, but this must be done without that person realizing what you are doing.

Psychic/magical shields and wards are one option. These can be created and used to defend against all types of attacks. But these take time and skill and effort to create and to maintain. Contrary to popular belief, one cannot simply visualize a wall of light around oneself during an attack and expect it to hold. In this case, my book *Practical Psychic Self-Defense* should be consulted and countermeasures applied as necessary.

Psychic and or hypnotic influences are not easy to overcome. Most people become stronger and more difficult to influence, as they grow older. Control over others is a big underlying issue in most families, and in all human society for that matter. This is also present in all animal groups, eg, The Pecking Order thing. This is nature's way. Sometimes it can help if you discuss this with the family member involved, bringing the influence problem out into the open. A controlling person will often not realize the power that they are exerting and the problems that they are causing. Discussing this can help to resolve such problems. This last is probably the best way to deal with this type of family problem.

When dealing with a person you cannot say no to, it can help if you set up a positive win win situation. This sets a precedence that can be built upon. Set up a minor conflict situation where you will have clear choices with no major consequences, that would somehow involve the family member in question. When their choice for you becomes clear, choose another option and stick to it no matter what. Stick to your choice calmly and maturely and observe what happens. If this person blows the issue way out of proportion, calmly point out what they are doing, and that they have control issues. Tape recording such a confrontation can sometimes help to demonstrate irrational and overbearing behavior to the other person. Make sure you win this situation and that your choice works. Then build on this success by creating another minor situation and repeating this procedure. It

is important to point out to this person that he/she has control problems, and suggest that some solution to this can be found, like consulting a good psychotherapist.

In closing, I must say that the type of problem you describe is more usually a psychological matter than of psychic attack. It must also be kept in mind that no ill intent is usually involved. Therefore, common sense suggests that a trained psychologist would be the best person to consult for advice on dealing with this type of problem. And even if psychic attack or influence is involved somewhere in the equation, this has everything to do with the psychology behind the situation. In most cases, by solving the psychological problem you will also solve the psychic attack problem.

Psychic Defense For Others?

Robert Bruce

Q: Is it possible to psychically defend someone else?

A: Yes, it is possible to help other people who are experiencing psychic attack. I continue to work long and hard on this, on finding better ways to help spiritually troubled people. The simplest way to do this is by sending them healing and/or praying for their protection. To do much more than this requires considerable knowledge and experience, or at least some training in metaphysical and/or magical techniques. If you do not have this knowledge, it would be best to find someone more experienced to help. Sending a copy of my book, Practical Psychic Self-Defense, is a practical way to help spiritually troubled people. Anyone can apply its methods immediately and no prior knowledge or skill is required.

Realizing Non Attachment

Robert Bruce

Attachment to things, to people, and to outcomes, is a great source of spiritual pain.

First, it is important to understand what Non attachment is not. Non attachment does not mean that one does not love or care about people, things, or outcomes.

For example, if we milk a cow and make ice cream, of course we care about the outcome. We want the outcome, the end product, to be good and tasty and valuable. But if the milk gets spilled before the ice cream is made, we should not cry over the loss of the milk, nor about our inability to make ice cream. We should learn to be more careful, yes, but the loss should not cause us to become emotionally sad.

Non attachment means that we should not become emotionally attached to persons, things or outcomes to the point where we become emotionally dependent.

Emotional dependency is where one's inner peace and happiness depends upon others, upon people and things and outcomes. This is a psychologically and spiritually unhealthy state in which to live.

In a spiritual sense, non attachment is key to inner peace and balance and happiness. We are all just passing through life. Not allowing yourself to get too attached to things and people, and the ability to let them go, is a vital realization.

Non attachment is high spiritual work. Its not easy and it takes time to take it fully onboard. This applies to all profound realizations. Some take a lifetime or more....

Non attachment is all about living in the now, and about appreciating what the now presents us with in any given moment of the now.

Emotionally clinging to the past (what has happened before now) causes depression, and worrying about the future (what might happen in the future) causes anxiety.

The clinging pain of attachment, of loss and potential loss, blinds us from seeing all that the now is presenting to us in the moment. Golden opportunities for experience and growth can easily slip past us, if we do not see them.

Negative emotions block the experience of living in the now, eg, pride, anger, hatred, jealousy, greed, etc. All negative emotions involve some form of attachment. But all negative emotions have opposite positive aspects. Pride becomes humility, anger becomes tolerance, hatred becomes love, jealousy becomes feeling good about the success or good fortune of another, greed becomes generosity, etc.

Try as they might, many people experience great difficulty mastering this realization. Being detached, in a spiritual sense, does not involve being cold and unfeeling, of cutting oneself off from caring and feeling. The opposite applies. Non attachment involves handling (crafting) ones emotions and attitudes in positive and non destructive ways.

Non attachment does not mean that one should not care about things and people. One can love people and things and want them always close. But when they move on or away, then that's ok too.

Life is a fluid metaphor, way more fluid than most people think. And other people are just other aspects of ourselves. If we believe this truly, then we give other people the right to make decisions that are best for them at any given moment. Sometimes these do not seem good for us, or they might takes the ones we love away from us, for better or worse. We each have our own journey to make. And we each need freedom and autonomy to find our own way through life.

When one door closes, the wise person listens carefully to hear the quiet creaking of other doors opening all around.

Energy cannot be created or destroyed, only changed. For every action there is a reaction. The energy of one door closing firmly causes many other doors to crack open.

Most people need to suffer the pain that comes with attachment and loss, in order to glimpse the power of this realization.

Detachment can be a way out for many, a way to stop the pain of loss, to shut it out, say when one is grieving. But this approach can lead to coldness and emotional isolation. This can lead to erecting barriers around ourselves. This leads to spiritual isolation and stagnation, which comes with even more pain.

If we refuse to feel, we cannot be felt. If we refuse to love, we cannot be loved. If

we refuse to live, we cannot have life.

The negative aspect of non attachment is detachment, which is to become emotionally disconnected from life. This disconnection becomes an attachment in its own right, because one then cling (become attached) to being detached and isolated.

But real spiritual non attachment comes with warm and fuzzy feelings. It does not mean that we stop loving or caring or missing or wanting to be with someone, or to have some thing or other. It just means that we can let these people and things move on to other pastures and feel happy about this when it happens.

To fully realize non attachment generates a profound sense of peace and happiness, inner balance and contentment, and emotional security.

Non attachment produces self confidence and self reliance and great resilience. It also produces a kind of quiet but excited sense of expectation, as one wonders what life will manifest next. This is a little bit like how a child feels on xmas eve.

Reforming Negative Entities?

Robert Bruce

Q: Do you think it is possible for an intelligent or semi-intelligent Neg entity to reform, consciously change their desire for harm, even to the point of behaving exactly the opposite? Do they have volition in the way we know it, or are they more animalistic and creatures of instinct, making the above impossible?

A: This is a difficult question, more complex than you might imagine. Let me start by giving a thumbnail description of inorganic species.

There are a great variety of spirit beings, some good and some bad, with all the range between. Most can be said to be hanging on the fence as morally neutral opportunists. This group can evolve in either negative or positive directions. The saying “As it is above, so it is below” is very true. If you consider the huge variety of different species of life on our planet and apply this to the spirit world, you’ll have some idea of the complexities involved.

A large number of spirit beings are animalistic. These are driven by instinct, with varying levels of intelligence, much like the living wildlife of our planet. Predators are always dangerous, some animals are only dangerous in certain circumstances, some are mostly harmless unless interfered with, and some are completely harmless. All animalistic spirit beings feed on energy of one kind or another, and they also probably feed on each other.

Nature spirits and elementals are also different types of beings. The more advanced nature spirits are intelligent and sophisticated, eg, the Leprechauns of

Ireland. These are not generally harmful, so long as they are left alone. But some are mischievous and some can be downright dangerous if they are interfered with.

It is possible that the more intelligent spirits that have turned to the dark side of spirit life could be turned back to the light under certain circumstances. But just what these circumstances might be are difficult to imagine. I have encountered and connected with a number of negative entities and demons over the years, which were tormented by memories of when they once belonged to and gloried in the light of good. All these beings had sad tales of woe, of how they fell from grace and had their former sanity and glory ruined when darkness claimed them.

To even begin an attempt to turn a dark creature back to the light would require the highest level of metaphysical knowledge and skill, considerable faith and a strong connection with the divine. Negative spirits such as demons and evil spirits are extremely dangerous. Much like any large predator, they can never be trusted. Some are incredibly ancient. Love, compassion and mercy are totally alien concepts to them. I strongly advise that such creatures are left to work out their own path for themselves. Countermeasures and banishment methods are usually the best and safest option when such beings are encountered.

The most reachable bad spirits are those X human spirits who have become earthbound due to addictions and perversions, anger or insanity. Earthbound types can sometimes be reached and reasoned with, or in some way convinced to move on into the light. But they should always be treated with extreme caution, as nonhuman negative entities frequently masquerade as earthbound X humans.

With all of the above, it should be taken into account that communicating with any type of spirit is difficult for most humans. It is hard to have lengthy therapeutic

sessions with negative spirits that might help them. Trying to steer any negative spirit back to the light can be compared with trying to do the same thing with a seriously disturbed living human, using only brief and irregular contact by mail. Also keep in mind that Neg spirits are generally obsessed and deluded, have enormous egos, and are habitual liars. Common sense should rule here, as to the feasibility of trying to help any negative spirit.

Spirits Affecting Inanimate Objects and Machines?

Robert Bruce

Q: Can spirit entities affect inanimate objects such as cars or computers or household appliances?

A: Yes, spirits frequently interfere with physical objects and machines. The most common phenomenon relating to this is where electric lights, TV's, radios and etc are turned on and off repeatedly. Electrical problems in motor vehicles are also common. Badly affected devices and machines become lemons, or develop minds of their own, by constantly malfunctioning. Spirits can also damage electrical and electronic equipment, including computers, TV and PC screens, etc.

One example: after a strong negative entity attack on a person in my home, my new 17in computer monitor had the very clear shape of a face burned into it, taking up 75% of the screen. This was murky-green and so dense that the desktop could not be seen beneath. I had to degauss the monitor several times before the discoloration was completely removed.

The Effectiveness of Charms and Talismans?

Robert Bruce

Q: Are charms any good for protection? I have seen people put St. Benedict's medals on their windowsills to keep bad spirits out.

A: A charm, talisman, religious icon, sacred word or symbol, has a residual power stemming from what it represents. This follows the law of analogy, creating a symbolic 'connection' with the higher source represented by the talisman. (This is similar to how a voodoo doll can be used to magically represent and affect a living person from a distance).

Personal beliefs, special treatment and magic rituals and consecrations and blessings, which increase higher symbolic connections through the magical law of analogy, increase the residual powers of talismans or religious icons. Analogy is the essence of magic. All Negs (negative spirit beings) are repelled by such things in varying degrees. The powers these items have to repel Negs vary considerably, depending upon what the items symbolize, and upon the nature of the negative entities and/or influences in question.

Many common Negs will not approach persons wearing sacred items or magical symbols of protection, and nor will they enter houses protected by such items. However, some Negs, especially the stronger and more intelligent types, will usually find ways around such passive methods of protection fairly quickly. But every bit of passive defense helps, I have found. This is why in my book 'Practical Psychic Self-Defense' I recommend passive methods should always be used first.

The above-mentioned methods of spiritual protection are little used today, because most modern people do not understand how such things work. But this does not mean that they do not work. I have had much success using sacred items and symbols to protect people during spiritual attacks, so I recommend these be used as the first line of passive spiritual defense.

Any religious or spiritual icon or medal, if used for spiritual defense, is more effective after it has been blessed.

The most effective symbol I have found as a Neg repellent is the Harmonic Cross (also called the Solar Cross), shown below. This can be drawn on sheets of A4 paper and affixed to walls, and also drawn on the body to protect affected parts, e.g., the feet, hands, etc. Blue ballpoint pen is best used for marking the body.

The God Field

Robert Bruce

With my life's work I have endeavoured to prune away the esoteric mumbo jumbo and religious baggage. I have focused on understanding the energy body, what it is and how it works, and to make everything work better.

But, a funny thing happened on my way to the Now...

All this pruning away and exploration of the mechanics of the basics of life, metaphysics and the greater reality has led me steadily closer to the divine. I was not watching where I was going and did not intend this to happen. I just did the work because it is in me to do this. I think if I knew where I was going I would have baulked and gone astray long ago.

Along the way, I started to realize who I am, and in so doing I started to realize who we all are. We are not what we think, none of us. From the highest to the lowest, we are much, much more than we imagine. But the vast majority of us have absolutely no idea of who we are and why we are here. This is in part because its way too simple. People like grand and complex. We hide in the complexity of things. But the truth is ultra simple.

"You are god" God is inside you, above you, below you, behind and before you and beside you and all around you all the time.

At every workshop I ask two profound questions. 1. "Point to where God is?" and "Point to where God is not?" It is of course impossible to point to either. This

exercise proves beyond doubt that God is everywhere. It also proves that God is just as much inside of you as anywhere else. This is pure logic.

Further to this. . . imagine the universe is a gigantic diamond with countless points and facets. You are one point on this diamond. This diamond can also be called God, because God is everything and indeed creates everything, so God and the universe are indivisible. And in the same way, you and the universe and God are also indivisible. We are all a part of the whole, of the all, of the great I am.

What we call God is like a frequency of consciousness.... call it "The God Field" if you like. This field permeates everything and is everything. One just has to tune into it and there it is. Its been there all the time, we just did not suspect.

If you realize this and then you look around at everything and everyone else, you cannot help but see that they are also of God. Every person, animal, plant and rock is also a part of God.

And this realization changes everything.

Remember these words next time you pray. If you do nothing else, pray every day. God is not way up there on a cloud somewhere. God is right there inside of you, because God is you.

This is not a simple realization, but it is doable.

Truth or Diplomacy?

Robert Bruce

Q: Where do you stop telling the truth and start diplomacy?

A: Some knowledge and truth is dangerous to the many, and thus can only be safely given to the few on a need to know basis. So, I would have to say that diplomacy starts where you need to fill in the gaps left behind after the whole truth has been diplomatically altered or pruned of potentially dangerous content.

To believe that all truth wants to be free and should thus be made freely available to everyone is a laudable but naive ideal, especially when it comes to metaphysics.

Diplomacy can be likened to what you might tell your children while at the beach. Your children might ask you if there are any sharks at this beach. You know shark encounters are remotely possible because you are facing the open ocean, which is well known to contain sharks. But you consider the risks to be minimal and acceptable. So, instead of telling the whole truth and terrifying your children, you reassure them by telling them that there are no sharks at that beach.

Visualization Problems During Core Image Work?

Robert Bruce

Q: I know someone with emotional problems. We've tried help out but were not totally successful. During the Core Image Removal technique (the un-cutting of attached negative entities in ones mind) the thing didn't allow itself to be cut. It changed continually. For example, it would change shape or texture so that it couldn't be harmed. For example brick texture is hard to cut with a sword. While this happened I was supplying NEW energy for support. At the end of this situation the person asked for help from his/her guides, and it worked. They put the thing somewhere where it couldn't do anything. Where it is now, I don't know. I think its still trapped inside this person.

A: To successfully employ the Core Image Removal (CIR) system, you really need to do more than just try it out a couple of times. (See my book, Practical Psychic Self-Defence, for full details). This is a process. A systematic approach is advised, whereby persons search through their past experiences, to identify all areas in memory that might contain trauma memories and core images. Then, all these areas must be treated to ascertain whether or not they contain negative attachments or soul splits. Once identified, hot spots should be systematically worked on to remove negative energy and attachments, and to heal fragmentation (soul splits).

Memories of painful life experiences can also be given healing. Healing a past memory can reduce the effects it is having in the present day. The Heart Center

Healing method given on my website is an excellent method for this.

<http://www.astraldynamics.com/tutorials/?BoardID=8>

The CIR process can take considerably time and effort. It is best to start with less traumatic core images and gain some experience and confidence with CIR, before tackling more traumatic and stressful areas. If any particular core image proves difficult, many attempts and strategies may be necessary to weaken it to the point where it can be defused, removed or healed.

As for the core image in question, where your friend found it difficult to carry out the CIR method, due to the apparent hardness of images, eg, swords not cutting bricks and etc: This is a basic visualization and belief problem. Here you are dealing with an image that has been generated by the subconscious mind, a core image, to represent the negative energies associated with the core image. The solution is to use imagination to overcome obstacles, such as the apparent hardness of core image mental structures. For example, if a core image is seen to be made of brick, you would then imagine yourself using something suitable to cut it away, like a large hammer, jackhammer, or a brick cutting saw, explosives, a laser gun, or explosive projectiles or grenades. When using imagination to remove mental images, your imagination is the only limit to what can be done, and this has no limits.

One good way of tackling stubborn core images that cannot be simply turned and removed is to tear strips off them and thereby weaken them. To do this, you will need to pull off strips from the core image, as if it were covered with a number of thin plastic layers. Every time one is peeled off, the core image will be weakened.

Another method is to imagine/visualize a blow torch and spend time burning away

a stubborn core image. You could also imagine a fire hose and use this to wash the image away.

Efforts spent working on core images have a cumulative healing effect, regardless of what is actually perceived as happening in the mind's eye. Even if after many attempts a core image still stands, it will always be weakened after a core image removal session. This is because of the attention and consciousness that has been directed into the core image. A similar effect occurs when a traumatic incident is discussed at length with a friend or a psychotherapist. The attention shown to the trauma memory weakens the effects it can cause in the human psyche.

It is also possible that your friend is subconsciously unwilling to face and or remove the particular core image in question, and this is why he found the mental image too hard to cut away. If a person is not truly ready to do this, they will create an infinite variety of excuses. I would advise your friend to discuss his/her problems with a competent psychotherapist. Core image work is strongly related to psychotherapy, albeit with a rather unusual approach. An integral approach is always best.

It is important not to become paranoid and jump to conclusions. If an apparently negative entity is discovered through CIR work, it is often an imaginary representation created by the subconscious mind. If it is indeed a negative entity, then it is likely to have been resident for some time. This may be disturbing, but panicking at such a discovery is counterproductive. An intelligent, mature, methodical approach is advised. Negs work 'through' core images, and if their core images are removed then any attached Negs will be severely weakened, if not removed entirely. Often the wisest approach is to wear them down a little at a time, until they break off and go away. See my book, *Practical Psychic Self-Defense*, for

more information, and my online articles on psychic self-defense.

<http://www.astraldynamics.com/tutorials/?BoardID=10>

Why Can't I Have Another OBE?

Robert Bruce

Q: I had one OBE many years ago, however, since then I have been unable to accomplish an OBE. I'm not sure what is preventing it. Can you offer any suggestions?

A: Anything that is not used occasionally will eventually atrophy, just as a muscle wastes away if not used. This is usually a part of the problem. However, problems that you may not be aware of could have been created by your first successful OBE. For example, if you experienced a difficult or frightening exit out of body, or if you became scared, or if you had difficulty accepting the reality of OBE, you may have developed a subconscious block to experiencing and/or remembering OBE.

Affirmations and self-hypnosis methods are the best ways to overcome subconscious blocks to OBE.

I also suggest you read or reread and work through my book, *Astral Dynamics*, and all my online articles relating to OBE. My latest book 'Mastering Astral Projection: a 90 day program' which I co-authored with, Brian Mercer, has extensive sections on overcoming subconscious blocks to OBE. Once you have all the information, it comes down to a matter of practice to overcome mental blocks and to develop the basic skills necessary to wake induce OBE. There are also various devices that can help, including TMI Hemi Sync tapes, lucid dreaming machines (sound and light devices), and brainwave generators. Mastering Astral

Projection comes with a CD Rom containing a customized version of ‘The Brainwave Generator’ program. The altered-state inducing sounds this program generates are an excellent aid for OBE exit training. The shareware version can also be downloaded free from www.bwgen.com.

Why Do Negs Attack Humans?

Robert Bruce

Q: What motivates strong negs/demons to attack humans in such vicious ways? Do they derive pleasure and/or energetic benefit? Do they even have corresponding desires/needs that we think of conventionally, ie, do they have a psychology?

A: This is a difficult question. Mortal understanding of the nature and psychology of Negs contains huge gaps. Most of what is known today comes from the observation of Neg activities during attacks and possessions. Communication with higher Neg types is possible, but Negs are not exactly straightforward. Reliable information concerning their motivations and the nature of their reality is thus very difficult to obtain. One thing we do know is that higher Negs and demons seem to only attack and possess for specific reasons, and often for set periods of time. But these reasons are difficult to fathom.

Keep in mind that the nature of higher Negs, especially demons, is that they 'possess' and through this they inflict disease, spiritual pollution and torment. Such attacks seem either designed to cause torment, or to break down natural defenses so that stronger levels of possession can occur. The infliction of disease and physical disorders seems to occur only after some level of attachment or possession has occurred. Certain types of diseases and physical disorders are probably a direct result of this, and it could be said that higher Negs are carriers of disease. I think when the infliction of disease is the sole motivation for possession, a Neg will usually only leaves a copy of itself, or a small piece of itself (an implant or larvae) inside the victim, and then withdraw.

The above may be one of the reasons why healing will sometimes bring about a miraculous cure. The application of strong positive energy from a healer can often remove or neutralize the Neg related core (remove the implant or larvae) that is causing a disease or disorder. This may also explain why some healings fail, because if the Neg cause of a disease is not removed then the disease will not respond to healing.

Please do not misunderstand me here. I am not saying that higher Negs carry physical germs and bacteria. But their presence seems to generate physical conditions in victims that allow or attract certain types of diseases and physical disorders. We live in a sea of germs and bacteria, against which most people have strong natural defenses. So it could be said that the presence of higher Negs within persons can interfere with these natural defenses, thus allowing diseases and physical disorders to manifest.

Negs seem to be an unseen aspect of the natural selection process, and to also be involved in the process of spiritual evolution. They may be drawn to attack certain people for karmic reasons. Negs seem to apply negative karma, including the application of torment, disease and physical disorders, mental and personality disorders, addictions, and even social and relationship problems. In a nutshell, Negs apply widespread suffering to all of humanity. This suffering can be said to balance karma and provides life path resistance and difficulty. Without life path resistance spiritual development would be easy, but it would be very difficult to surpass one's limits and evolve to higher levels of spirituality than have previously been achieved. Strong resistance and adversity drives people to extremes. While overcoming adversity, people will often accomplish the impossible, physically, morally or spiritually, and thereby evolve.

Curses are often involved when persons are demonized. But even curses are accounted for in the processes of karmic law.

As said, Neg activities seem to be a part of the natural selection process: weeding out the weak and infirm, while driving other's to excel beyond previous limitations. We may not like it, but Neg activities may play an important part in both the physical and spiritual evolutionary process of humankind.

As I am fond of saying, if God wanted to wet-nurse humanity in total spiritual security and bliss, He would not have placed us down here in the physical dimension in the first place. Instead, we would all be living in a heavenly place where everyone is happy and fulfilled, where no one ever gets sick or dies. Logically, there must be a very good reason for us mortals to be here in the physical dimension.

Who are you?

Robert Bruce

You do not have to be the person that other people misunderstand you to be.

'Violetrose'

Lauràelle, The Ceremony & The Sword

Robert Bruce

I have hesitated over the telling of this tale for many years. I have a lifetime of experiences like this to share, but some (*like this one*) may seem way over the top to some people, no matter how its written. This is simply because they lack any kind of experience that would allow them to relate to it. Because of this, part of me says to keep these things to myself, while another part urges me to share everything freely. So, although I am still undecided on this matter, I've decided to take a risk and let you, the reader, be the judge.

The following experience happened in the late 80's. This is one of the most extraordinary OBE experiences I have had to date. It occurred during a powerful real time projection around midnight. It depicts some highly unusual events. Please trust that I have taken great pains to add nothing to this powerful experience; and have not taken poetic license nor romanticized it in any way. On the contrary, I shortened and toned it down a great deal during the writing of it.

Many of you are, or will soon become, projectors in your own right. Some of you, I am quite sure, will have experiences every bit as awe-inspiring as this one may seem to you right now. And after reading this, at least you will have something to measure your own extraordinary experiences against. And maybe one day you'll think to yourself, hey, that Astral Knights story of Robert's is not so weird after all. When out-of-body it really does pay to be prepared for the unexpected -- understatement! And if you think: "Hey, Robert's getting really strange on us here" then I challenge you to prove me wrong or otherwise: get out of your body and see for yourself what's really and truly out there.

My friends, there is a whole lot more to OBE and other dimensions than meets the eye. Other dimensions, even the relatively simple and stable real-time zone, have aspects to them that are hidden for the most part, even to the most serious and dedicated of experienced projectors. I honestly think its more a matter of sincerity, heartfelt open-mindedness, belief and a willingness to believe, than it is of skill or ability or natural talent. But I do not extend this thought to include the imaginations and fantasies of a vaporous mind.

The following is, going by all I know and trust and hold dear, a fully objective Real-Time experience, had immediately after leaving my physical body. I was fully awake when I left my body, fully awake and coherent during the experience, and fully awake when I reentered it. There was no break in consciousness at any time, and I had a full shadow memory download. I did not leave the real-time environment; nor my own house (*nor my own mind for that matter*) at any time during this experience.

It begins. Buzzing out of my body around midnight, I floated towards the dining room and stopped cold. A being, looking much like a traditional gargoyle, was hovering near the kitchen entrance, high up on the wall. It was an ugly brute about the size of a large dog, humanoid but with over-long legs and arms, dark leathery body and a leering caricature of a face with dull-red glowing eyes. It was hunched motionless with knees held to its chest just inside the wall about head-high. It seemed to be watching me but I don't think it was aware I had spotted it yet. I floated forward to confront it and it sprang to life. It moved with the strobe-like jerkiness common to many negative entities; when seen clairvoyantly or during a real-time OBE. Turning, it moved through the wall away from me...and into the nursery. A fierce shiver of energy coursed through me and all fear vanished as I thought about what this thing might be doing to my children.

A cold, calm rage filled me and my heart center (*of my projected double*) throbbed heavily as energy poured into me; coming from my physical body. I desperately wanted to drive this thing away, or kill it if I could. There had been an uncomfortable atmosphere in our house lately that came and went. My children had not been sleeping well, having nightmares, night terrors and et cetera.

I racked my brain for a way to attack it and remembered something I'd read many years ago by Dione Fortune, in her excellent book, *Psychic Self Defense*. Dione said to ask for your sword and armor whilst out-of-body, or if this failed, to create them for yourself. I decided to try creating one first, not having much faith that some mysterious being or force from above might actually give me a sword and armor. I'm a realist at heart and although I'd seen a lot of strange and wonderful things, especially during out-of-body experiences, I'd never seen anything that might lead me to believe something as fantastical as this might ever happen.

I held out my hand and visualized a big, double-handed broad sword, just as Dione had suggested in her book. The sword slowly formed and came into sight over a few seconds, like an image appearing on photographic paper in development fluid. I turned to move after the creature but the sword faded as soon as I ceased holding it in shape with my mind. I remade it several times but it kept fading away.

Frustrated and with a sense of growing urgency, I gave up on the idea of creating a sword. In exasperation, I decided to try the other method. 'What did I have to lose,' I thought? Quietly my mind I raised my hand, sincerely and most-reverently asking God aloud for my sword. What happened next totally blew me away and changed my understanding of OBE forever!

The following events, apart from being greatly shortened and toned down here and there, are as accurately given as I can remember and write them.

A long, deep horn blast sounded far off behind me and hung in the air as a rumbling cloud slowly formed in front of me, just above my dining table. It looked like a heavy rain cloud: mottled dark-gray and solid looking, like a miniature thundercloud about the size of a small motor car. It had shape, depth and movement and generated an atmosphere of great power and presence. Flashes of internal lightning and sparks of colored light came from within the cloud, lighting up the dimly-lit room with every flicker and flash. The cloud hummed and rumbled, pulsating with awesome power. A deep voice then boomed from inside the cloud. It was mega-loud, deep and resonant, sounding just as anyone might imagine the voice of God would actually sound.

To date, I still have no idea what this cloud was, where it came from, why it appeared before me, nor of who the being was that spoke to me from within it was. I am not in any way, shape or form, claiming or intimating this was the actual voice of God -- but it does make one wonder, as this is most definitely a 'burning bush' kind of experience.

The voice from within the cloud addressed me by my full name. It then began a long address, speaking powerfully and eloquently in clear English. It went through a lengthy spoken ritual and finished by listing the extensive virtues and accomplishments of something or someone named, Lauràelle. This went on for several minutes with no repetitions. I was absolutely awe-struck and speechless by all this. I don't remember all the dialogue as the voice had a whole lot to say, but as memory serves me the ritual went something along the lines of this:

"You are summoned here by the Continuance."

"To stand forth; free and unfettered by flesh."

"For the timeless ceremony of knighthood."

"As in your beginning, so stand you now."

"Having passed the required trials and tests."

"As defined by the ritual of Continuance."

"Judged fit for service by your peers."

"Judged fit to rejoin the Continuance."

"Judged fit to renew your vows."

"Judged fit to receive your sword."

There was lots more, but in brief, the voice continued:

"Who holds this man to rejoin the Continuance?"

The far off horn sounded one loud, sharp blast.

"I do!"

Spoke a strong male voice from close behind me. Startled (*understatement of the century!*) I turned to see a large man with an enormous broad sword, wearing a full suit of heavy plate armor and chain mail standing behind me. He raised the great sword and moved to stand beside me. He lifted his visor and nodded as if he knew me. I smiled and nodded back at him. By this time I was beyond speechless and nothing would have surprised me. The voice continued:

"Who holds this man to rejoin the Continuance?"

The horn sounded another deep blast that made me jump; out of my skin if I had one.

"I do!"

Spoke a woman's voice from beside me. Turning, again stunned, another armored knight with a raised sword moved to stand on the other side of me. This one was a woman by the sound of her voice and the shape of her armor. She was much smaller than the man and wearing a different type of armor. Her's was almost white with a platinum sheen to it. They kneeled each side of me, he on my left and she on my right. They faced the cloud with heads bowed and swords held by blades, points resting down with hilts before their faces as if they were praying.

This same ritual was repeated many times until a dozen armed and armored knights, both men and women, stood all around me with swords raised. Each one appeared and answered as the horn sounded a blast and the great voice repeated the question. They slowly formed a semi-circle with me in the center, all kneeling and facing the awesome cloud. At certain points in the ritual they spoke, sometimes singly and sometimes together, answering the many questions put to them by the incredible voice.

The voice told us all to rise. The first two knights who had spoken out, moved to stand close on either side of me, with each resting a hand on my shoulder. They lifted their visors and smiled warmly at me. The big man looked me straight in the eye and nodded his bearded head firmly. The woman smiled and winked at me. I nodded and smiled back. They both seemed very real, human and familiar, but from where or when I knew them I could not recall. At the time of writing this book, I still don't know who or what they are or where they come from, even though I've seen them many times since and have grown extremely fond of them all.

The great voice continued:

"Forged and wrought for the glory of God, shaped by angelic hands and blessed with the gift of life by the Holy Spirit, I give you the sword...Lauràelle! Lauràelle stands out against the darkness! Defender of life! Slayer of dragons! Scourge of all demons! Bringer of light and wielder of death! Child of the holiest of holy swords...I give you the sword...Lauràelle!"

The voice went on at some length here, listing virtues and deeds and battles and all kinds of stuff that made no sense at all to me. I remember only a very small part of the entire dialogue.

At the end of this, the voice stopped and a brilliant shaft of light appeared, coming from high above and piercing a hole through the swirling clouds, up where my ceiling used to be. Something long and sparkling swirled and sank slowly towards me from a great height. The voice started talking, and again it had a whole lot to say. I was prompted to kneel in prayer at this point and then to raise my right hand and repeat some lengthy vows, as given me by the voice. It felt right so I went along with this in all sincerity. My outstretched arm and hand I noticed at this point was covered in burnished steel. Glancing down at myself, I found I was wearing a full suit of armor. With a final sparkling sunburst, the sword Lauràelle spun down into my open hand, slamming into it like an old friend shaking my hand. I stood up and the wonderful cloud slowly faded from sight with a final verbose blessing.

I hefted the sword and swished it about, marveling at its glittering length and feel. Engraved along its blade were strange designs and words etched in a language I did not recognize. These moved under my fingers as I ran my hand over them. The sword felt alive and vibrant with energy.

I had originally tried creating a huge two handed broad sword like my bearded friend held, so tried to manipulate the shape of this sword with my mind. It faded slowly and formed into the huge sword I had earlier tried to create, but snapped back into its original form the moment I relaxed my will. Lauràelle has a set form I cannot alter. She looks something like you might expect an ornate knight's sword to be, possibly French, with a beautifully engraved blade and bejeweled cross hilt. Lauràelle has a quality and presence that demands respect, making it very clear she is not just some pretty toy or adornment.

Looking around, wondering what I should do, dumbfounded at the enormity of this whole experience, I saw the other knights were sheathing their swords and waving, as if about to leave. They began fading and winking out all around me, disappearing to God knows where or when: maybe back to normal lives like mine, maybe not. I soon found myself alone and moved through the wall to check on my children. They were all sleeping soundly, thank goodness. There was no sign of the thing I'd seen earlier.

Taking one last incredulous look at Lauràelle, I let her go. She faded from sight along with my armor. Returning to my physical body, I got out of my recliner in the living room and switched on a lamp. I had been out of my body for less than thirty minutes. Writing down this whole amazing experience, over a pint of cold milk and a cheese sandwich, I remember smiling and saying to myself: "Mat one is EVER going to believe any of this!" I could hardly believe it myself, but it did happen.

Later, as I sat in the near-darkness, pondering on what had just transpired, I suddenly felt a bit lonely and out of place. The house seemed to have a surreal quality and, just for a moment, I wondered if this reality were any more real than

the one I'd just experienced. "Oh my dear God its all so very real", I said to myself. And as I walked through the house on my way to bed after tucking in my children, I stopped and looked back at the dining table where the awesome cloud had been earlier. I felt something nagging at the back of my mind, like a far-off memory. Something was telling me that what had just happened was more important than I realized, and that someday OBE was going to play a very important part in my life. Of course, this was many years before Astral Dynamics was even a proverbial twinkle in my eye!

Since having the above experience, I only have to raise my hand and think of Lauràelle, at anytime whilst out of my body, and she appears instantly, sliding into my hand. This continues to amaze me every time it happens, but I must admit I've become rather attached to the old girl over the years. I have also put her to good use many, many times since all of this started. But about that part of my life I cannot really speak any more on at the moment; sorry. I have, however, been considering writing two more books, called "Advanced Astral Dynamics" and "The Astral Missions". These would, of course, include further investigations into the Astral Knights phenomenon.

I know the above experience sounds crazy, but its the Gods truth; I swear this on my life and all I hold dear. I almost did not share this experience because of this. And the Astral Knights chapter was cut from my book, Astral Dynamics, for this same reason -- re its just too crazy to conceive of! I still know very little about the astral knights, their purpose, history and origins. They seem a loose-knit group of projectors who are occasionally gathered together: but gathered by whom or by what or for what purpose I have no idea. By loose-knit I don't mean to say its casual. Far from it, the Astral Knights seem a fairly disciplined group. I meet up with the Astral Knights, during OBE, a couple of times a year on average. I have

no idea who or what controls this group, but some higher-force most definitely appears to be behind it all. There are usually a dozen or so knights present, but many more will appear at times.

I'd like to make it very clear here that I do not control this group and cannot call them up at will, or get them to do my bidding -- I wish! I have been in many situations over the years where I have tried to summon this group, to help people in cases of apparently genuine need, with varying results; usually negative. Also, these knights will not always appear when I call them, even while I am out of my body. This makes research extremely difficult. To be perfectly honest, I know very little about this phenomenon and am still trying to come to terms with it myself.

A Case History

Following is another example of an astral combat type of experience, but this time from another projector's viewpoint. This illustrates that this type of out-of-body event is not quite as uncommon as it may appear to be. I have come across many other projectors over the years who also appear to be astral knights, and the majority of these men and women are very matter of fact about it. They do not consider themselves as being anything special. It is just something they are moved to do occasionally during OBE's. Please note that coming across seriously negative type entities during a projection, as shown in the above and below experiences, is extremely rare...unless you go actively looking for trouble, as Rod seems to have done.

Rod:

I have found my sword at last! I tried many times to summon and create one, but eventually it just appeared in my hand. It has an embossed leaf pattern forming the

entire outside of it. It also has a leaf-like shape which is like nothing I have ever seen before, but my sword it is. After your armor and sword suggestion in your last letter, I also created a suit of armor. It just appeared on me and is made of leaf-like plates, in a similar pattern to the sword. Suffice it to say - I like it!

I was out-of-body recently and, K, was with me. I felt something was missing and raised my arms above my head. I saw a light above me and a beam of silvery-white light shot down from a portal about 30 feet above me. It touched my hand and formed into my leaf sword. It felt right and comfortable and I knew it could never be taken from me. Now I have it I can 'vanish' it and bring it back any time I like. In all other projections, since this, I did the same thing and the sword came back to me each time. I have since used it against several malevolent entities I have come across on my travels.

The other night I was out of my body, in real time, and passing over the city. I saw a black fountain, huge and cloud like, coming out of a building, extending maybe 50 feet above the roof. I went to investigate and the fountain disappeared. I felt it was some kind of a marker and that something was inside the building, and I was being called to it. I went in through an open window on the fourth floor and found something in that room. It was horrible and black - very difficult to describe - and worse than any film monster I've ever seen. It was standing, snarling over a cowering person lying on a bed. I tried to push it away but it pushed me back a 'lot' harder and I was thrown out the window. I went back in and invoked my sword. It came at me and I swung the sword over my head and cut the thing in two. Then I swung the sword from right to left and cut the thing into four. On some level I knew this wouldn't work and as I watched, the creature flowed back together, trapping my sword inside it.

I knew the sword was mine and couldn't be taken from me, so I 'vanished' it and formed it in my hand again. Intuitively, I raised the sword above my head and visualized a tunnel above me, going straight up. It formed, and at the other end of the tunnel I saw a very bright light. Something or someone flew down the tunnel. They were vaguely humanoid and surrounded by golden fire. It looked around and then shot back up the tunnel again. I sent a beam of golden energy out of my sword, and used it to push the creature upward into the tunnel. It resisted very strongly, but I kept pushing until finally it fell in. It tried to crawl back down again but I pushed it one more time and then closed off the entrance. The tunnel vanished, the room went dark again and my sword disappeared. I looked at the person curled up on the bed and saw big purple and black bruises on them, although maybe this was in their aura. I tried to send energy and love and healing to them and hope it helped. Then I left and went back to my body. It was an exhausting and rather disturbing series of events. I got up and wrote this down and then wandered around my house, feeling disoriented and odd for quite some time...**Rod**

Receiving a sword and armor when requested appears to be the sign a projector has long-term connections in the astral planes and/or higher realms, but of which they may be totally unaware. It may also mean they have in some way passed a test and been promoted to active astral duty, or so to speak. Asking for your sword should ideally be done at the very start of a real time projection, after moving away from your physical body. You should raise your hand (*feel yourself doing this but don't try and look at your hand*) and ask aloud with deep sincerity and reverence for your sword. If you are ready for it you will receive it; its as simple as that. If your first request is not answered, try again the next time you are out, and keep on trying until you are ready.

The Blue Ray

Robert Bruce

This is what happened to me, many years ago, after my very first successful deliberate wake induced OBE. I had been trying to project for several months at this time, and had made a projection attempt almost every night for the previous two weeks. Trying to balance everything, relaxation, trance, energy, technique, etc, for a conscious exit projection is very difficult and can take some time to master. At this time, I was sleeping in a strange house and bed as I was watching over a depressed (*suicidal*) friend who was asleep in another room at the time.

Amidst massive waves of energy, pressure and vibrations: thinking I might actually be dying -- I buzzed free of my body. I floated across the room and hovered there, internally awed by my success as I looked around and got my sea legs. Just as I was about to head for the great outdoors, only a few seconds after the exit, I felt myself in the grip of a powerful force. Unlike the Astral Wind phenomenon, this force pulled me to the middle of the room and transfixed me in a horizontal position several feet above the floor. I hung there looking up at the ceiling for a few moments as the room slowly dissolved around me.

I found myself lying in near-darkness on what appeared to be a stone altar. I was unable to do more than move my head very slightly from side to side. The scene around me grew more solid and was soon broken by several burning torches. They floated towards me and hung in the air all around me, suspended several feet in midair. I sensed movement and heard the muttering of many voices nearby, and realized I was not alone.

Straining to move my head, I made out the shapes of trees and stone pillars in the distance, faintly illuminated at the outer edge of the ring of light cast by the flickering torches. Several groups of strangely dressed people, men and women of many different races, were approaching me. Some wore long robes while others were almost naked, and many wore elaborate headgear. They spread out and formed a deep circle around me several feet away and waited, quietly talking among themselves as if I were not even there.

Suddenly, a ripple of excitement spread through the crowd and they parted in the direction my feet were pointing, all now facing this direction. Floating down a pillar-lined path came several large shields, all brightly painted and glowing. Each one held a colorful, glowing magical symbol. The shields were oval in shape and looked very African in design. They came to rest a few feet away and hung several feet in the air around me. I heard several voices say at once "The Master is coming!" and a reverent hush settled over the crowd. The inner-circle of people closest to me kneeled and joined hands.

An old but powerfully built African-looking man, at least seven foot tall, walked solemnly towards me through the break in the crowd near my feet. He was bare headed and wore a simple loin cloth made of some kind of animal skin. There were symbols and designs painted in glowing-white over most of his body. The Master walked up to the altar and stood just to the side near my head. He looked down at me solemnly for a moment before raising his hands over my head. He moved them over my body, making what appeared to be magical signs and gestures, his deep voice chanting resonantly in a strange tongue.

His words and gestures had a great power to them. From his hands came colorful sparks and glowing trails formed in their wake as they moved. Symbols and

magical designs appeared in the air above me, some flowering and spreading and some sinking into my body. His palms slowly dissolved as multiple rays of colored-light sprayed from them. I felt these rays touching and burning into me and something very strange seemed to be happening inside my body. It felt as if my internal organs were being warmed and moved about in response to these penetrating beams of magical light.

After what seemed to me like several minutes, the light coming from the master's hands changed dramatically, solidifying into a single gorgeous royal-blue colour, only deeper, brighter and more vibrant. The colour was simply breathtaking and no colour on earth could compare with it. I heard awed whispers from beside me saying: "Look...look...the master's using the blue ray now!" This single ray of light grew in size and power and burned right through me.

I felt a tugging pressure in my chest and throat and my heart fizzed and tingled and thrummed wildly as the light burned through it. The blue ray spread upwards through my throat and head, growing stronger and brighter until it filled my mind's eye, blotting out everything around me. This light was breathtakingly beautiful and my whole world filled with its royal-blue light and energy. I felt myself falling into and becoming this light. I adored this light and was this light and the light became me. Then, the light slowly faded away like an afterimage and the bedroom started materializing around me.

I floated free and hovered awhile, trying to work out what had happened while holding onto the light I could still see in my mind's eye. I could see a royal-blue tint in the atmosphere all around me and took a quick look at my hands. As they melted, they glowed brightly with a royal-blue aura around them.

I slid back into my body and came wide awake, but could still feel the peculiar fizzy-tingling sensation in my heart. This lasted for several days and during this time I loved everything around me intensely. I was on something like a spiritual high. After this experience, my heart center became my most active primary energy center. This changed the course of my life dramatically. Even now, whenever I cover my closed eyes with the palms of my hands, as I always do immediately after meditation, my mind's eye still floods with this same wonderful royal-blue light...the sight of which I still adore.

For interest's sake: Two weeks after the above experience, my mother and I attended a large development circle at a Christian Spiritualist church in a town nearby. This was at the invitation of some acquaintances. I had not told a soul about the above Blue Ray experience (*being rather staggered by it*) not even my mother. During the ensuing development circle, two of the mediums working there (*total strangers to us at the time*) commented on a thick ray of blue light they claimed to see coming through the ceiling and penetrating my upper chest. Because of this blue ray, one of these mediums talked us into attending a healing center with them the following night, and literally wouldn't take no for an answer.

Thus began a very important chapter in my life, one of healing, service, learning and development. The minute I entered this healing sanctuary I was requested to work as a healer: something fairly new to me at that time. There, at this healing center, my mother and I met an small, elderly, buxom lady with a twinkle in her eye and a wonderful sense of humour: Selena. My mother had briefly met Selena once before at a spiritualist convention several years earlier. During the course of the evening we three took an instant shine to each other and quickly became the best of friends. Selena is one of the finest mediums (*clairvoyant and clairaudient*) and wisest person I have ever had the privilege to meet. She was destined to

became my teacher, mentor and dearest friend for many years to come. Selena passed away in 1999, but she still comes to visit me occasionally.

I have a slight problem with death. When people die its really sad (*tell me about it!*) but I still see them and talk to them at certain times, and its often hard to tell deceased people from living people.

Just so you don't get the wrong idea: please note that I don't see spirits all the time. That would be a most uncomfortable way to live. But sometimes my clairvoyant ability is triggered without my noticing it. This is especially likely to happen in the presence of recently departed spirits, especially at the scene of accidents and places where people have died suddenly. I think this may be due to the large amount of energy surrounding this type of event. RB.

Jenny's Tale

Robert Bruce

I want tell you a very special, sad little story; about a lovely, gentle lady I once knew called Jenny. Jenny was a young mother with three happy children and a loving husband. One day Jenny slipped in the shower and fell onto the raised brick side of the shower basin. This fall resulted in deep bruising right next to her anus. Several months later she developed cancer of the bowel. The first tumour appeared, partially protruding from her anus, right next to where the bruising from her fall had been. She fought this terrible disease for five long years with many operations, plus chemical and radiation treatments. But at the end of this time, her body ravaged by disease, drugs and radiation, she finally had enough. Jenny had suffered so terribly she just wanted to die in peace -- but she was terrified of death.

I was introduced to Jenny a few months before her death, by a healer friend of mine that had been seeing her for some time. I saw Jenny many times before her eventual death. When I first met her my heart went out to her: she was incredibly brave. One look at her aura and I knew her time was very close; and unfortunately inevitable.

Her aura was very large, almost four times normal size, and the palest of blues, virtually undetectable as an aura. It was full of sparkling silver and white sparks that had an effervescent look and feel to it. This is not to be mistaken for the large pale-blue often seen around healthy people: there is a subtle difference found only through experience.

All her hair had fallen out and she was bloated and sick from chemotherapy and the merciful, pain killing drugs she was taking. But, within her ravaged body I saw

only her bright spirit looking out at me. When I first looked into Jenny's eyes her spirit reached out and touched my soul, pleading for me to help end her fear and suffering.

This communication was beyond the threshold of normal understanding. Her spirit spoke directly to mine and I realize I knew her well. I had been led back to Jenny to help her through this crisis. I instantly loved Jenny as a father loves his daughter. When I left her after that first visit, I drove my battered old VW Microbus down a dirt track and parked among a grove of ancient Gum trees atop a hill. This high place was special to me, as apart from its secluded beauty, it had an indefinable quiet energy about it that soothed my soul. I came here whenever I was troubled and wanted to meditate or think profoundly. It overlooked the ocean a few miles away. The Sun bounced off whitecapped waves glimmering like scattered pearls rolling over a deep-blue carpet of ocean.

I sat there all through the late afternoon, thinking and meditating on Jenny's dilemma and what I could do to help; and the why of it all. I opened myself up to what had just happened and looked at it with deeper eyes. I desperately needed to know how I could heal Jenny's inner pain....that had become my pain. The deep healing I had given Jenny had stopped her physical pain; which was a blessing in itself. But oh my God the pain within that gentle lady. It ate away at her heart and my soul felt bruised with this sharing.

At sunset my eyes flickered open lonely awe as a spectacular peach sunset filled the skyline, blasting away the last of the day ready for the cool of approaching night. At the height of this splendour I got out of my car and knelt in the long grass, facing the setting sun. Here I silently worshipped the great presence that creates all things, which I sense most strongly flooding from the Sun at dawn and

sunset. I closed my eyes and surrendered myself totally to it and reached out for help. I ceased my own poor effort to understand Jenny's dilemma as the light filled and opened me.

When the answer came, my eyes gushed silent tears of thankfulness and relief: as that great presence found me again and silenced the world around me. A thick, tangible, loving hush descend. The birds and insects singing and chirping nearby stopped as one, sensing His presence just as I was. In utter silence, and in His presence, I suddenly knew what I had to do. This was just like remembering something long forgotten. It just popped into my head like it had been there all along. My mission was not to heal Jenny and make her well. It was to find her joy and trust again, and help her die in peace.

I spent many hours with Jenny over the next few weeks, talking and explaining and healing. Her pain stopped completely after the first healing session, and she was able to stop taking the morphine which was depressing and clouding her mind. She was amazed and uplifted and actually forgot, on many occasions, that she was mortally ill and dying. She used to laugh and joke about the "phantom illness" that was "sort of" killing her.

In this short time, I worked steadily at preparing Jenny for death. Normally as a healer I am always hopeful and try to pass on a feeling of confidence and optimism to my patient. I try and get them to face one day at a time and rarely mention death -- but I don't avoid the subject if it comes up in conversation. I was honest with Jenny and told her she was dying, and began teaching Jenny everything I knew about life and death and the death process -- and a lot more I didn't know I knew which was given to me as I spoke.

I told Jenny all my stories and experiences. And I told these so well and so vividly that Jenny lived and shared them with me on a soul deep level. We began to remember more about other times we had known each other, long, long ago. Jenny drank deeply of my life and energy. Her soul thrived on my mystical experience and her spirit grew steadily stronger.

I explained the death process to Jenny in minute detail, and what would happen to her during and after her passing. She listened carefully and was very brave. During this time I also used my mystical abilities with great effect, to soothe her fears and implant seeds within her that would burst into life, as realizations, in the coming days. These were designed to hammer home the truth and reality of the wonderful experience she was about to have. Jenny's death was very special. I cannot begin to explain this. It is far beyond my humble understanding of reality and the poor tools I have of words. All I know is that this death was very special and important to Jenny's higher self. One could call this a major Soul-Clan mystical event, but even that does not do it justice.

We laughed a lot and cried a lot together during the few precious hours we managed to spend together - mostly tears of joy shared. But my work was soon done and done well. When last I saw Jenny, the day before her collapse, she was radiant and full of quiet mystical fire and joy. All I had taught her surfaced and was made tangible and real. Her faith became a shining, effervescent fountain that showed as a stunningly beautiful violet mist suffused her aura on that last day. I knew then that Jenny was truly ready for the next part of her long journey. So close to spirit Jenny was seeing some of the wonderful things I had talked about. Her much loved grandmother was with her constantly those last few days. They talked a lot -- when no one could hear them! Her grandmother had been dead for over ten

years, but she had come back to help with Jenny's passing; as did many others. Jenny had missed her so and was absolutely thrilled to see her again.

The last thing Jenny said to me was that if she could be with her beloved grandmother again, dying was well worth it. And, that if she had the power to change anything about her life and the present -- she would now not do so now. She totally accepted her life and coming death. She seemed to understand it better than I did. Although she could not put it into words, it just felt so right to her.

Jenny was laughing quietly under her hand and had a knowing twinkle in her eyes that only I understood, when we said our last goodbye. We had a huge goodbye cuddle that day. She was so happy and looking forward to her coming experience. Jenny knew she was going to die very, and very soon at that, but was not scared anymore. She knew her family would survive and get along just fine without her. She was content and ready to surrender her body when the time came. Jenny had finally got her smile back.

Jenny collapsed with respiratory failure and was rushed to hospital later that day. She never recovered consciousness again and passed peacefully away a few days later. I did not go to her funeral.

But wait, the story does not end here, nor so sadly...

Two weeks later I was meditating late in the evening, as was my practise then. I had just reached the trance state and was starting some energy work, when I had a premonition that something major was about to happen. Shortly after came an enormous flood of pure, source energy into the room; more like an explosion of light. This is unmistakable for what it is, pure silver energy from a very high level - from the spirit world.

I looked up, opening my physical eyes wide, as a large rent appeared in the dimensional veil -- of the nicer variety -- across the room from me. Jenny skipped through the rift hanging onto her grandmother's arm, waving and yelling and laughing and jumping up and down and blowing me kisses and hugs. She looked radiant and happy and beautiful. All her lovely, long black hair was back and she was at her most magnificent and radiant.

The joy coming through the ether, directed at me, was incredibly powerful and oh so very moving. I waved back and blew her kisses, wiping away tears with my other hand. Then Jenny stopped waving and moved closer. She smiled such a beautiful smile at me. I saw in Jenny's eyes the same happy, knowing look I'd seen in them when we'd said goodbye. She blew me one last kiss and with a final wave the veil closed around them and the room returned to normal.

Who said being a poor mystic has no rewards eh? For that sweet loving smile my friends, was a priceless jewel. I would not trade that memory for anything. And unlike most people today, I will take all my treasures with me when I leave this world, tucked away in my heart...forever. *ends*

Peter's Tale

Robert Bruce

Peter was a dear friend of mine, from many years ago. We were best mates all through high school. I had not seen him for fifteen years when I bumped into him by accident, in a tavern near where I used to work several years ago. I was on afternoon shift and used to call in there occasionally, on a hot night, for a quick beer on my way home. We recognised each other immediately and sat together at the bar, getting reacquainted until closing time.

Peter was married with four children and had a good job as a tool maker. But, it shortly became obvious to me that Peter was an alcoholic. He'd been living at the tavern for the past couple of weeks since his wife had thrown him out. Peter was a quiet, gentle, happy drunk, and was never violent or aggressive. He loved his wife and children dearly, and desperately wanted to go home, but for the life of him he could not stop drinking.

Heading off to his room we sat and talked much of the night away. I explained a little to Peter about the mystical side of my life. I offered to give him healing, hoping I could help him in some way. With an amused smile he accepted my offer, saying he'd try anything once.

While we'd were talking in the half dark of his small room, I had been observing his aura. There was almost nothing left of Peter's main aura. His etheric was not detectable at all and there was only the merest hint of pale-blue, with a few silver sparkles floating about in the faint auric cloud around him. This was not detectable with normal auric sight and I had to really strain to see it. I was amazed by what I

could see. I had seen the auras of many people, and plenty of alcoholics, but had never see anything quite like this one before. I asked after his health, which he said was excellent; apart from the occasional hangover. Peter was a keen sportsman, but a binge drinker. He would often go for weeks drinking only a few cans of beer a day, and then he'd binge for a few days and totally wipe himself out. I was amazed he'd managed to hold down a steady job, but Peter said he never actually drank at work, even when he was binging. Although he often went to work drunk, his mates always covered for him and his luck had held out so far...he said laughing into his beer.

My intuition prompted me that something important was happening and I suspected, sadly, that Peter did not have long to live. This, I felt, was why we had bumped into each other again, after so many years. There are, my life's experience has taught me, no real coincidences in this world; especially not for a person like myself.

I told him all of this and it did not phase him in the slightest. He agreed with me, feeling something strange was happening within himself; but he did not really care. He was a very unhappy man. We talked late into the night about his problems. He had, basically, never got over the death of his mother. This had happened when he was a young boy, a few years before we'd met. He blamed her death on himself for some obscure reason, and that was why he drank so much. He knew this was stupid and illogical, but he couldn't help the way he felt. He felt terribly guilty inside and did not think he deserved to be happy, or even to live a normal life. He wasn't consciously trying to ruin his life by being an alcoholic, but the depression and urge to drink when it came was so strong he just couldn't fight it anymore. The booze stopped his depression while he stayed drunk, but the effect on his outside

life and family was devastating.

We sat facing each other and I meditated for a short time and tranced, then gave Peter deep healing. The amount of energy that flooded through me made me gasp and the room swam around me. I almost passed out it was that intense. Peter was totally stunned by the energy he felt coming through me and into him. As this happened, the room around us faded half from sight and the air filled with soft, textured white cloud, with shafts of flickering silvery light coming from our left. Suddenly, standing beside us, were Peter's mother and father; both deceased.

Peter had never seen anything like this before and was both amazed and profoundly moved by it all. His mother touched his face and he reached out and touched her's. They gazed into each others eyes for a long time. Peter's father stood there beside them, smiling down at him. Peter looked at me with astonishment, then back at his mother and father, and promptly burst into tears, sobbed uncontrollably. His mother looked up at me for a moment, giving me such a sweet, sad little smile; moving me deeply.

The clouds faded away and the room returned to normal a few seconds later. Peter was so moved and uplifted by this experience he was galvanized with energy and purpose. He swore to me he would never drink again, and would go and seek medical help if the depression came back. I totally believed him. His aura was much brighter and full of energy, but was unchanged from its pale-blue colour and lack of etheric border. Peter, now stone cold sober, showered and dressed while I made more coffee. He came out clean shaven, wearing nice clothes and looking years younger. We finished our coffee and said our goodbyes, then he hurried home to his wife and children. It was getting close to dawn by now, and looked

like it was going to be a great day.

His wife took him back immediately, awed by his obvious upliftment and the great change in him. He phoned me a few days later to thank me and let me know he was OK; knowing I was worried about him. I could hear his wife and children laughing and giggling in the background. I asked him how he felt, and he said he'd never felt better or happier in his entire life. Peter wanted to get together and discuss what had happened between us on that special night. He had not told anyone about what had happened. He was a practicing catholic and did not know how to even begin explaining it to his family.

We made arrangements to meet a few days later. But two days later, Peter awoke in the early hours of the morning complaining of a terrible headache. A blood vessel in his brain had burst. He died in his wife's arms on the way to hospital. But he died a happy man.

Close Encounters Down-Under

Robert Bruce

(A real life close encounter with a Great White)

I have been freediving and spearfishing most of my life. My father and I got the bug when I was twelve. In the late sixties, we started diving off the beach and inshore reefs, using homemade equipment mostly. My late father, Robert Bruce senior, was a very clever man and a good engineer who could make just about anything. In the beginning, we made all our own equipment, including masks, snorkels, weight belts, knives, spearguns, and catch bags. Then we got an old seventeen-foot bondwood speedboat and remodeled it into a cabin cruiser, to take us out to the offshore reefs and islands in search of more interesting diving and bigger fish.

I took my freediving very seriously. To be successful at this sport you need good lungs, acute powers of observation (*if you want good fish*) and considerable mental discipline. I could hold my breath for close to 4 minutes on a good day. The trick is to partially hyperventilate (*completely emptying your lungs between several rapid, deep breaths*) and then putting yourself into a light trance as you dive, swimming in slow motion to conserve oxygen. Many times I have swum over a 100 yards underwater (*both ways in an Olympic pool*) to prove this point to friends, and for training. This equals about 300ft, which is the same as making a 150ft dive straight down. I've freedived close to this depth many times, usually chasing fish or dropped equipment down a steep reef face.

Although we dived almost daily in summertime, and occasionally encountered sharks, I ran into a seriously Great White shark only once; what we call a White Pointer shark here in Australia. If you dive a lot in Australian waters, this is inevitable. It was a frightening experience indeed, and one I was lucky to live through. But it also had an immensely funny side.

I was diving alone about a mile offshore in open water, chasing some big old flathead and flounder on a deep sand bank in about 80 ft of water. That is a solid freediving depth, but not too difficult for an experienced freediver. If you divide up 3 minutes underwater breath-holding time, it takes about 60 seconds to get to the bottom, which gives you 60 seconds bottom time if you allow another 60 seconds to get back to the surface.

Anyway, back to my story... I got separated from my Dad, which was pretty typical for us, about an hour back. I tend to dive long and deep through underwater caves and overhangs, while Dad generally hunts around the reef tops and sides, so it's not hard to lose each other. Dad was an excellent diver and had been an English Channel swimmer in his youth, but was getting on in years and had a few health problems. He could still easily make a 50 ft dive at this time, but generally took it easy so as not to overstress his heart. We both scoffed at scuba gear, which in truth mean we were jealous because we could not afford the equipment. I have scuba dived and its a lot of fun, but there is nothing like the sheer freedom of diving with minimal equipment. It's about as close as you can get to flying, or of having an OBE while still in your physical body. One flick of the flippers and you soar like a bird. . .

I had a catchbag of bleeding fish strapped to my waist. I know this is a really silly

scenario for any experienced diver, most especially in open waters where you are more likely to run into sharks. I usually towed a floating surface catch bag, but we were having problems with pilfering sea lions and leopard seals around this particular island. These huge marine beasties have big teeth, belligerent attitudes, and don't like taking no for an answer when food is involved.

I was in the middle of the hunt and thoroughly enjoying the day's diving. The water was brilliantly clear with about a hundred yards visibility. Then something caught my attention to seaward. It was just a vague, fleeting shadow in the corner of my eye at first, past the limits of vision where the sea turned into a shadowy blue wall. I stopped and hovered a few times to look at it, wondering if my eyes were playing tricks on me. It looked like the shadow a large boat cast, but when I broke surface there were no boats in sight. Our own boat was nosed up on the island beach about a mile away. Looking around, I suddenly felt anxious and my whole back tingled as if I were being watched. Yes, that was it; I was diving way too far off shore for common sense -- especially diving alone in open water with a swag of bleeding flounder. I decided not to push my luck further and to make my way back to the island.

But then, right at the edge of my vision, the big fins and deep, bloated gut of a big old Noah's Ark (*a Great White shark, probably 18ft long*) appeared like a submarine out of the deep-blue haze. It's mouth opened and closed several times as if it were yawning and saying, "Oh dear, tisk, tisk, tisk. It seems another silly diver has gotten lost in my territory. Hmmm, I wish I had not eaten all those seals for breakfast; but they were soooo tender and yummy. Now, I really must decide, am I hungry or am I not hungry? Shall I eat this little diver? Or shall we play a little game?" My body pumped itself chock full of adrenalin and my blood froze. Time

stood still and my whole life flashed before my eyes, as I suddenly realized why so many Aussie spearfishermen wear brown underwear. I'd been diving for several years and had seen plenty of sharks before, but never a man-eater this big. It was bloody huge. I looked down at my pitifully inadequate speargun and thought, "Oh God. . . no. . .please. . .not like this."

I started swimming backwards as fast as my legs could propel me, trailing my loaded speargun with the safety off, rolling every half-minute or so to catch a few gulps of air. I dropped one fish but kept the rest in my catch bag because I knew the shark had already seen me. Comparing the size of the shark to the size of my catch, it would only amount to an appetizer. If I could see him, then he was definitely aware of me and I might just be able to use the other fish to distract him later, if he got too close. I kept my eyes glued on him, still swimming backwards as I made for shore. This was exhausting work and I soon found myself swimming in wide circles. He was circling me and I had nowhere to hide. The outer reef was about 500 yards shoreward. I had no choice but to head for shore, even if it meant swimming towards the shark at times.

My thoughts turned to my equipment. I had a good knife, although this would be totally useless against a shark. But I had a really excellent speargun. Made of a single piece of Marranti timber, I had carved it myself and rigged it Queensland style (*meaning I had a single 3/4in jelly-rubber with a 4 to 1 stretch*). I was the only person I knew who could load it. It held a heavy 5ft-6in stainless-steel spear with a slim tungsten-tipped killer spearhead, handmade by Dad. My gun had a range of 20ft and would take out anything it hit. I was pretty confident that if push came to shove I could spear the shark. But I would have to be able to see it to shoot it. And I would have to hit it in just the right spot, somewhere along the lateral line,

otherwise I'd just really, really, really piss it off and would probably get torn apart in the process. We had a homemade 12 gage power-head back in the boat (*what we call a Smokey in Australia*), but this was still in the experimental stage -- meaning it was too temperamental and dangerous to use.

Great White's are capable of good speed, but they usually swim fairly slowly along the bottom. Their primary food sources are seals and sea lions, but they will eat just about anything. They are renown for their cunning and have a knack of sneaking up their prey from behind and below. Their attack pattern is fairly well known: typically, they attack at a walking pace, rising from below to bite off a leg, and then diving to the bottom to eat it. They repeat this once more, taking another leg, and then they come back for the main course and take what's left to the bottom for a deepwater feast. Their bellies are white, but they have great camouflage on top. Like Tiger Sharks, they are incredibly difficult to spot when they are swimming slowly across a weedy or broken bottom - vague, ghost-like shadows in the corner of your eye. They always attack from below and/or behind, which is not a comforting thought for any swimmer. I had heard rumors that if you turn and face them they veer off. So I planned to always face the shark, re why I was swimming backwards.

My tactic seemed to be working and the outer reef grew closer, as the shark circled and steadily decreased the distance between us. By the time I got within sight of the outer reef, it had closed to about 25 meters. I could make out the scars that covered its body. It had an eye the size of a tennis ball that never shifted from me. Occasionally, its pectoral fins stretched down and it tensed and shivered and its movements became jerky, which are really, really bad signs. This means the shark is anxious and considering attacking. And the closer I got to the reef face the more

anxious it became. I did not hate the shark, but was justifiably terrified of it. I would much rather we had gone our own separate ways in peace.

I spotted an opening or blowhole about 20ft down the face that I remembered swimming through a few weeks back. If I remembered correctly, this led to an underwater cave on the other side of the reef. Running out of options, I bounced off the reef and slid down its face to the blowhole. This meant turning my back on the great beast and my spine crawled and I had trouble moving, almost paralyzed by fear. I just fitted through the opening, dragging my trusty speargun after me, as I sensed the shark almost brushing my flippers as it swooped after me. The shark was too big to follow me in here so I was safe for the moment. But if I was wrong about this blowhole I was not looking forward to my kamikaze plan B.

I remember shouting, "I love this reef!" in my mind as I clawed my way into it. At that moment I loved it passionately, beyond anything else in the universe. It was my mother, my home, my spiritual savior and my one true love all wrapped up in one. My free hand tenderly caressed the rough weed and coral as I wriggled and clawed and swam deeper and deeper into its heavy blackness. Instinctively, I felt myself passing the point of no return. If I turned back now, I would not make it back to the surface before blacking out. It was not that deep but I was burning a whole lot of energy. Then hope flared as I saw a glimmer of light ahead, as the blowhole widened and opened into an underwater grotto. Luck was surely with me today, as I did not recognize this as being the one I thought I had so cleverly remembered.

I grabbed a few much-needed lungfuls of air and headed back down. I knew I did not have long before the shark found its way around the reef to where I was. I

emptied my catch bag into a small gully and slashed open the fish to spread their blood through the water. This would hopefully attract the shark to my decoy. I was fully aware that I was being hunted and could not relax for a moment. I scarpered for the beach as fast as my fins would carry me through the towering reefs and valleys, sticking like glue to whatever cover I could find. I hugged reef faces and dived through caves and overhangs and slid through coral and deep patches of brown kelp, my eyes ever watchful for the hunting shark.

I had lost sight of the shark after entering the blowhole, but this did not make me any happier. It knew the ocean better than any diver and had amazing senses. I knew it was closing in on me fast. My fish decoy would only slow it down for a moment and I still had a solid swim ahead of me to get to the beach.

About 250 yards from shore I found my Dad's speargun floating in about 20ft of water. It had been fired and the butt was floating just beneath the surface. Time stood still and a big, dry lump formed in my throat. I spun around every few seconds, half-expecting the great beast to reappear behind me. I grabbed Dad's gun and loaded it (*just in case*) and swam full power for shore, my numb, cramped legs burning acid and my eyes darting everywhere as I watched for the shark. I also looked for more of Dad's equipment and visions of finding bits and pieces of his body flashed through my mind.

I half-expected the shark to suddenly reappear and my mind played tricks on me. I saw shark-like shadows and bits of bleeding flesh everywhere in the weed and coral around me. I was enraged, grief-stricken and terrified all at the same time; which is a peculiar mixture to say the least. If I saw the shark again, part of me planned to feed it both my spears and send it to a watery grave. Another part of me

planned to survive by continuing our little game of cat and mouse. It was much bigger and faster than me, with keener underwater senses, but I was smarter and more agile and now had two stainless-steel spears for it to reckon with. My eyes scanned every cave and overhang and piece of cover available. My father was my best mate and I loved him dearly. Visions of stalking and killing the shark and then trying to cut Dad's body out of its bloated white gut flashed through my mind. So also did terrifying images of great chomping teeth, severed arteries and blood-foaming water. The madness of imminent death was most truly upon me and the memory of this still makes me shudder.

I finally got back to shore and dragged myself exhausted through the wash onto the beach. Kissing the hot sand, I vomited bile and salt water as I unhitched my gear with white, bleeding hands. (*Clawing through a coral reef is not kind to bare skin*). I got up and staggered towards our boat a hundred yards away, my legs feeling like lead and my stomach heaving. I fell to my knees and almost blacked out several times, and only my will and adrenalin kept me moving. I fell onto the boat, pushed off and powered out through the light surf, heading back to where I'd found Dad's gun. I circled and searched but found no sign of him or of any more equipment. We had no working radio, so I would have to head for the mainland, several miles away, to alert Search and Rescue.

I planed back to the island to grab our spare fuel off the beach, ramming the cruiser's nose up onto the sand and jumping out -- to find Dad sunbathing on the sand, swigging on a cold tinny of Fosters and scoffing a cheese-and-tomato sandwich. My vision went in and out of focus several times, doing a kind of boom-boom visual double-take. I wiped my eyes and sank to the sand to ease my trembling knees, thinking I was seeing things. But there he was as large as life,

tossing me a cold tinny as if nothing had happened. I swallowed that tinny down in one go, and mate, damn that beer tasted good!

Apparently, Dad had got tired and hungry and had fired his spear into the sand to mark a good fishing hole, where he had seen some good-sized Skipjack feeding. He planned to come back with the boat and do some leisurely fishing later. However, after he left, the spear must have fallen flat on the sand and submerged the colored speargun butt, which he had used as a marker buoy. Dad said he had seen me swimming back to shore like a man possessed, but he could not catch me. And then, apparently, I almost ran him down with the cruiser as I headed back out to look for him. He thought I had gone totally nuts, so decided to head back to the beach and call it a day. When I told him what happened, we both collapsed on the beach laughing our heads off. Fortunately, Dad had not come back as empty handed as I did, bagging a couple of beautiful Coral Trout and Pink Wrasse, and a few lobster to boot.

We drank a lot of beer that afternoon (*we always took plenty on diving trips, err, for medicinal purposes*) and camped overnight on the island beach. It was a warm night and I managed to net a few Blue-Manna crabs off the beach just after sunset, and I found some edible-looking shellfish, seaweed and sea urchin-like thingies on the reef top. Rigging a makeshift BBQ from an old piece of tin we'd found, we feasted on fish and lobster and crab, and other less-identifiable but tasty stuff we broiled with dashes of Worstershire sauce and garnished with baby kelp. I still remember how wonderful it all tasted and how the night felt so warm and comforting. I don't know if it was my near miss with the shark or not, but this was probably the most alive-feeling moment of my entire life.

All in all, thinking back, this is probably the happiest and most vivid memory I have of my father. I think that evening was also the happiest we ever shared together. I even remember the conversation, which revolved around space exploration, UFO's and meteors, and how Dad played his mouth organ while I sang badly.

Epilogue...

I could not bring myself to go diving again for several weeks, and mostly stayed in the boat fishing while Dad dived. When I finally got tired of Dad's chicken noises, I went down alone at sunset to the seaward side of the causeway bridge to face my fears. There is a fierce current passing through this bridge and the ocean floor beneath it had been dredged to about 60 ft. This is a dangerous dive, but if you swam fifty-yards seaward, and then timed it right and dived deep, the ten-knot current catches and carries you flying along the bottom of the channel, where all the good fish are. I repeated this a few times with some success and, just before dark I bagged a beautiful 30lb Mulloway. These are a fast, open water fish and I don't know who was more surprised, me or the fish, when my snap shot connected just below it's neck on the lateral line and killed it instantly.

With my catch-bag strapped to my weight-belt and the big fish's tailfin occasionally twitching in my face (*just nerves*), I headed back to shore, using the causeway lights to guide me. Halfway back, about 500 yards from shore in 12 feet of water, it suddenly got totally dark as the lights on the causeway went out. It was probably a power cut, I thought. But the moon was up and I could see just enough to find my way back, swimming closer to the rocky causeway. All during the dive I had been suppressing the memory and residual feelings from my previous close encounter. I was (*how shall I say it*) reasonably anxious at this point, but was

determined to overcome my fears. And then something very big and heavy hit my right hip and rammed me into the rock wall, knocking my mask off in the process. My first thought was "Damn, my leg's gone!" thinking a shark had hit me and taken my leg off. (*I was glad I had my brown underwear on, I kid you not*).

Time froze and everything happened in slow motion. I quickly replaced and cleared my mask with one hand, while I struggled to drag my speargun to bear with the other, as a huge black shape bore swiftly down on me. It was massive and I thought for sure my numbers were up. I remember thinking to myself "You idiot! What the hell am I doing out here at night!" If I could only slow it down for a few seconds, I could be up on the rocks in a moment. There was no pain, but I had no time to check my leg. If my femoral artery were severed, I knew I'd pass out in less than thirty seconds through blood loss, so whatever I did had to be really quick. The terrifying black shape veered, slowed and rolled over towards me, just as my speargun came level with its head. When it was six-feet from the end of my speargun, aiming for where I thought the shark's mouth would be in the gloom, I roared and swore defiantly and prepared to feed it spear. And then my finger froze on the trigger as the huge face of a Leopard Seal appeared before me.

Lowering my gun and patting my intact right leg, I didn't know whether to laugh or cry, hug it or shoot it. Leopard seals are quite dangerous, but after what I had just been through the thought of it biting me seemed trivial. I slipped on the safety and rattled my gun at it. Then it moved in, almost touching my facemask, and lifted its head clean out of the water. I glanced down and saw it was standing on the ocean floor, which was at least 10 feet deep. I hastily rethought the situation and decided that a bit of diplomacy would not go astray here. Reaching into my catch bag, I pulled out a couple of decent fish (*but not my prized Mulloway*) and pushed these

towards him. I swear that Leopard seal raised its eyebrows and winked at me before it dived after the fish.

I made it back to the shore with no more trouble and quickly washed out my wetsuit. I should have been really shaken up, but could not help laughing all the way home. Dad totally cracked up when I told him what had happened. And at some point near the end of the bottle of Scotch we shared, I suddenly realized that I had lost my fear of just about anything I could imagine. Life's like that I suppose, sad and funny, traumatic and exciting, frightening and exhilarating, predictable and surprising, all wrapped up in one.

Cyclone Tracy

Robert Bruce

I served for several years in the merchant navy in my youth. I still love the sea, but had some really strange experiences on ships; especially while on watch in the wee hours of the morning. One that springs to mind...

Back in the 70's, a few weeks before cyclone Tracy wiped out Darwin on Christmas day, I was on the 12-4 watch on the bridge of a small cargo ship, about 80 miles out of Darwin and headed for port. It was about 1am and there was only the 3rd mate and myself on the bridge. We saw a massive UFO enter the atmosphere and land in the ocean about half-a-mile off the port quarter. It looked to be at least a mile long. It was oval shaped, pock-marked with various sized craters on its surface, and glowing with a bright blue-green halo, but no tail as a meteor would have had.



Just the fact that we could see the details of its surface clearly should tell you something. It could not possibly have been any kind of natural meteor. A natural meteor would have been traveling at great speed and burning. This was not burning; it was 'glowing'. It took about thirty seconds from the first time we spotted it until it disappeared. The object landed gently and made no splash at all as it passed into the ocean. We picked it up on the radar briefly as it came in. The sea glowed bright-green, lighting up the surface over a wide area, and was still glowing behind us as we sailed on our way. The third mate suggested we keep this to ourselves (*as we usually do*) not wanting to be laughed at by our shipmates.

That morning while tying the ship up, just before dawn, I looked out to sea and saw another big one come down far out to sea, roughly where we'd been a few hours earlier.

A couple of weeks after seeing these, what could only be massive UFO's, on our next trip up North, in the early hours of Christmas morning, cyclone Tracy totally blew Darwin away. The official death toll was about 45 (*incredible B/S*) but according to the locals there were actually hundreds of people killed. To be an "officially dead person" you had to be found fairly intact and with ID on your person; or have someone ID you. Darwin is right at the top of the NorthWest of Australia. Its tropical and the standard garb is shorts and thongs (*very hot and humid*). They dug graves with bulldozers and piled the bodies and bits in. I heard from the locals that entire aboriginal settlements were wiped out. Ancient forrests were razed to the ground, impassable even on foot: just so much kindling to Tracy. It became a 'political' issue, and for some reason the government seemed to think a high death toll would make them look bad; what with an election just around the corner.

My ship was there the day after the cyclone hit, having weathered the storm out at sea (*more like running for our bloody lives -- the seas were huge*) and the crew started pulling bodies out of the water as soon as we entered the



bay -- fishermen mostly, killed trying to save their boats. Tracy was BIG and not one to weather out. If not for our skipper having a funny feeling and heading way out to sea, we'd have gone down with all hands for sure. There's not many ships afloat that could withstand a thing like Tracy. The locals recon the winds peaked somewhere around 200 mph. And the seas were like high-rise buildings...forget it.....! No one really knows for sure how high the wind speed got as the local

weather station was blown away. They did, however, find a wind speed dial in the wreckage, with its needle bent around the limit stop.

I remember some of the guys cursing the skipper that night (*God bless his cotton socks*) saying he was a paranoid pratt for taking us so far out to sea. We all wanted to get ashore and hit the bars and local talent. After all, the weather-man had said Cyclone Tracy would pass Darwin by!

I remember standing in the middle of downtown Darwin some time later, looking out over the residential area. It was so quiet. I heard a child sobbing somewhere nearby; and the sounds of men searching through wreckage; rubble and timber sliding and glass breaking. All the steel traffic and street light poles were bent flat to the ground. Looking around, it reminded me of pictures I'd seen of Hiroshima after the A bomb hit. There was nothing left standing above waist-high; just a huge mass of rubble and ruin as far as I could see. Behind me, in the main part of town, a few buildings still stood after a fashion. The four-storey, double-brick hospital had one entire wall blown out. It looked like a broken doll house. Along the main street were a few boats and small ships, tug boats, etc, blown there during the storm. It was really weird. Everything was out of place and it seemed almost obscene to see a 100 ton ocean-going tug nosed up at the local pub.

Most of the locals we met were very quiet, having sort of a stunned look about them; but some of them cried all the time. There was a heavy atmosphere of shock over the town; the kind that puts shivers up your spine. I remember seeing a group of soldiers crying. They'd found a little girl shut in an old refrigerator. They hadn't found her in time. We guessed her parents had put her in there when their house started breaking up. Most people survived in the open by hiding behind concrete

steps and other low, heavy structures. Most of those who stayed in their homes died.

Every now and then, mainly during the daytime, we'd hear a distant crack of gunfire. People can be very strange and everyone reacts differently in a crisis. There was 'some' looting going on, and several people were found shot dead; possibly suspected looters. I remember hearing of one case, a volunteer electrician helping to put the town's power supply back together, was shot by a farmer who mistakenly thought he was looting. He was dragging cables out of a ruined roof and the farmer called for him to stop. The guy either ignored him or didn't hear, so the guy just up a shot him dead with his old 303. It was very sad. The guy had a wife and children back in Perth. We stayed longer than usual, till other ships and the army got there in force; unloading everything we had on board with our own cranes (*the wharf gear was totally trashed*). I remember we drank a lot on the way home to Fremantle; but it was a really quiet trip back.

A couple of years after cyclone Tracy, an old shipmate I met in a bar claimed to have had a similar UFO experience around about that same time; within a couple of hundred miles of the same area where I had seen the huge blue-green UFO land. He was on a survey ship (*small ship with about a dozen crew*) and the watch sighted a blue-green glow coming off the surface of the ocean a few miles away. The skipper order a change of course to check it out. When they got closer they found the sea lit up for hundreds of yards in all directions. It was as bright as day; but eerie green and dead calm. The whole crew turned to and hung off the rails watching the show. Using sophisticated sonar (*it was, after all, a modern survey ship*) they detected a large object on the ocean floor. They estimated this to be about half a mile long (*bloody huge*). As they took their first sonar reading the thing moved rapidly away, then stopped a few miles away. The ship followed and

took more readings. This time the UWO (*Unidentified Underwater Object*) took off and moved beneath them, taking some time to pass completely under them due to its size. Then it picked up speed and vanished in seconds, speeding away out to sea. The whole crew watched the massive blue-green halo as it headed off towards the horizon. None of them said a word about it and this episode, and many like it, have never been reported. No one likes to be ridiculed and laughed at!

All these events happened in roughly the same area, about 80 miles off the coast of Darwin in the North-West of Australia. (*RB*)

Recently (in December 2000) I was contacted by a lady who lived through Cyclone Tracy. She saw a massive UFO flying around at low level during the peak of the cyclone. Its likely many others also saw the same UFO; but no official report was ever made. Helen is trying to contact others to verify the sighting and piece together the whole story. Please email Helen or myself if you are one of these people.

My question is, what was this giant UFO doing there? Logically, it would not be just studying the weather. It would have a definite purpose. Maybe it was saving and/or abducting people. They would never be missed; presumed killed by the cyclone. Food for thought...

Following is the letter:

Dear Robert,

It was with great interest that I read your essay on the web regarding your experiences off Darwin during the time of Cyclone Tracy, and in particular your experience with UFOs in the region.

I was living in Darwin when Cyclone Tracy hit and both my partner and I, together with next door neighbours, witnessed a large craft hovering over the city during the height of the storm. Whilst we realised that no normal aircraft would be able to survive such horrendous weather conditions the incident was never reported to the authorities.

I can no longer recall the names of our neighbours in whose house we took shelter but the memory of the encounter has stayed vivid in my mind over the years.

A search of the internet revealed only your article as making any reference to what appeared to be extra-terrestrial life in the region at that time.

Therefore I would be very interested to hear if you have had contact with any other people who had similar experiences at the time or know of any other documented accounts of the event.

I look forward to your reply.

Best Regards,

Helen Muir-Richardson

CANNINGTON, 6987,

Western Australia.

Email: "Helen" muir_richardson @ iprimus.com.au

Copy and Paste the above eMail into your eMail program without the spaces left and right of the @ sign.

Rope

Robert Bruce

Humanity is a Rope
Stretched between two extremes
One end holds mortal flesh
The other, immortal spirit
Far below. . .the abyss waits darkly
To cross or not to cross?
That is the question
But balance is everything
When one walks the razors edge

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Shadowfall

Robert Bruce

(Penned in silence on Christmas Eve after the death of his firstborn)

The gnarled old floor creaks ominously underfoot
As my broken spirit plummets,
Spiralling hopelessly downward
To where the shattered picture lies,
Framed amidst glittering blood-drenched shards;
Gritty, gut-crunching splinters
Stinging my cold, bare feet.

I try once again and....

I've lost my smile forever now
And know not where it went.
Stripped so unkindly away
With such dry-sobbing sadness:
Tear-drenched, bitter-sweet memories
Ring endlessly throughout this darkness
That was me.

I try once again and....

Oh once I was so young and rich and proud,
Sparkling brightly under time's slow rich burden,
Wanting so much to grow up faster

That I guess I finally did.
But life's flown by so quickly now
That its caught me up at last,
And for the life of me....I cannot hold this back!

I try once again and....

Mind-Shadows rise and fall....mocking me
With such wry grave good-humour
As life unwinds inside my tortured mind;
Flashing full of strangely familiar faces.
I look up, gasping....gagging and scared;
Stringy saliva trickling slowly down the barrel,
As I cling tightly to my sad little spark.

I try once again and....

I want all my days over again...so very much.
Oh to be a child once more
With brimming bubbly heart
In a world full of bright-eyed delights;
Chasing butterflies all my sunny days through,
Watching the waters sweetly flowing
Under all my life's bridges once more.

I try once again and....

So much have I missed!
So much have I wasted!

So much have I lost!
So little have I done.

What was it like to sit on Dad's lap?
What did he feel like way back then?
I can remember his smell, his voice, his strength.
But can I remember all of him?
Will he still love me?
Will he forgive me?
Will I ever know now?

What was it like to sit on Mum's lap?
What did she feel like way back then?
I can remember her smell, her voice, her warmth.
But can I remember all of her?
Will she still love me?
Will she forgive me?
Will I ever know now?

But Suicide....is....Forever!

And I feel so very sad and lonely now,
So cold and small and tired and utterly alone.
My mind vomiting gaping black shadows
As the tangy taste of tear-drenched steel
Fills my trembling mouth once more.

I try once again, and....

Maybe this time I can really, really do it,
And send my sad little spark shooting out;
Flying far, far away into that big dark night out there.
And oh my dear God...please...have mercy,
For I cannot stand this pain!

I try once again, and....

....brief candle....OUT!

The trembling floor begins its grisly red-grey feast
As the mindless dance begins:
With just a quiet drumming of heels
In some God-forsaken nightmare
As some mother's child gives in.

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Heart Sounds

Robert Bruce

To hear these sounds my gentle friend
Takes courage, strength and mirth
As Buddha sat and laughed and laughed
When his pain became mankind's.

The sound of one hand clapping
The scream of a broken heart
And the slow dry-heaving emptiness
Of a ripped and battered soul.

Heart thunder rolling outwardly
Doth calm these evil tones
That I hear in people everywhere
Too often and too loud.

But one sound rings a deeper note
The saddest note of all...
The heart sound of an innocent child
Corrupted and in pain.

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Mushrooms

Robert Bruce

Found dancing in tight, sweaty triangles,
In all the ancient well-known ways,
The mushrooms are rutting,
In many of life's darker, damper places.

Tiny, sensual things -- so full of spring needs,
Coming briefly alive in passions sweaty furnace,
Taking juicy respite from life's boring ritual;
All engrossing, their dark and fruity thrills.

But keeping true to mould's eternal creed:
That fungus is what fungus does.

Spreading fast and spurning sensible limitations,
Passionately crowding everywhere,
All gone deaf with groaning indignation.

Their swollen heads so full of fertile promise,
Gone in one bite, but tastily recycled,
Back to where they started from.

But never fearing death, oh no,
Or of being morosely ignored from above;

For the universal muck heap awaits!
Overflowing with such richly embroidered muck
And such sweetly worded promises.

It being praised and raked so thoroughly,
Madness made so much richer than mundane reality.

If only they can stay your gentle light,
Oh great and glorious One.

Left spreading their shade in blissful ignorance,
In time they'd find a darker, richer muck,
In which to bury their blind and foolish heads.

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Timeless Tales

Robert Bruce

Shifting sands of time devour
Lifetimes come and go
Sweet love missed
Opportunities lost
Days of thunder gone
Wet tears forever dried
Wasted days and nights
As crawling forever onwards
We near that painful hour again
As pitifully weak we fall at last
A little bitter mould at dusk.

And now, after my humble offering....some words from the master, Shakespeare...

From The Rape of Lucrece.

Mis-shapen Time, copesmate of ugly Night,
Swift subtle post, carrier of grisly care,
Eater of youth, false slave of false delight,
Base watch of woes, sin's pack horse, virtues snare,
Thou nurseth all and murder'st all that are:
O, hear me then, injurious, shifting Time!

Be guilty of my death, since not of my crime...

And... From "Macbeth".

To-morrow, and to-morrow, and to-morrow,
Creeps in this petty pace from day to day,
To the last syllable of recorded Time;
And all our yesterdays have lighted fools
The way to dusty death. Out, out, brief candle!
Life's but a walking shadow, a poor player
That struts and frets his hour upon the stage,
And then is heard no more.

And, from "Dr Faustus" of Christopher Marlow....

Now hast thou but one bare hour to live,
And then thou must be damned perpetually;
Stand still, you ever moving spheres of heaven,
That time may cease, and midnight never come!

**And, from, somewhere in the back of my mind, to the left upper right, under
the dusty tea towels. The author's name escapes me at mo.**

For when I was a babe and wept and slept,
Time crept;
When I was a boy and laughed and talked,
Time walked;
Then when the years saw me a man,
Time ran,

But as I older grew,
Time flew.

And, words of hope, from the great thinker, "Freddy Neitcher"

"Pain that doeth not kill us maketh us stronger"

Note from Compiler: The Above quote is probably a paraphrase of famous quote from Friedrich Nietzsche's "*Twilight of the Idols*" that reads:

Out of life's school of war.— What does not destroy me, makes me stronger.
(Kaufmann Translation)

Often Translated as "What does not *kill* me makes me stronger" (Thomas Common Translation)

Ode To An Editor

Robert Bruce

Take out thy dreadful blue pencil and strike!

Let loose its savage cutting edge

And we'll not shed a single tear

For that battered pile of pulp

Once laughingly called a manuscript.

For words must live by worth alone

Or face such shameful crumpling oblivion,

To be ripped mercilessly from the whole;

Oft' revealing hidden glory,

That the whole might please its critics

For smiling reviews and soaring sales.

And what of our readers -- what of them?

They who readeth only finished copy

Knoweth not they sad trails of crumpled paper;

Nor the blood and sweat speckling once-virgin lines,

Punctuating some writer's happy little muse.

Knoweth not they of all the haunted sleepless nights

As imperfect pages fan endlessly through our troubled minds;

Nor the mind-numbing agony of the 13th pass through a tattered hell:

Of wordage, grammar, deadlines and shattered weekends,

Of picnics and parties missed -- and of teary-eyed children;
As we strive to feed the heart and minds of humankind...

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Online Astral School

with Robert Bruce

PAPI Online Workshop

Projected Launch Date = late April 2007

Subject = Astral Projection

Hosts = Robert Bruce and Bob Felix

Hemi Sync = Journeys Out of Body

Interactive online workshops will be launched in late April 2007. These feature remote learning multimedia software streamed from a remote learning server. All you need is an internet connection and a browser to participate!

The first online event will be a five week Practical Astral Projection Intensive - PAPI. Robert Bruce will co-host this with Bob Felix, the audio engineer who developed the Journeys Out Of Body Hemi Sync series for TMI (The Monroe Institute).

The course will comprise of eleven units and will run over a five week period. You can choose what time you access the training units and presentations, and replay these as necessary. This will include video and audio presentation, supported by animation, graphics, Mp3 downloads, and other such course material.

Each group will have a private forum and chat facility to interact and share with group members. Robert Bruce and Bob Felix will also be available for problem solving and fine tuning course progress.

This course will include working extensively with Hemi Sync **Journeys Out Of Body** CD's, plus **Astral Dynamics**, a new OBE/dream journal program, and other new material created for the course.

More details will appear as they become available.

Course details and costs will be posted here soon. Each course has limited places so please register early.

Reserve a place now – email [Online Workshops](mailto:workshops@astraldynamics.com)

If you are using web based email and the above link does not work for you, cut the following into your email program

workshops@astraldynamics.com

More online courses on various energy related subjects will follow. Join our newsletter to stay informed.



Robert Bruce's Workshops

Robert Bruce's workshops can be aptly described as spiritually transformative events. They contain a unique evolutionary component that can only be called Dynamic. Group work involves not only teaching but significant hands-on work and problem solving. New and improved methods are always being developed.

All workshops (depending on length) include learning about the nature of the human energy body and how it can be stimulated and developed; extensive secondary and primary center work (major chakras); physical and mental relaxation techniques for achieving altered states of consciousness (trance states); Core Image Restructuring methods for removing and healing trauma memories and energy blockages; self healing with energy; contact and distance healing techniques using the new Heart Center healing method; stimulating aura sight and minds eye vision; astral projection theory and techniques; and psychic self-defense.

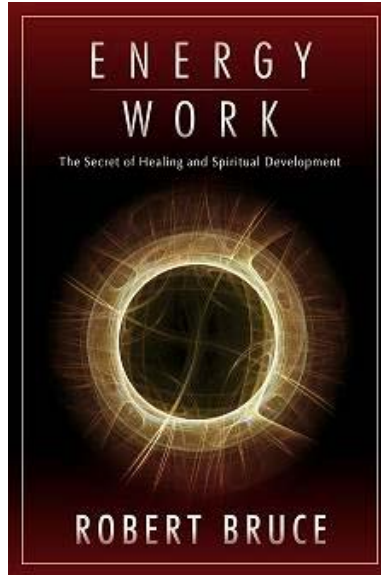
All of these things and more are achievable once the fundamentals of the NEW Energy Ways system are learned. This work significantly accelerates spiritual and psychic development in safe and balanced ways.

Workshops

Also included in Robert's workshops are directions on how better to understand and work with your higher self and the greater reality (what Robert calls Bee Following); and fascinating discussions on Uraeus Serpent of Fire and kundalini phenomenon

[Click here for schedule! http://www.astraldynamics.com/workshops/?BoardID=34](http://www.astraldynamics.com/workshops/?BoardID=34)

Enquiries@astraldynamics.com



[Energy Work: Secrets of Spiritual Development and Healing](#)

by Robert Bruce

208 pages (ISBN 1-57174-540-8)

Hampton Roads, VA, 2007

Brief Description of the Work

Robert Bruce

Energy Work, presents an amazingly effective energy work system that is child's play to learn and to do. This utilizes the sense of touch, of focused Body Awareness actions and Tactile Imaging.

This is Robert Bruce's finest offering yet, based on decades of hands on research and development.

Starting with hands on explanations of the human energy body and the principles of energy work, a practical demonstration follows that will quickly have readers feeling their own energy. This is a true armchair system.

No previous experience or skill is needed and Western descriptive terms are used throughout. Most people experience noticeable energy movement sensations during the early demonstration exercises. This builds step-by-step into a set of simple practices for stimulating and activating your energy body and energy centers (chakras).

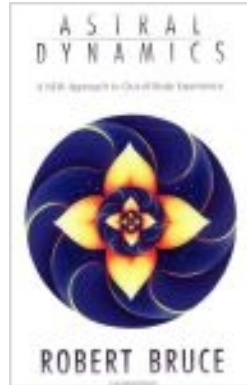
Thought form energy tools are then introduced, along with adding intention and elemental properties to enhance the effects of energy work actions. Healing and self-healing practices are then taught, including contact and distance healing methods. It also teaches how to removing blockages and toxic energy from the energy body, and to release old stuck energy and negative thought form

programming.

Essential grounding practices are also taught to help balance enhanced energy flow. This system of energy work has universal applications. It can be incorporated into any traditional form of energy work or healing system, including Tai Chi, Chi Kung, Kung Fu, Yoga, and Reiki, and enhance these practices. A true How To book, it focuses on doing energy work rather than on discussing its mystical complexities.

Well illustrated, with over 50 beautiful descriptive illustrations, Energy Work takes you by the hand and leads you on a journey of learning by doing; which is surely the only way to truly know anything. Above all, learning this system will put you in touch with your energy body and greatly expand your spiritual horizons. This provides a wonderful onramp for those wishing to approach the greater reality and evolve as spiritual beings.

This groundbreaking book will be released June 1st /07 and will be available in all good bookstores, and online outlets like Amazon.com



[Astral Dynamics: A NEW Approach to Out-of-Body Experiences](#)

by Robert Bruce

560 pages (ISBN 1-57174-143-7)

Hampton Roads Inc. VA, USA, 1999

For excerpts from Astral Dynamics go to:

<http://www.astraldynamics.com/library/?BoardID=28>

Synopsis of Astral Dynamics

Robert Bruce

Astral Dynamics is an innovative yet reader-friendly tutorial and hands-on guide to OBE. A comprehensive work, it covers all aspects of OBE and astral operations, including: theoretical, practical, metaphysical, phenomenal, esoteric and behavioral.

Based on rich personal experience - stemming from the author's life as an active hands-on mystic, projector and metaphysical explorer - it is hallmarked by his friendly, down-to-earth way of dealing with seemingly complex matters. Written with the needs of the complete novice in mind, it also caters well for intermediate and advanced students. A sizeable and well-detailed work, at 560 pages and containing 36 carefully thought-out illustrations, Astral Dynamics is absolutely essential reading for anyone interested in OBE.

A world first in many ways, Astral Dynamics launches some inspirationally new concepts and most definitely stands in a class of its own. It provides for a totally new outlook and understanding of the nature and purpose of out-of-body experience. The requirements, dynamics and underlying bio-energetic mechanisms that enable OBE are dealt with in great detail within its pages. As the author is fond of saying to his students: "The more you understand OBE...the easier it is to do."

The cornerstone of Astral Dynamics would have to be the author's extraordinary Mind-Split theory. The mind-split phenomenon is a true complication of bio-

incarnated consciousness. It has wide-ranging affects on all aspects of projecting and operating in the out-of-body environment. The mind-split theory shows how the physical body is never left empty or at risk during any type of OBE, as is commonly believed today. Compelling evidence is provided to support this, based upon first-hand experience and logic. The many bio-energetic conflicts and OBE memory download problems arising as side-effects of the mind split are discussed in great detail, with practical solutions being offered. This knowledge greatly improves OBE success rates for both novice and experienced projectors, while generally empowering all aspects of out-of-body operations.

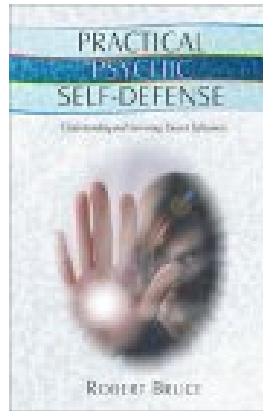
As part of its innovative new approach to OBE and projection training, Astral Dynamics introduces another world first: 'NEW Energy Ways'. This is a dynamic new system of energetic manipulation and development. While amazingly simple to learn and use, the NEW system is light-years ahead of any existing energetic systems available in the world today. It teaches how to develop, raise and make dynamic use of personal energy resources, both in and out-of-body, in many exciting new ways. These alone solves a great variety of projection-related problems.

Astral Dynamics also addresses some of the more complex and sensitive aspects of out-of-body operations. For example: spirit beings, negative entities and astral combat; as well as the nature of high-level projection, astral plane navigation, and the internal structure of the astral planes themselves.

This is a truly eye-opening book, brimming with new ideas and innovative procedures, offering sage advice and practical solutions to a great many OBE related problems. Astral Dynamics gently takes the reader's hand and steadily

guides him or her towards a high-level of understanding and proficiency at OBE. Leading by example, it also offers some beautifully rendered accounts of a few of the author's more extraordinary out-of-body experiences. Through these the reader can share the look-and-feel of the whole amazing astral experience along with him, from start to finish, as he travels the highways and byways of the incredible out-of-body environment.

Astral Dynamics is much more than just another book on OBE! It takes a fresh look at a great many things, including the workings of: The Akashic Records, Karma, Universal Law and Deja-Vu; while introducing yet another new theory: 'The Akashic Pulse' which grew from the previously misunderstood 'Astral Wind' phenomenon. This shows how all of the above mechanisms are intimately connected, and how they profoundly affect the lives of every one of us as we sleep...when Astral winds through Akasha do blow.



Practical Psychic Self-Defense:
Understanding and Surviving Unseen Influences

by Robert Bruce

333 pages (ISBN 1-57174-221-2)

Hampton Roads Inc. VA, USA, 2002

For more information on Practical Psychic Self-Defense go to:

<http://www.astraldynamics.com/library/?BoardID=29>

Synopsis of Practical Psychic Self-Defense

Robert Bruce

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Practical Psychic Self-Defense: understanding and surviving unseen influences (PPSD), was not conceived as a popular book, but to help real people with real supernatural problems. Conflict with some popular New Age type beliefs was unavoidable. PPSD offers sound experience-based advice and a range of practical countermeasures that can be used by the average person with no background in applied metaphysics. Everything is explained and taught as simply and practically as possible. Where necessary, short training units are provided to fill in the gaps.

PPSD focuses on educating people on the how's and why's of supernatural problems and what can be done about them; from mild psychic influences and hauntings, to major psychic attacks and possessions. PPSD is a supernatural expose' for the uninitiated, and a survival guide for those living the nightmare.

Supernatural problems often require supernatural solutions. For this reason, though most countermeasures within PPSD are very down-to-earth, elements of applied metaphysics are found throughout. As far as possible, PPSD desensationalizes potentially frightening subject matter by classing all spirits that can adversely affect humans as negative inorganic beings, or 'negs' for short.

Part One, The Phenomena:

This begins by defining what supernatural problems are, giving detailed explanations and case histories in support. It describes the most common problems, how people become exposed, and the types of psychic influences and attacks that can result. Also discussed are risky places like cemeteries and haunted houses, and dangerous practices like uncontrolled spirit channeling and Ouija boards, and how these can all lead to supernatural problems.

The cornerstone of PPSD is its conceptual model of the dimensional interface within the human mind that allows psychic influences, attacks and possessions to occur. The only thing humans have in common with negative inorganic beings (negs) is mind. Therefore, logically, there must be an interface between negs and humans to allow psychic attack to occur, and this must exist within the human brain and its mind. Building on this, the author theorizes according to his extensive personal experience, on the anatomy and principles of psychic influence and invasion, and how it all works. He explains how subconscious trauma memories, Core Image Knots, are used by negs to penetrate and affect the human mind. And how these are at the root of all psychic influence, attack and possession problems.

Expanding on the problem, symptoms of supernatural activity that can indicate problems are described, including a chapter discussing children's issues. This is followed by an extensive chapter defining and explaining the different levels of possession and how it occurs. Having once been possessed himself, the author shows how he understands possession in a unique hands-on way, and gives extensively of his personal experience in this area. Neg. induced suicide, murder and accidents are also dealt with.

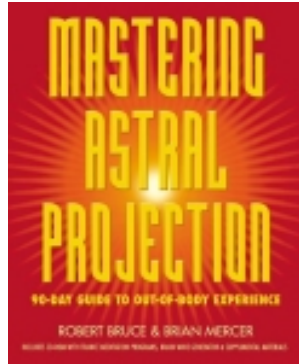
Part Two, The Negatives:

Beginning with a discussion on the nature of good and evil, Karma and Universal Law, the author explains how these all play parts in the psychic influence/attack equation. He then provides both a historical and experience-based perspective on spirit beings, their origins, motivations, interactions and associations with humans. The author explains his experience with angels and why they rarely intervene in human affairs. Divine intervention is also discussed, as is the unsuspected complexity of spirit/human interdimensional relationships. PPSD then focuses on the most common neg. types, X-human and non-human, including earthbound

spirits, ghosts, poltergeists, and some of the more sinister things that go bump in the dead of night, with illustrations and case histories in support. How negs interfere with humans, operate, travel, spread, and in some cases replicate, are then discussed. Part Two finishes with a chapter of important issues: such as the affects of intellect and willpower on individual neg. susceptibility, an examination of popular contemporary countermeasures, closing with a discussion on authority and permission issues.

Part Three, Countermeasures:

This begins with a chapter of small tutorials and explanatory sections, teaching everything needed to apply the countermeasures given in the sections ahead. It then discusses various types of neg. bioenergy attachments and their relationship with certain types of skin tumors and blemishes, i.e., moles, granulomas, nevus. It then gives a revolutionary new technique for removing these attachments, by removing the skin blemishes concerned with nothing more than a ballpoint pen. Following this are two extensive chapters containing a wide range of active and passive countermeasures, with advice on how these should be combined and applied being given throughout. Also included are instructions for identifying and neutralizing core image knots. Extensive advice is then given on how best to apply these countermeasures to children and infants, and on dealing with neg. related family unit problems. The author then gives extensive advice on understanding, coping and dealing with possession, exorcism and exorcists, including self-exorcism methods. PPSD closes with a discussion on avoiding and building up natural resistance to supernatural problems.



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

by Robert Bruce and Brian Mercer

483 pages (ISBN 0-73870-467-9)

Llewellyn Publications, MN, USA, 2004

For an excerpt of Mastering Astral Projection go to:

<http://www.astraldynamics.com/library/?BoardID=30>

Synopsis of Mastering Astral Projection

Robert Bruce / Brian Mercer

Mastering Astral Projection is a hands-on, step-by-step manual for learning how to have an out-of-body experience (OBE). It provides a systematic approach for astral projecting out of your body in a fully awake state. The exercises in the program are largely based on the New Energy Ways (NEW) system of raising and simulating personal energy. This method uses body-awareness movements for conscious and direct manipulation of one's energy body. The NEW system is easy to understand and learn. Anyone can do it.

The 90-day program was designed to be:

- Specific and easy to understand.
- Comprehensive and goal-oriented.
- Flexible and easy to apply.
- Fear eliminating through small, gradual steps.
- Progressive with measurable results.

In short, the program makes OBE more accessible to those uninitiated in the process. It represents our continued efforts to hone an ideal astral projection course, one that will help newcomers understand the key elements of the process while avoiding common pitfalls. The idea is that for 90 days you will commit to spending a set amount of spare time applying the program. We supply the tools and you supply the enthusiasm and stick-to-itiveness.

The course primarily focuses on the skills necessary for having an out-of-body experience, with less emphasis on theory unless it is necessary for understanding and applying the daily exercises. There is a lot to this program. But it was designed to be consumed in small bites so as not to overwhelm students with too much information at one time.

How Mastering Astral Projection Unfolds

The 90-day program is divided into thirteen chapters; one new chapter should be read per week. The first half of each chapter contains information necessary for completing that week's exercises. This includes special instructions, background information, diagrams and relevant tips. Each chapter also includes directions for using the BrainWave Generator, the computer program on the CD-ROM that accompanies this book.

The second part of each chapter consists of a day planner style calendar that includes:

- **Daily Tasks:** A list of OBE program-related activities, divided into morning, daytime and evening "To Do's".
- **Affirmations:** Short, present-tense positive statements to help program you for OBE success. Daily affirmations are used during waking hours. Nightly affirmations are used as you drift off to sleep.
- **Daily Exercises:** Step-by-step instructions on how to complete each day's exercises (mind taming, breathwork, energy work, OBE exit methods).
- **Author Comments:** Advice from both expert and novice perspectives.

- **Journaling Space:** A place to write down your progress, make observations and catalogue your OBE-related experiences.

The 90-day program itself is divided into two distinct parts.

Part 1 (Weeks 1 - 6) focuses on learning core skills associated with OBE:

- Breathing
- Deep Physical Relaxation
- Shadow Memory Recall
- Energy Body Stimulation
- Quieting the Mind
- Primary Energy Center Stimulation
- The Trance State
- Energy Body Loosening

Part 2 (Weeks 7 - 13) focuses on OBE exit training. During this part of the program you will be introduced to a number of proven techniques for achieving OBE, as well as ways of overcoming key fears and how to adjust your mindset for best results. More importantly, you get advice for setting up conditions that are most favorable for OBE, understand common roadblocks and learn solutions. You are also provided with advanced projection techniques for the OBE challenged.

The idea is that you will be spending 90 days eating, sleeping and breathing the

training program. But the course is also flexible, so one need not feel constrained by its Monday through Sunday schedule. If it takes longer for a given day's exercises, one can always take more time. The weekly format and the task schedule are guidelines only.