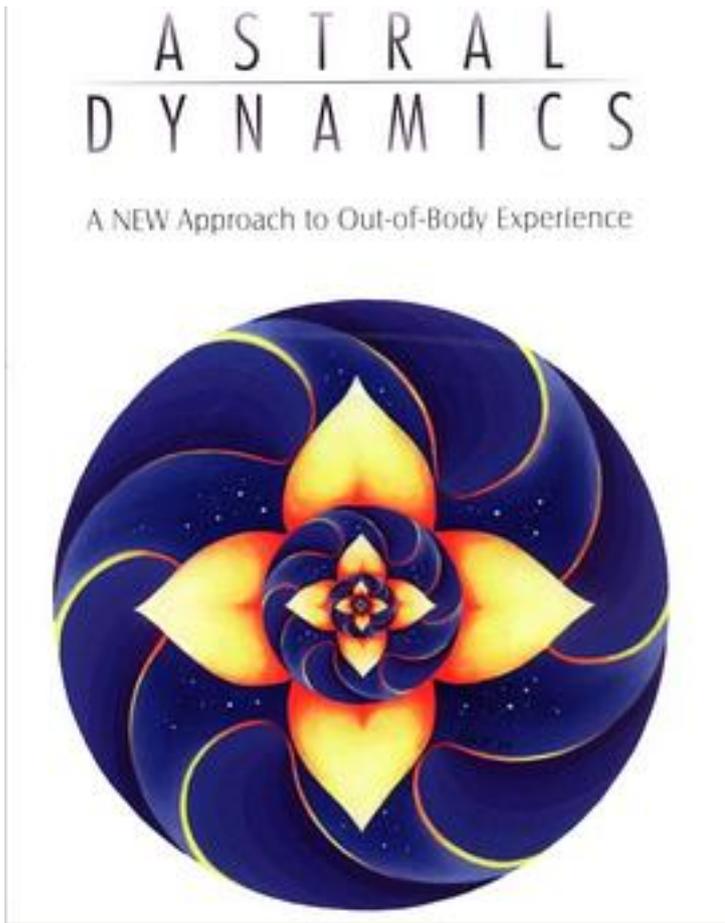


# Astral Dynamics



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著者:Bruce, Robert

出版者:Hampton Roads Pub Co Inc

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This is a basic book on Astral traveling. Robert has refined his teaching of out-of-body experiences by helping people learn over the web for almost a decade. The book is original and the material is thought provoking. What I liked was that Robert stated how easy it is for anyone to soul travel and remember it. I have had personal experiences

with out-of-body experiences but personally felt they were something that rarely happen for me. So I have been reading this book each night before I go to sleep and practicing the exercises. Last night I flew out of my bedroom, around my farm, and to the tops of my neighbors tall poplar trees. The colors were beyond the normal spectrum of intensity and it was night time. I then crashed into a tree and instantly jumped up in bed with the vivid memory. I believe this book is revolutionary. I think the techniques of seeing smoke rings raise up your body, relaxing it, and the image of pulling your inner body out with a spirit rope as you fall asleep are effective techniques.

作者介绍:

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## 标签

星体投射

灵修

生命的意义

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## 评论

没有读完，有空还需要再复习一下

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