Energy Work Issues

(This article deals with common issues and problems that can arise through the practice of body awareness development exercises.)

While primary centers may become active and produce noticeable throbbing and tingling sensations during practice sessions, there may not be any noticeable spiritual phenomena. This can be likened to starting the engine of an automobile but not engaging the gears. It will just sit there ticking over, waiting for someone to drive it away.

Spiritual abilities and phenomena take time to grow, barring natural ability. Energy work encourages this growth process. Your intentions are also important and frequent affirmations like: "I have visions" and "I am clairvoyant" and "I see energy" and "I project out of my body" and similar will help.

A consideration for energy work is how much work should be done on each of the primary energy centers. Extra work on higher centers is often necessary to excite them into activity. But it is unwise to focus too much on a higher center.

Most potential problems that could arise from overworking higher centers can be avoided by using common sense and exercising the whole energy body in a balanced way.

The base center is the first structure to target for development. Extra stimulation in this area will help the whole energy body. When this center begins to activate, noticeable tingling and/or throbbing and pressure sensations will be felt in the perineum area. Once this is achieved, extra stimulation should be applied to the navel center during practice sessions.

When both the base and navel centers are noticeably lightly active, the Solar Plexus should be the next target for extra stimulation, and then the heart, the throat, the brow, and the crown. In this way, primary centers will develop more evenly and the likelihood of imbalance problems will be minimized.

Most people undertaking energy work will experience only mild sensations to begin with. Light sensations—slight pulsing and tingling sensations—are excellent for general energy work and development, but everyone is different and some people have more sensitive energy bodies than others. The following sections focus on the most common issues that can arise and what can be done to maintain sensible energetic balance.

Energy work can cause a variety of weird sensations. The most common primary center related sensations include throbbing, pulsing, tingling, fluttering. Other feelings include localized warm and cool sensations, mild cramping, tightness, heaviness and pressure.

Active primary energy centers and structures affect nerves and surrounding muscles in unusual ways, often causing localized muscular twitching and spasming. Strong throbbing energy center activity can be felt by touching the area with your fingertips, showing that these are physical sensations, and obviously therefore involve physical nerves and muscles.

Strong sensations and pressures and pains are usually caused by energy centers and structures awakening from dormancy. This is generally only a temporary condition, like using muscles that have not been worked out for a long time.

If uncomfortable or painful symptoms appear, the golden rule should be applied: stop and take a break from energy work until everything is back to normal, and then return to energy work a little more gently. Strong sensations will always reduce with practice. How long this takes varies greatly, but most will reduce significantly within a few days or so.

If pain persists in any area when you do energy work, avoid direct stimulation there. If pain persists overlong outside energy work sessions, it would be wise to seek the opinion of a medical doctor, to check if a physical problem is involved. Sometimes body-awareness-based energy work will bring physical ailments out into the open.

Reduced Sensations:
When energy work is first undertaken it is common to experience strong intermittent energy sensations for the first few weeks, and then for these to reduce. When this happens, many people think they are doing something wrong, or that its not working anymore. But this is perfectly normal.

Do not judge energy body activity and development by the strength of the sensations you feel. Strong sensations will always reduce as the energy body, and the physical body and its nerves, adapt and evolve.

Energy Work Tiredness:

We live in a veritable ocean of subtle energies. The average person absorbs only a fraction of what is available to them each day, and this steadily reduces with age. Let us say that you normally absorb 100 units of subtle energy (raw vitality) per day, but when you start doing energy work you begin using 200 units per day. The deficit of 100 units will be made up from your energy body's storage areas, and physical tiredness can result. This happens because your energy body is using more energy than it is absorbing.

This is much like what happens if you live a sedentary life and suddenly begin working out in the gym every day. You would understandably have sore muscles and be more hungry and tired and need more sleep for a several weeks, until your physical body adapts to the new regime.

With a little time and regular energy work, your energy body will adapt, evolve and overcome the energy deficit by absorbing and storing more energy. As this happens, you will begin to feel more energized and more in tune with life. This is much like how a new physical exercise regime and healthy diet takes some getting used to, before everything stabilizes and you start to feel better.

Brow and Crown Center Pressure and Pain:

Early brow and crown center activity can produce uncomfortable and even painful symptoms at times, while these centers are coming out of dormancy. Not everyone will experience this, and the intensity will vary from person to person. But most people should expect to experience some level of this for a short time. This problem is always temporary and intermittent. While you should not expect this, it is best to be aware of the possibilities and what can be done to help.

Strong primary center pressure sensations are like growing pains. They can be intense at times, but they are no real cause for alarm. For example, a typical early brow center sensation is a point of intense pressure, as if someone were pressing a thumb hard into the middle of your forehead. A tight band of pressure around the whole circumference of your head at brow level is also common, as is pressure over the entire head.

Brow and crown center pressures and pains will not damage you, but it may at times cause painful tension headaches. If this happens, treat these as you would normally treat a headache, and consult a medical doctor if pain persists.

Cobwebs Sensations:

Stimulating the energy body, especially the higher centers, can cause supporting energy structures to activate in a noticeable way. The facial area is extremely sensitive and some unusual sensations can result. While these are rarely intense enough to be actually painful, they can be uncomfortable and distracting. This sensation is commonly called Cobwebs.

Cobweb-like tickling, tingling and stinging sensations will often be felt in the facial area. These may start at any time, even during light relaxation and meditation, which causes increased energy flow. This can also happen while you are trying to fall asleep. This can feel like mosquitoes are crawling over your face, with some of them biting and stinging. There may be only one or two tickling or stinging areas. The majority of people will get at least some minor cobweb sensations during energy work sessions, particularly when combined with physical and mental relaxation exercises.

It is likely that energy flowing over and through supporting structures in the facial area overstimulates the nerves there, causing the cobweb sensations. The best way to handle cobwebs is to ignore them. Try to resist the urge to scratch as this will break your concentration and disturb your relaxed state. Scratching also disrupts sensitive subtle energy structures that spread out over the facial area. This tends to reduce brow and crown center activity. Check your room for insects before each session if this is an ongoing problem, as this eliminates that possibility.

A similar sensation to cobwebs can appear directly over the site of any chakra. This is a tickling, tingling
sensation. This signals that a center is active at a more refined level than that which produces throbbing and pulsing type sensations.

Reducing Primary Center Activity:

As said, it is unnecessary to close or deactivate primary energy centers after stimulating them. Attempts to do this by reversing the method used to stimulate them will always cause further stimulation. Primary centers begin deactivating naturally the moment you break your relaxed state. Sensations will usually cease within a few minutes.

If primary center activity continues after energy work sessions, there will always be good reasons for this. For example, energy blockages may have cleared and energy continues flowing to heal and restore depleted areas. In this case, primary centers will continue working to produce the necessary energy. This can also happen spontaneously at any time, as a byproduct of progressive energy work and spiritual development.

In cases where strong or uncomfortable sensations continue, here are some ways to reduce activity: Avoid focusing body awareness on your energy body.

Eat something substantial.

Perform physical exercise such as walking, jogging, swimming, etc.

Lie on the ground and feel and imagine energy draining away.

Take a nap, or go to bed for the night.

Take a cool shower.

Avoid energy work until sensations cease.

Heavy physical exercise to the point of exhaustion will ground you and drain your energy body of all excess energy. This will deactivate your energy body and stop all energy movement sensations, including heavier types of Kundalini related activity.

Body-rush Sensations:

It is not uncommon to experience occasional tingling, adrenalin-like rushes of energy up through the body, especially through the back area, while doing energy work. Uplifting music and prose can also cause similar sensations, caused by an emotional response.

Many things, including energy raising and the spontaneous release of energy blockages can trigger surges through the energy body. These tingling energy waves can be quite strong, even breathtaking at times, but they are perfectly normal for persons undertaking energy body and spiritual development work.

Astral Projection:

Another cause of energy surges are spontaneous astral projections, which often happen unnoticed during meditation and relaxation sessions. Deep relaxation and meditation always involve some level of an altered state of consciousness. The mind asleep + body awake state allows astral projection to occur. (Astral projection is a natural phenomenon that occurs every time you sleep.) It happens unnoticed during the mind awake + body asleep state because of the mind-split effect.

At the start of an astral projection, the mind splits into two distinct parts. The original copy of mind and memory always stays within the physical body while it lives. During astral projection, an energy copy of your mind is generated and projected out of body.

In the mind awake + body asleep state, the physical body/mind remains active, even though the physical body is technically asleep. During an astral projection, both aspects of mind, physical and astral, simultaneously exist and function independently from each other. This creates two memory sets for the same time period, which is what causes the astral memory recall problem.

After the astral double returns and reintegrates with its physical body/mind, the strongest copy of memory will always form the recallable memory, the final wrinkle. Through constant use, the physical mind has much stronger habitual memory storage and recall pathways than does its astral double. So usually it is the memories of the physical body/mind that are stored and recalled. The lost astral
projection memories are then downloaded into subconscious memory storage, and usually lost to the recall ability of the conscious mind.

For more information on astral projection, please see my book Astral Dynamics: a NEW approach to Out-of-Body Experience (Hampton Roads, VA, 1999). The second edition is now available, which is quite a different book from the original.

Rousing Dormant Primary Centers:

While you may feel activity in some primary centers right away, others may lie dormant even after intensive regular stimulation. The secondary and tertiary structures of the energy body play a significant part in primary center activity.

It is rare not to have any primary center response at all. Often it is simply a matter of spending more time working on dormant primary centers. Most important to activate and bring online is the base primary center. When this is active more energy will flow to higher centers, which will cause them to begin developing.

Your physical health and fitness will affect the responsiveness of your energy body. A sedentary lifestyle sometimes causes the accumulation of heavy stuck energy. This can make it more difficult to rouse the energy body into activity. If none of your primary centers respond at all after a few weeks of regular energy work, a healthier diet and better exercise for a few weeks can make all the difference.

Overworking Energy Centers:

Your energy body is intimately connected with your physical body and mind. What effects one will affect the other. It is okay to spend extra time working on dormant primary centers. But it is unwise to get into the habit of working only on higher centers. For example, if you regularly spend a half-hour stimulating your brow center and only five-minutes on the others, this can cause psychic and mental imbalance, and headaches. In the same way, focusing too much on the heart center can cause emotional problems, including increased emotional sensitivity, mood swings, anxiety or depression.

These problems are usually only temporary, as long as common sense and the golden rule of energy work are applied.

Reference for further reading:
Part Two of Astral Dynamics Ebook
(Particularly chapters 13 and 14)

Robert

**by Robert Bruce - Monday, October 24 2011, 08:13 AM**

G'day,

When I was 20, I first started to train myself in deep physical mental relaxation, altered states, and the same things you are learning here as part of papi, I went through exactly the same process as you are all experiencing now, or have experienced in the past.

In the beginning, it was frustrating and seemed hard work. I had very, very basic instruction only.

"Just sit and relax and enter the silence"

Or "Just take a few deep breaths, relax, and allow spirit to take you into trance"

etc.

I would sit for hours on my own, and in groups a few times a week. It was frustrating.

It used to take me close to an hour to get into an altered state...the heavy cozy feeling you get when your body falls asleep as your mind stays awake.

...and sometimes I failed completely.
My body ached all over from the sitting, as my flesh hung on my frame differently, stretching tendons and joints and muscles differently... but this passed after a few weeks.

But I stuck at this and over months, with poor information, I learned how to do these things. And over time, I got better and better at this.

Today, I can put myself into a robust altered state (mind awake body asleep) while standing, in about ten seconds.

My body and mind have become 'entrained' to do this.

I set my intention to do this, or intend to give healing to a person, and I 'fall' into this state very quickly. And as I continue with whatever it is that I am doing, this state deepens.

Being able to physically function and walk in an altered state is not a superhuman feat. Anyone can learn how to do this. In fact, you already do this... on long drives you'll find that your body falls asleep and you enter an altered state.

I teach students how to do this the same way as I taught myself... through progressively extending myself.

EG., enter altered state in a chair. When you are settled, slowly raise one arm, then rest. When you can do this without breaking your state, raise two arms. Then allow your eyes to silt open a little, and close. When you can do these things, slowly stand, then sit. Eventually, stand, take one step fwd, one step back, then sit.

Eventually, you'll develop such a 'robust' altered state that you'll be able to move, and even to induce this while walking.

I taught myself to induce an altered state while shopping, pushing a shopping trolley. (wear dark glasses, as you'll look like you are on drugs and security will tap you).

Just push the trolley slowly and use the elevator technique and allow yourself to enter a deeply relaxed physical mental state. You'll feel your body growing heavier and heavier. Then your legs will feel like you are walking on huge fluffy cushions. You'll feel like you can't move, but you can if you use your 'will'.

Your legs, and any other part of your body you move, will tingle deep inside. This is because your body is asleep. You get used to this.

My base level of consciousness, and brainwaves, have also 'altered' over the years because of the regular work that I do on myself.

It is amazing the problems that can arise learning and practicing deep physical mental relaxation... to deeply relax your body and clear your mind of thought 'words'.

There is also the 'boredom barrier' to pass, which is a kind of initiation. After a certain time has passed doing deep physical mental relaxation, you'll hit a wall. How long this takes will vary depending on your psychological makeup.

When you hit this wall, you'll get a strong desire to do something 'anything by sitting doing nothing'. You'd rather do dishes or vacuum the house, than do nothing.

I think this is the ego fighting back. The ego likes simple problem solving and light activity. It does not like doing nothing.

Thinking is habitual and addictive. We learn this, are 'entrained' to this, as we grow up. No one tells us that it is okay to do nothing.

To do nothing can take a lot of work for some people. Natural daydreamers find it easier. But it is achievable by all, and it will have positive effects on your life in many ways.

Regardless of where you are currently at in these things, you can achieve profound levels of skill if you work on it daily.

Never give up...
"Communicating with your Higher Self"

Your higher self speaks in many ways. Realize that your HS is the divine aspect of your being. You share the same body and brain, the same cells, the same mind. It is responsible for the body's cellular intelligence, and everything else that is not under your direct conscious control.

I have had direct voice from my higher self. But more often its other things. Words scrolling across my mind's eye. Images, visions, dreams, OBE events.

OBE is a great way to make contact. Get out of body and make a command ‘take me to ???’ Repeat as necessary and 'know' your HS is with you, always.

Your higher self can speak directly in language, but this is rare. It usually communicates through images and intuition, through events around you, and through everyone and everything else around you. Through people, through coincidence and synchronicity. Anything. This shows that the higher self is connected to everything and everyone around you.

Begin the internal dialogue. Talk to your higher self and know that it is there, inside you, sharing your life...the silent observer within.

One of the best ways to get some communication going is to use the law of attraction. Manifest something, anything. Have a good think about what you want. Start with something simple. Use a mixture of spoken and silent affirmations, along with images and pictures to reinforce the act.

G'day Folks,

The following is something new I have been working on that you might like to try.

I have also added this to my PAPI/GH blog.

. . .The Mind’s Eye Body Image

The body image phenomena is something I have been exploring since about 2008. My forte’ is my power of unbiased observation. In this way I have discovered many things over the years that have been overlooked by others. Things that are important to spiritual work, including the wonderful energy work system this book presents.

The body image is the mind’s eye visual image and map of the physical body. Anyone can see this image in the mind’s eye, but no one seems to have noticed it before now. This body image solidifies and becomes stronger and clearer with regular body awareness energy work.

To see your body image, sit and relax in soft indirect light with eyes closed. Make sure no direct light source hits your eyelids. When you are ready, with eyes closed and gazing ahead, raise your right arm straight out from your shoulder to the side. Spread your fingers wide and rotate your wrist. Open and close our hand a few times while doing this. Become aware of where your hand is with your body awareness. Pay attention to this area, to the space where you feel your hand to be. As you move your hand, you will notice that you can see something moving there in your mind’s eye.
It does not matter if you move your eyeballs to look at your hand, but it is easier to just gaze ahead. The position of your hand to the side will not cause any shadow movement that could affect your eyes, like what happens if you move your hands in front of your face.

Turn your head to the left, so that even with your eyes open you would not be able to see this action or cause any shadow movement that might affect your physical eyes, and repeat the above. You will find you can still see the movement and shape of your hand and arm. In the beginning, this will appear as just a shadowy movement. Keep moving your hand and explore this image for awhile.

Repeat the above with your other arm, and then observe both arms simultaneously, as you gaze ahead with eyes closed. Repeat this on one foot and leg, then with the other, and then with both simultaneously. Move your arms and legs to different positions, rotate them back and forth, and continue observing. Then observe your head and torso, scanning and observing with body awareness.

Your internal body image map will grow stronger and clearer the more you observe this phenomena, especially when you start performing the energy work exercises in this book. With a bit of regular practice, your internal body image will begin to glow silver and get brighter. You will begin to notice the texture of your skin, hair and nails. You will have flashes where your body image will look like it does with your eyes open. With practice, you can also move your mind’s eye view inside your physical body and explore it’s flesh, bones, and organs.

Beyond just being fascinating, the ability to observe your mind’s eye body image map has some important benefits. This provides invaluable personal experience of an observable spiritual energy phenomena, which strongly affects your beliefs concerning what you can and cannot accept and do. This also brings you closer to the body intelligence aspect of your higher self. These things empower energy work and self healing, as well as generally speeding up spiritual and psychic development.

Clear and repeatable personal experience with any kind of spiritual or energy related phenomena is truly life changing. Personal experience in these areas is very difficult to gain. The resulting changes in your belief system, in building your faith, will greatly empower your progress.

Robert...

by Robert Bruce - Saturday, August 14 2010, 03:08 AM

The following method is for boosting your immune system to fight off viri. This works extremely well.

To stimulate your immune system, and to cure cold and flu viri, the following procedure should be done as soon as possible after cold or flu symptoms have been noticed.

If you are at work or in company and this is difficult, go to the washroom and get some privacy for ten minutes...as its important to act quickly. You can follow up later with more ework.

Focus on your thigh bones. Deep inside your thighbones is marrow, and this area can be said to be the seat of your immune system. Stimulating this area intensely will stimulate your immune system.

Just a little extra power in this area can make a huge difference in whether a virus can take hold and 'lay you low' or is defeated.

Sit or lay down and focus on your thighs.

Pump energy balls from your knees to your hips, up and down.

Feel this action deep in your thigh bones.

Increase the speed and 'intensity' of this action until you have the maximum.

Close your eyes and focus, putting everything you have into this action.

continue for five minutes or more.

More is better...an hour or so of this is far more effective than a few minutes.
If you think of how sick influenza can make you, it’s worth the effort.

If you catch this early enough, when you finish the session your symptoms will be gone.

If symptoms continue, arrange it so you have time and privacy for a long session or an hour or more as soon as possible.

That night, perform the thigh pumping intense action as you are falling asleep. This way it will continue into your sleep and be more effective.

If you don’t catch the virus early enough and you get full symptoms, thigh pumping will change a major influenza infection into a mild cold. Instead of being really sick for a week or two, you’ll have minor cold symptoms for two or three days only.

But, in most cases, symptoms will disappear.

Affirmations will improve the effectiveness of this method. State (verbally if possible) ”my immune system is powerful” ”my immune system is strong and healthy” ”my immune system destroys this virus” or similar. Keep affirmations present tense and active.

Robert

by Robert Bruce - Thursday, August 12 2010, 07:54 AM

This experience is about how to connect with your past and future selves.

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The way to connect with your future self is to connect with your past self, and make this a habit, so it translates into the future and your future self having the habit of visiting you now, because you now is your future self’s past self.

This is done through meditating and imagining yourself at an earlier time. It helps if you can remember a day when you were meditating or resting or etc.

When I started this practice many years ago, I visited my past self a dozen or so times over a couple of years.

The day my family moved into a new house, when I was about 30, was memorable. Late in the evening when everyone was asleep, I meditated in the living room, sitting at the back.

I connected with my past self and saw him/me sitting meditating several years back.

Then I had a spectacular vision.

The wall 20ft in front of me was in reality bare. But now there was a built-in wall unit of shelves. The top shelves were filled with Encyclopedia Britannica. The rest were filled with other books, TV, etc.

This was as clear as it would be in real life.

Then a man walked into the room near the books and looked directly at me, waving at me.

He looked very familiar. Then I realized that he was me. But he was 40lbs lighter with short hair, clean shaven, and wearing a shirt, tie, waistcoat, and gold rimmed glasses.

He reached up and picked up volume of Britannica, smiled at me, and then looked at the page. He started, taking a step back as if in shock, and looked at me again, then back to the page. He got really excited, quickly waved and left the room with the book.

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About six years later, a lot had happened. I had done a lot of fasting, and lost a lot of weight. I also needed reading classes. A friend had recently repaid me for something I did for him, by building a wall
unit at the end of my living room. My wife had quickly filled with with Britannica the day he finished it, and other things.

The next morning, home alone, I looked into the room and it jogged my memory of the experience I'd had years ago. It was exactly like I had seen it in the vision.

It amuses me to reenact such things.

I was wearing exactly what I had seen myself wearing in the vision, including new gold rimmed glasses, which I’d only had for a week.

I walked into the room and looked at where I had been meditating years before, the day we moved into this house. I waved and smiled and could see an image of myself from the past, the shape of me in the chair at the back of the room.

I reached up and picked a random volume of Britannica off the shelf. I looked back at my past self and smiled and winked. Then I opened it and glanced at the pages as I remembered seeing myself do. I was shocked to my core by what I saw.

I had opened the page, at random, to all the famous Robert Bruce's in history. I looked back down, tingling with energy from head to toe, and one caught my eye and I read 'robert bruce, famous Australian mystic author. . . . ' there was half a page on me. But how can this be. I was shocked and confused.

I glanced back at my past self and hurried from the room to get my journal and think about this as I wrote it down.

A bit later, I put the book back. My wife came home an hour later and I excitedly showed her what happened. I grabbed a book, again at random, as I did not note the volume or page, and there again was all the Robert Bruces - but the bit about me was not there now.

Friends arrived later and i did it again, and opened the book to the same page.

I knew what volume it was by now, but not the page as I kept forgetting to record it; too excited.

I repeated this feat and found the same page about ten times over two days. Then I could not find it. I had to use the index and it took me ten minutes (I was not used to the index system) to find it again.

I was never able to repeat that feat again.

I do not know exactly what the above experience means, but it gave me a lot of hope through some very difficult times in my life. It still gives me hope. It was a bright and shining experience full of hope and wonder.

I think that connecting with my past selves x2 and my then future and present self caused some kind of reality shift or fluctuation.

Whatever the reason, my higher self obviously decided to give me an experience that could not be denied, and to encourage me.

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I just had an idea. I have dozens and dozens of such experiences./ I should put them into a book. This would be fun.

robert

by Robert Bruce - Friday, November 20 2009, 12:48 AM

The sense of vision - developing and 'allowing’ psychic abilities. (Robert Bruce)

During altered state sessions, it is common to have brief visions. These are not vague things, but full 3D color. They can contain sound. They can be metaphorical, precognitive, etc.
But it is common for such visions to be short lived...lasting only a few moments before you lose hold of it, before some invisible force shuts them out, like turning off a TV.

It's almost like an invisible parent reaches out and shuts it off...saying...that's not suitable for your viewing... And this is basically what is happening.

What I am about to say is incredibly important to anyone wanting to develop OBE or psychic abilities.

These visions appear in your mind because you are nudging the envelope through the altered state and energy work sessions.

Psychic abilities are peeking through your perceptual filters.

The moment they appear, and your higher self notices, it shuts them down according to your default settings.

Higher self filters out subtle senses and abilities, including OBE, by default, to keep us grounded here in the physical. Barring natural ability or faulty filters, this is the norm.

Here's what I want you to do.

The next time you have a vision, closely observe your body with body awareness.

You will feel a subtle movement of energy through your stomach and chest, and in your head mind's eye space.

You will feel a big part of your self cutting off the vision, pushing it away.

This is a direct movement and action by your higher self.

This feels like you are doing this yourself. But why....when you would love to have the visions and etc?

The only way around this is to 'allow' the ability.

All of us have perfect natural strong psychic abilities already. But these are not allowed by our default settings.

So, how do we change the default settings?

With intention.

And the best way to approach this is through verbal and silent affirmations.

We need to get through to higher self that we want these abilities, and OBEs. We need to express that we love these things and that we are okay with allowing them.

Every day, many times a day even, say out loud 'I am clairvoyant' 'I see energy' 'I have visions' 'I love my visions' 'I see into the astral dimension' 'I see spirits' 'I see the greater reality' 'I have perfect psychic abilities'

and etc.

This works.

In time, as long as it takes, short or long, you will notice a weakening of the higher self hand that shuts these things out, a hesitancy. The visions will begin lasting longer and appearing more often.

Having visions is quite confronting, you will find. And this confrontation mirrors the feelings of your higher self. You will have mixed feelings, often tinged by fear of the unknown and etc.

Continue 'allowing' this and visions and etc will stop and start and stutter, but progressively grow stronger and more reliable.

Robert
Question from a PAPI student:

"I am very interested in learning more about what OBE'rs call reality fluctuations. In the chapter on fluctuations it discusses the accuracy of the real time zone compared to the accuracy of the astral realm, the real time zone being more accurate.

My question about the real time zone is does it always exist in the now. In other words could someone astral travel to the past and future while remaining in the real time zone, or can you only explore the real time zone in the now?

As for the astral plane being an approximation of reality, is there only one astral version of our world or are there multiple versions of our world in the astral plane, some more accurate to our world than others?"

Answer from Robert Bruce...

Unfortunately, there are no simple answers here. But I will do what I can.

The real time zone, as far as I can tell, exists in the now...because it is a direct reflection of reality.

Mind you, the definition of 'the now' has multiple layers. The first layer is to be fully present time wise, activity wise, perception wise. The higher level involves being in the flow, connected with your higher self and 'everything' around you. This is what Eckhart Tolle means when he says 'you are the now'.

Past and future real time zones are outside this, because they are not direct reflections of reality. Reality in this case has passed, or has not happened. Also involved here are beliefs, and higher self perceptual filters, and the flow of 'the now' into the future. The future is not set in stone but has variables. These variables are choices of conscious beings. Small choices in the past have big effects on the future, etc.

A small choice made by a person a hundred years ago can have massive effects on today.

Beliefs and what you are prepared to accept also play a part when viewing the past or the future. If, for example, you view the past and it is not consistent with what you know of history, this will cause problems and reality fluctuations to occur.

If you view the future and see things you have difficulty accepting, or are contrary to what you believe might happen, again this can cause fluctuations.

Your higher self holds the biggest keys in this respect, as it sets your perceptual filters and capabilities. This can be thought of as partly a self limiting factor, and also a need for permission from higher self to express the necessary abilities, and to access accurate data from the past or future.

As far as I can tell, there are multiple versions of astral planes generated by the beliefs and perceptions and dreams. These can be likened to the Bardo Realms...realms of illusion created by beliefs.

The beliefs and perceptions of humankind can be said to flow into the astral dimension. This can be thought of as a massive act of manifestation. And the physical reality flows out of the astral into present reality.

The most important thing to know as an astral projector, is that the astral planes are extensions of physical reality. The physical universe is an illusion, albeit a very solid illusion...often called Maya.

So, it is not the actual dimensions and realms that need navigating to find more accuracy, but the mind and beliefs of projectors.

To perceive more accurately while out of body, your beliefs and perceptions need to be cleansed according to ones own personal experience.

Robert
Continual head pressures and energy sensations...

I respectfully disagree with the traditional teachings concerning whether one works on the lower centers or the higher centers.

My reasoning here is that these teachings do not come from contemporary hands on knowledge, but from ancient teachings. They often become dogmatic, with all that applies to that term...doing things simply because that's how they have always been done.

These teachings, by large, in the fields of yoga and energy work, originate from a very grounded lifestyle in a very simple society.

In the old days, people lived a grounded, mainly agricultural, lifestyle, with minimal mental stimulation. In that situation, I would agree that it is best to focus mainly on higher centers; heart, throat, brow, crown...and especially the brow center. The lower centers would be naturally more active in this situation, and the higher centers much less active.

But life and society evolves....

Today, we live in a complex, fast, mentally stimulating society. Computers, cell phones, university degrees, TV, music, stressful jobs, complex people and situations. All of this is very mentally stimulating, which of course stimulates the higher centers.

The logic, I think, in my statements here is sound. And hands on experience over decades has shown predictable energy imbalance problems arising from the traditional emphasis of working mainly on higher centers, and not enough on lower centers.

When someone experiences continual head pressures and or energy sensations, it would be wise to apply the Golden Rule and allow the higher centers to settle, and to use grounding methods, until the pressures and sensations disappear completely.

Robert Bruce

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Many people are confused and conflicted about what to believe, relating to spiritual matters. The following may help.

I had similar concerns many years ago, about whether some of my beliefs and half-beliefs, and things other people had told me, were true or not. since then, hard life experience has proven to me over and over that all these things are real...the astral planes, real time zone, OBE, phenomena, spirit beings, etc, etc.

But, the only way to make these things real to yourself is through personal experience.

Do not take on a belief because it sounds good and fits in with your thinking. Such a belief should be shelved under the labels 'possible' and 'probable' etc.

See this link, and click on 'the catch basket concept' for more information of where I am coming from in relation to beliefs.


(this is my new site. It will be shifted to my primary domain www.astraldynamics.com in a few days).
The Catch Basket Concept article is worth applying, listing and testing your own truths with this simple yardstick. ‘All beliefs should flow from personal experience’. No exceptions.

For example, many people believe in angels and etc, without having every encountered one. But still they believe. This applies to most spiritual beliefs.

In truth....the truth is not what it seems, and reality is beyond good and evil, and beyond common belief. It is what it is...much like physics.

We humans tend to choose our beliefs to suit our mindset, fears and expectations and insecurities. the truth has little to do with this choosing.

People generally choose beliefs that support continued life, and continued choice and control over our spiritual lives. Again, this has nothing to do with truth, and much to do with fashion and what others believe.

Further to this....We may want to believe that the earth is flat, because in our experience it is obviously flat. We climb to the highest mountain and look out on the world on a clear day, and it spreads out before us...and is obviously flat. But, from a higher perspective the view is different and the earth is obviously round. And in between these views, scientists make observations of planetary movements, take measurements, etc, and come to some very unpopular conclusions...that the earth is round and orbits the sun, etc.

The above is an excellent example of how spiritual understanding and knowledge evolves over time.

Robert

by Robert Bruce - Sunday, August 9 2009, 07:34 AM

Following is a Graduate House forum post, by Karim. Karim did not know of my journal entry of two months earlier. But there are striking similarities. First, my journal entry.

Robert

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My journal entry - June 16th 2009.

I am a program with an operating system.

My higher self is like a computer operating system (OS).

Or, it is an OS surrounded by a larger OS

The oversoul / overself concept is like an internet.....overnet, intranet?

I am a computer user, plugged into a local network, which is plugged into an Internet Service Provider (ISP), etc, etc, etc, ad infinitum.

I have an aspect called Gatekeeper. Another aspect may be called Inner Guide, Conscience, Intuition.

Intrusive and influential entities and energies, and the manipulative intentions of some people, are like computer virii. A spiritual firewall and antivirus program is needed to shield from and to remove intrusive energies.

Curious. I feel like I am standing on the edge of great realizations.

Robert

Following is Karim’s forum post.
The Subconscious. The higher self. The blueprint of oneness.

By Karim (aka Quicksilver)

August 6th 2009

---------------------------------------------

Dear All,

I would like to share something that I came to understand as part of what comprises the mind and subconscious mind and our inbuilt blueprint, in the context of my job. I do not claim what I am talking about is the truth, but a story or parable that helped me understand somehow how this all works. Something I was inspired to write this morning. Please forgive me for my poor english, grammar and spelling. (i do mess up a lot :P)

Let us consider that the brain – mind construct of a human being is similar to that of a computer with a soul.

The brain is the physical hardware while the mind is the Operating System (OS).

The consciousness that we are right now, referred to as the decision or choice maker (please refer to ‘The Hierarchical You’ post by Robert), is that of the user of the brain – mind computer. The way we use the brain is through the operating system that is the mind.

Let us also call the parts of the mind that we are not conscious of as the subconscious mind. I can use labels like Freud’s and other schools of psychology (subconscious, conscious, unconscious, and super conscious) but these are just semantics. They just get confusing and can translate into dogma - one labelling system vs another. For making this simple for myself and this post I will term everything that we are not conscious of as subconscious.

Stored within the brain – mind construct is a blueprint of our being.

It is not unlike a computer. There are many programs installed in this construct that operate on the conscious and subconscious levels. These programs influence us on many levels – spiritual, mental, emotional and physical. Hence some of them influence our physical body and others our emotions and thoughts etc....

Some of these programs run in the background (subconscious). Like breathing, heartbeat, controlling movements etc... (this would be a core part of the OS which we cannot just delete but most probably can enhance or add plugins to).

Some of them influence behaviour, reactions, and so forth which we can highly influence with our choices, even modify, delete or replace.

Conscious programs include skills that we learn to use at our place of work, or in life, driving for example, that we can activate at will.

Others just run in the background and are a result of our higher and lower aspects. They activate on their own accord without our awareness or conscious will. Part of this is related to habits that we form and how they all of a sudden start running in the background (subconscious). Will leave habits for another post.

Part of the blueprint that already exists relates to one’s purpose in life. The true expression of source that is you and me.

However, many of us (including myself) ask what am I here to do? What is the real purpose of my life?

Surely it’s not just to propagate the species. That is an important part but there must be more to it. It would be quite boring if Source went into all this trouble just for making more of us ;)

How do we access this blueprint, this purpose?

Part of my search, lead me to part of the answer. There are the right conditions for this program (life purpose) to activate and there is the trigger. Consider the trigger as a password you insert into the Brain – Mind construct to activate this blueprint.
I will answer the trigger first and then the conditions.

The trigger I believe is a two part question that we can ask ourselves. The question is what drives us.

What is my purpose?

and

How can I be of service, right here, right now, where I am, with what I am doing?

I believe until this is asked from one’s heart the blueprint is not activated.

Then there are the right conditions to run this program. Some programs require the right amount of memory (RAM) to run. If we do not have enough of this RAM (also think of it as a person’s energy) then they never run. They remain dormant. Hence, we end up spending our lives as slaves to our subconscious programming.

This is where the ‘Observer Mode’ that is introduced here in GH and Papi (thanks to Robert, Marina and Bob), and the work of Eckhart Tolle is of paramount importance.

Let’s say when we wake up in the morning, the computer is booted. We have fresh available RAM memory (energy) to utilize throughout the day until we shut down or go to sleep.

The problem lies with the programs that we have installed on our OS. I realized lately that most of the programs installed on my OS are useless and occupy much of my RAM memory. This leaves me with little RAM to use for other purposes.

These are not unlike those useless programs we have placed in our task bar, at the bottom of our computer screen, that we do not really need but occupy much of the RAM. They are launched when we first boot our system in the morning.

Some of these programs I call, Drama, Phobia, Fear, Anger, etc... All the negative emotions that we carry that clog up our ram. Some of them can relate to a hurt from a past relationship, pain of childhood etc...

Caroline Myss explains this beautifully in her video ‘Energetics of Healing’ – can be found on Youtube. The right conditions are the availability of enough RAM / Energy to execute this blueprint. The act of healing one’s self is returning this RAM/energy back to the construct in order to place the right conditions to manifest the blueprint.

Can we upgrade the RAM? Perhaps we can but that would be of no use if we have junk programs in our system. They will just end up expanding, collecting more junk, thus occupying more of the newly available RAM.

That would still not achieve the optimal conditions to manifest this Blueprint. This can be considered similar to someone who works so hard on improving their energy body without working on taming or integrating their lower aspects. Shedding all the negative thought forms / elementals / programs that they have amassed over the years. It would just give more power to these programs thus defeating the intended purpose.

This is when people start meditating or doing energy exercises and say it’s not working, my life isn’t better! Well of course not if one’s mental state (OS) is out of balance. This does not mean that working on one’s energy body does not help the process of working on one’s ego, but will move ahead with the above ‘theory’ just for the purpose of this post.

I have also come to realize that much of my installed programs stem from childhood. Programs created early on in life part of which my parents and others around me installed. These include religious, cultural, and societal programs or beliefs. They could also be self installed as part of early childhood experiences or even traumas that result in phobias, automatic reactions, defence mechanisms etc..

The purpose or blueprint has a generic flavour. It is the essence of Source. That is love, and compassion, but also one of connection and integration. Love and compassion are the essence of connection. Connecting with one’s Higherself and with others. Also helping others connect to their own blueprints/higherselves/true purpose.

The activation of this Blueprint activates the inbuilt compassion program. Ultimately one is then initiated
into the service of source. Hence the trigger question. How can I be of service?

By doing this one should not hope to get or receive anything out of it, but just more awareness. Awareness of the self and the Greater Self. Psychic gifts should not be sought after for the sake of having them. They result as a side effect of an increased awareness.

Observer mode then is an invaluable tool that one can utilize to increase one’s awareness.

Working on observing one’s self and ego, helps in shedding the lower aspect programs that are currently installed on one’s OS. These programs don’t just disappear. The energy or RAM memory utilized is just transformed and reintegrated back into the Brain – Mind construct. This newly freed up RAM can then be utilized in the service of source.

When enough of the lower aspects are shed or integrated, this gives a person the chance to reveal one’s blueprint or true purpose. It will almost always be related to the service of source or God. It starts with helping oneself so that ultimately one can help others.

The essence of this service lies in compassion and mercy. The ability to look at the other side of the coin. The ability to be in someone else’s shoes. The ability to see a different perspective. This is a great tool (changing perspectives) that enables one to bring out compassion towards others and what we call ‘evil’. Those who are evil most of the time believe they are good. Since everything is relative evil really doesn’t exist. There is only what is evil to me, and what is evil to you.

This enables tolerance and thus connection with one another (with Source). The final goal is really that of ‘oneness’ in my opinion. The blueprint or program in whichever way it manifests in a person will almost always revolve around oneness, integration, love and compassion.

This is what I believe alchemy refers to as ‘the process of rectification (shedding of the negative programs) that reveals the Hidden Stone (Blueprint)’.

When we talk of ‘Service’ let us not consider grandiose things like the work of a Zen Buddhist monk, or Mother Theresa. Let’s look at everyday life. The service of a baker (I love bread!) is as important as that of a doctor.

A baker provides a great service to the world. They help feed millions and even billions of people. They provide sustenance to all the expressions of source (people) that exist on this earth. This is of great service. Sometimes a baker is upset about his/her life and money situation. A little shift in perspective and they can see how important the work they do for everyone.

It also makes a difference if you bake with love or bake with bitterness.

My grandmother used to bake bread in the morning for her children and grandchildren. She used to wake up early at 4 or 5 am and bake enough bread at home, with an old brick oven, for the day. She didn’t like the baker of the neighbourhood. She said that his bread didn’t taste good because he was a bitter person.

She always talked about baking with love. That it doesn’t only nourish the body but also the soul.

These were wise words. I understand this now as the quality of energy one puts in the work they do. To be able to put a high quality of energy in whatever one does. This needs a slight shift in perspective. Once we see that whatever we do, no matter how small or big we think it is, is in the service of source, we find a sense of purpose.

This sense of service allows grace and compassion (love) to flow seamlessly into one’s life and creep into everything they do. Their work will be suddenly infused with this energy that it will affect everyone it touches and everyone they touch. It carries forward and reach many, many people. Even from just one really good loaf of bread

Once this attitude is adopted perhaps one’s true blueprint may just be revealed when one least expects.

I ask the question, what is your blueprint?

With lots of Love, Karim
A person is a hierarchical being:

A person is a hierarchical being comprising various aspects, a composite if you like. The conscious mind is one aspect.

The higher self is another aspect. This can also be called the inner self, or inner guide, or inner guidance system.

With rare exceptions, we are all born with default settings that occlude much of the greater reality. This allows us to become immersed in physical reality, and helps keep us grounded.

Imagine how destabilizing it would be if you had visions and prophetic dreams and saw spirits and auras and OBE every night?

The conscious aspect of you, what you call ‘me’, is the decision making aspect of your spiritual structure.

Depending on what choices are made by your ‘me’, the higher self responds by changing the default settings as necessary.

Affirmations and energy work, etc, help speed up this process of opening your ‘me’ up to the greater reality.

The higher self, inner self, has one concern only, and this is to support what is good for you and your life purpose and spiritual growth.

The higher self generally communicates through feelings and intuition and conscience. And through other people and events and environment.

The higher self is not a dogmatic god. It is interested in helping you to learn and to grow and to experience life in the physical dimension in every way.

The higher self can be said to be morally neutral.

You are the decision maker. You choose and take actions.

HS sits quietly inside you, observing and helping in ways that do not grossly interfere with your decision ‘choice’ making ability.

If HS were fully revealed, you would worship HS and stop making choices. We would all do this.

The HS is divine, yes, but so are you, and so are we all.

The structure of a person is by careful intelligent design. This structure works and is very effective. This structure can also be called, The Unity.

Choice is an interesting subject. The majority of people make decisions and live life according to programming. They only appear to make conscious choices. But the majority of decisions are reactions fuelled by habit and programming. They are not truly conscious...something like sleep walking.

When persons start to become spiritually conscious and aware, they begin making choices that do not follow hereditary and societal programming and habit. Instead, choices are made according to ones authentic feelings.

This is the difference....different levels of awareness. And the difference can be huge.

Now, as for removing the veils and filters to reveal more of the greater reality, including dream and OBE memories. We express this choice and intention, but the HS does not just remove the filters instantly. HS has a duty of care to do this gently, at a pace suitable for each individual. This varies greatly. for some people, decades are needed to reveal only a little.

If done too quickly, ungrounding and even madness can result.
For some people the veils are lifted far more quickly.

Q: When does the spirit or soul enter a foetus?

I cannot say for sure when spirit joins a foetus.

I remember waking up in my mother’s womb, but I do not know how long she was pregnant. I think, when a baby wakes and begins moving in the womb, that would be when the baby first becomes conscious, first awakens. But, before this the baby was sleeping and dreaming.

We dream for 1/3 of our lives, while we sleep.

After we die, we dream.

In the early stages of womb life we dream.

The only thing that connects all stages of life and afterlife is the dreaming.

There is more to dreaming than suspected.

And, who is the dreamer? Are you awake now or are you dreaming. Its almost impossible to tell. There is so little difference, if any, that one wonders if there is actually any difference. The physical universe is also just another dimension. It is no different from the astral or mental dimensions, etc.

Robert

by Robert Bruce  - Tuesday, May 26 2009, 04:17 AM

Afterlife

First, some statements...

There is no hell.
There is no Purgatory.
Suicides do not go to hell.

I speak from personal experience, which is the only true way to approach the greater reality.

If persons have differing beliefs concerning these things, I ask them directly: 'on what personal experience are your beliefs based???'.

And following this, it is necessary to begin the task of examining your beliefs based on the measure of personal experience held.

Hell and Purgatory are Judaochristian concepts, places of punishment for not following dogma and church laws and instructions for living life.

In reality, we create our own hells, here in the physical and in the afterlife.

While there are many ways the afterlife can unfold, the series of afterlife environments most face are created by the contents of persons experience. this includes beliefs in concepts like hell and etc.

Suicides fare no differently than anyone else in the afterlife, and the same variables are involved.

I have significant experience with suicides in the afterlife realms.

Suicides are obviously traumatized, suffering individuals in a lot of pain. This pain goes with them into the afterlife and has a big effect upon the environment.

A suffering person may create the conditions and experiences that caused the suffering. This may involve reliving painful events over and over, until these are processed and realized as being the life lessons or illusions they represent.
Once a level of suffering is processed, persons move on. They may move to another level of suffering, processing other issues and pains. This continues until persons are purged of their pain and illusions. Then they move on into Rest and Recovery areas, where they may sleep for decades and recover strength.

From here, persons move into heavenly areas, and these often appear just like real life, a small town or village or etc, where they are in great comfort and surrounded by loved ones.

Most popular beliefs in the afterlife contain elements of the above, if only fragments.

As said, there are many variables in how afterlife transpires.

I cut the below from a recent email I wrote on this, which adds some more details....

The immediate after life varies depending on circumstances. In the case of sudden death, say from a car accident, the real time projected astral double is produced in a very strong form. This form allows the deceased to visit in real time for a few weeks. Then this form falls asleep and dreams. In this dreaming, deceased persons process their lives. This takes as long as it takes, depending on how much unresolved baggage has been accumulated.

After the processing, persons shift into realms of illusion. These could aptly be called heavenly realms. They are belief system based. So they can involve religious scenarios and figures.

Built into all the illusory realms are random anomalies. These are also found in all OBE and dream states, starting with the well known 'melting hands' phenomenon, missing furniture, etc, that I have called 'reality fluctuations'.

In the after life, these anomalies constantly draw ones attention to the fact that one is in an illusion. Once this is grasped and the scenario gets 'old', one moves on to the next illusory realm, and the next, progressively purifying ones beliefs until there is nothing of illusion left.

Eventually, one gets to the point where all illusion falls away. I don't have personal experience with what comes next, but think that it is here where one merges with ones higher self, possibly reincarnates, etc.

The real time double that I mentioned falls asleep and dreams will shift into a lower dimensional area just below the physical. This could aptly be described as Purgatory. There, you will find millions of sleeping or sleep walking persons, in something like real time double form.

Some just sleep, while some relive troubling events over and over. Some of these can become ghosts, if they are strongly attached to certain places and persons in the real world.

In closing, all of the above is a part of a beautiful natural process. The afterlife can take as long as it takes, be it months or many centuries. The end result is assured. Persons will move on eventually, when they are ready to let go of the last vestiges of illusion.

Robert

by Robert Bruce - Friday, May 22 2009, 04:10 AM

G'day,

Here's a nice radio show I did on Intuitive Soul radio www.intuitivesoul.com/

The direct link to the audio player is given below.

Content focuses on OBE and manifestation.


Robert
by Robert Bruce - Tuesday, May 19 2009, 12:29 PM

OBE, Dreams, and Lucid Dreaming

Are These Internal or External phenomena?

Penned in silence at 3.30am on 19th May 2009.

By Robert Bruce

Here I will answer the age-old question of whether OBE and lucid dreaming and dreams occur as external or internal phenomena of the human mind. This, of course, begs the questions of: what is your mind, and where is your mind located?

It is impossible to point to where your mind and your memories are situated. Your mind and your memories certainly do not exist only within the substance of your physical brain. The brain appears to act as a transceiver for the mind.

If parts of your brain are damaged, you can lose physiological functionality, and access to short or long term memories may be interfered with or lost. But, a full half—either side of your brain—can be removed in an operation called a hemispherectomy, with no loss of memory.

My observations over many years indicate that the mind and its memories are spread not only throughout the physical body, but far beyond its boundaries. There is a lot of evidence to support this statement. For example, consider the works of Rupert Sheldrake on morphic fields. Studies like this are compelling and difficult to deny in a hands-on or an empirical sense. You can deny these if they do not fit your particular beliefs or cosmology, but they will not entirely go away.

It is also impossible to point to where your mind is not. This incredibly important fact demonstrates the probability that your mind is a field of consciousness with unknown and potentially infinite boundaries.

How far your mind extends as a field of subtle energy is scientifically unknown, albeit a constant source of conjecture. I think it is likely that on some levels your mind extends to the furthest reaches of the universe, and into all dimensions. Again, there is a lot of evidence to support this, including studies on telepathy, precognition, remote viewing, the sense of being watched, etc.

It is my considered opinion that when you have dream, an OBE, or a Lucid Dream, you are not moving outside the boundaries of your own mind at all, because your mind has no boundaries, and no limits (apart from your beliefs). A better way of looking at this is to consider that when you have a dream, an OBE, or a Lucid Dream, you are shifting the location of your discrete point of consciousness.

This point moves within the field of your own mind, which is intimately connected with the entire universe. Call this universal mind, the collective consciousness, Source, God—whatever your beliefs decree. But in this sense, every living thing, be it human, animal, or vegetable, is a point of mind, a point of consciousness, within a universal field of all-encompassing Source consciousness.

Your mind is therefore a discrete unit of subtle consciousness energy, enmeshed within a universal field of subtle consciousness energy. This is like an iceberg floating in an ocean—it appears to be separate from the ocean that formed it, until it melts. But it was and always will be a part of the ocean. It may travel here and there, but it is always a part of its source, its maker, the ocean.

I have to say that there is no clearly determined inside or outside of your mind and your consciousness. There is no beginning and there is no end to your mind and your memories and your consciousness -- or to your life for that matter.

References:


Frequent Arousal and Illness affecting OBE ability. RB.

Question: Sylvan Muldoon, one of the prolific obe'rs was chronically ill all his life... one of the most commonly understood things about obe'rs in the literature was their particularly bad health... which was credited with giving them the obe skill just because being near death loosens the bonding between the projectable astral body and the physical body... ascetics I now surmise deliberately starve and deprive the body to induce spiritual experiences... this seems to be what all this scourging of the physical body is all about... Could you please clarify this...?

G'day,

I think there are a couple of factors at work here.

1. Illness can cause great physical weakness. This can cause frequent OBE and lucid dreaming in itself.

2. Frequent arousal due to discomfort or pain, or through over sleeping.

3. Asthetic disciplines, fasting and etc, also often cause weakness and frequent arousal.

The main factors here are light sleeping, slight discomfort, and frequent arousal.

To illustrate this, Two years ago I had a wisdom tooth out. For three days I had hundreds of OBEs during the night. I was waking up every ten minutes.

I have had many similar events during times I have been in bed in pain many times.

I also had a similar event recently, where I got up for two hours 'jetlagged' after a night of sleep, then went to sleep on the couch. Not as comfortable and I woke every ten minutes or so, and had several OBEs and dozens of WILDs. The wild's were sequential, eg, I would wake and remember, then drift off and reenter wild where I left off. This was so amazing I spent the whole day there, rather than getting up when I originally planned after an hour.

Given the above, it is understandable how illness could be mistaken for causing obe due to persons being near death, etc. (This is much like the 'empty body' theory during OBE)

But the consistent factors tell another story, if you understand the mind split, slight discomfort, and how 'frequent arousal' causes a flickering state that is ideal for obe and LD memory downloading.

Robert

Following is an analogy on how consciousness is stretched between your physical body mind and its dream and projected aspects.

This helps to get things into perspective.

Your own higher self creates memorable experiences, sometimes even scary ones, to ensure they are remembered.

When this starts happening, even as a child, there is a higher self training program at work.

This is not a choice, although we can tune them out to some extent, as many do.

The old saying 'many are called but few are chosen' springs to mind here.
As for your point of consciousness transferring, this does not happen in a 3D way. The physical body mind is never left empty. The power of your consciousness is divided between the number of copies of you existing at any one time.

Imagine a flow of consciousness fluid between you and your subtle aspects.

The power invested in any aspect depends upon the level of consciousness one is capable of achieving.

When one has more, others have less. When your physical body is fully conscious, little is left to animate your subtle aspects. So, if you have an OBE and are still conscious in your physical body mind, the projected double is operating on limited resources, usually not enough to form a strong and recallable memory.

Imagine that your physical body mind contains 10 pints of consciousness. When your dream mind becomes active, this takes 2 as you sleep.

8 pints are left, often unused.

If you become lucid in your dream state, more pints are appointed to your dream mind.

But when your projected double becomes active, this will also take what it can get.

Normally, it only gets 1 or 2 pints, and this does not allow full coherence and memorable experiences. You wander the astral half asleep, and often falling asleep there.

The work we are doing here in PAPI is to develop certain aspects of our consciousness to divert more pints into the projected double, or into the dream mind so we can become more lucid.

Your higher self helps nudge this along with phenomena and memorable OBE experiences. Some are scary, as this is the only way higher self can create a memorable OBE or dream experience.

With time and practice, all things being equal, more and more pints transfer into the dream and OBE aspects.

Eventually, a full 10 pints diverts into the dream mind or the OBE mind, at your discretion.

With further evolution, more than 10 pints become available. You may one day have 100 pints at your disposal, as you develop.

Then you will start to become more and more conscious, in physical, dream, and OBE states.

In your physical body mind, you will start to be more conscious, more in the flow, more in the NOW.

There is a natural process of evolution at work here, and the work we do here in PAPI encourages this.

You are all here for a reason.

Note: If you have read earlier works on OBE, including Franz Bardon’s books, you will find a firm belief presented that consciousness must be transferred into the projected double for a full astral projection to occur. This is said to leave the physical body mind empty, an empty shell.

The above is an obvious assumption, but my work on the mind split refutes this, and is demonstrable and repeatable. RB.

Robert Bruce
www.astraldynamics.com

PAPI = our online training courses. See website for details.
In my thinking and experience, permission works directly on your own higher self. So if you give permission to something, you are telling your higher self that you want to experience this, for good or bad.

Between two people, permission is partly simple good manners, and partly higher self permission.

Today, the whole permission issue has gotten way out of hand.

Question: if a person is sick and needs healing, you would normally ask permission.

However, if permission is a mandatory hard rule that must be had before healing can be given, then there would be no exceptions.

but there are exceptions.

EG, giving healing to a baby pre language age. You could ask the parents. If parents are not living or available, you could ask the nearest legal guardian.

How about animals...do you need permission to give healing to pets? Animals are conscious beings.

A friend is in a coma and you want to give healing. You can't ask the friend. Do you ask his spouse, parents, lawyer?

So, it is clear that the 'permission' issue has many holes.

Sure, you can say, meditate and ask the question of the person and get it that way. But this is a very subjective realm. You have bias. This bias will affect the results of seeking permission.

Some people jump up and down and say 'NEVER' give healing or do anything without direct permission, or terrible results may occur.

Often you will be given case histories (I think these are generally hearsay at best, at worse made up) where healers gave healing without permission and the patient lived and suffered needlessly.

But, are healers Gods? Can we mere mortals interfere with God's will? Are we so powerful? No, we are not.

Permission is a common sense thing, especially relating to healing or doing something good.

If healing is accepted, permission is given by default. Meaning, if healing works, then permission is given.

If healing does not work, it is because the patient's higher self does not give permission.

This is a simple and workable rule, and it has no holes or exceptions.

Robert

by Robert Bruce - Thursday, April 2 2009, 06:28 PM

PORE BREATHING:

Pore breathing is an excellent way to overcome tiredness and boost energy levels during altered state and OBE exit work.

(I've only recently started teaching this, so its not in PAPI yet.)

Focus your body awareness in your whole body. Behind closed eyes, become aware of your whole body image.

Breathe regularly and steadily as you observe your whole body image.

With body awareness, feel yourself breathing in through your whole skin, from head to feet.
Don't think too much about how you are doing this; just do it.

Breathe in from all sides, using the breathing IN action to pull energy into your body from all around you.

Continue for as long as you like.

Return to this practice any time you feel tired or need a boost in energy.

Keep your breathing long and deep and regular while pore breathing.

This practice is invigorating and a few minutes spent doing this at the start of a CD or energy work session will help boost energy levels.

It takes a bit of practice to get the 'whole body' breathing IN feeling going. When you first do this, you may find yourself scanning your awareness over parts of your body image, trying to spread it and take in your whole body.

With a little practice you will soon spread your sense of whole body image as you breathe, and results will become steadily more powerful.

You can practice this technique at any time, even while walking. But it is more powerful during altered state work.

Robert

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by Robert Bruce - Thursday, March 26 2009, 11:12 AM

"The Greater Reality Unplugged into the NOW"

Unplugging from 'normal life' is not easy, but it is a great adventure. This is the great realization of maya...that the world we live in is an illusion.

Normal reality is like an extremely complex hive.

Living in the consensus reality is totally addictive. So much so that it blinds us to everything else that might be.

Instead of endless possibilities, we see hard reality full of limitations.

The Toltec's call this 'The Dream of Life'

We can talk about the greater reality intellectually, but this is like discussing a fairy tale. It is impossible to impart this to another with mere words.

Words here are only at best signposts pointing to something indescribable.

The only way to approach the greater reality is to step into it with a leap of faith, and then to walk the walk, even if we only pretend to believe at the start. It is only by and through the doing of this that we can hope to realize the truth of the greater reality...of The NOW, as Tolle puts it.

The greater reality can only be realized by doing, by living it.

The core truth here is that we should just do it. Abandon all reason and just do it. To open up to the greater reality and experience it by manifesting our wishes and our dreams. And then, learned experiential faith emerges from blind and open-minded faith.

We start with blind faith and, based on what seems like fantasy, we start walking the walk of the greater reality. Then, as we gain experience, this blind faith slowly turns into the real faith of personal experience.

After this, its a matter of building your faith and trust in yourself and the greater reality.

Personal experience. There is no other way.
Using the manifestation process is the best way to do this. Start by manifesting something small... a small act of self healing... a small thing, anything. And then when this manifests, something else, and keep doing this until you begin to accumulate real personal experience, trust, and faith.

To encapsulate the need for personal experience, I make the following statements of absolute truth.

"You are source."

"You are the NOW"

"You and Source/God are indivisible parts of the whole, of the entire universe."

And the best way to walk the greater reality is through the use of affirmations.

Wish for something. Affirm this. Focus on this as if it already was. And it will be so. Meaning, that what you focus on will become real, become a part of your reality.

And as your reality grows and shifts out of the consensus reality, it begins to merge with the greater reality.

(The next blog entry elaborates on this)

robert

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**by Robert Bruce - Thursday, January 1 2009, 04:43 AM**

The nearest thing by way of a shortcut for anything, including achieving OBE, that I have to offer is intensive affirmation.

Verbal affirmations are, of course, much stronger than silent mental affirmations.

The spoken word activates the throat center, which projects words onto the astral level. Your higher self is more receptive and proactive on the astral level.

This is how it works. Once an affirmation is clearly received by higher self, changes begin that will manifest the 'wish'

You will hear me speak of affirmations many times. This is because they are the most powerful tool we have.

However, most people hear the word 'affirmations' and shrug, and maybe do a few affirmations, and then continue without them, or constantly forget to do them. This is normal. I used to be the same.

It may be many years before it finally sinks in that affirmations are the most powerful tool you have. It is my job as a spiritual teacher to make this come sooner.

I did the same. I could not clearly understand how affirmations worked, so I rarely did any affirmations. Boring, too busy, keep forgetting...can't see the point of it...etc.

Then a couple of years ago I was put in a life or death situation (my own) where I had no option but to rely on affirmations and 'bee following'. This changed my life. Let me change yours....

My fuel gauge still works perfectly😊

There is a formula..... Time and energy put into an affirmation = speed and power of manifestation. The only variable is your subconscious resistance to the affirmation content and process.

This resistance manifests as a feeling of tension in the stomach and chest, as affirmations are said. A feeling of disagreement and disbelief.

Only personal experience will shift this feeling. But until you have enough of this to do the job and overcome this, act the part, walk the walk, and fake it till you make it.
A big part of my job as a teacher and healer is to inspire everyone to use affirmations on a daily basis. How much time and energy should be put into affirmations? How badly do you want it? I have seen absolute miracles occur for those who have thrown themselves into the affirmation process with gusto, and given it the time and energy required for rapid success. All wise spiritual teachers say exactly the same thing, and always have. "If you believe in a thing as if it were already so, then so it will be" This applies to self healing, money, love, and to OBE and other psychic abilities. A year ago I stayed with a very experienced spiritual teacher and healer in Provo, Utah. After 30 years of hard work in this area, she confided in me that she longed to see the human aura, so she could better understand and help her patients. I inspired this teacher to use affirmations for this, and she worked hard on this, spending most of each night praying and affirming, rather than sleeping. Two days later we were having our dawn coffee on her front lawn and she gasped and almost dropped her coffee. "I can see your aura, she exclaimed!" I calculate that this lady put in about 16 hours of intensive affirmation and prayer. This = the beginnings of spontaneous clairvoyance on the aura level. This process continues and this lady is becoming progressively more and more visual clairvoyant. Everyone has full psychic and spiritual abilities, but we all have varying degrees of shielding that block these things out. We are physical beings and must live in the physical world. Such abilities would be a gross distraction from physical life and hence they are blocked out by the higher self. However, this shielding can be lifted, gently and very specifically, with the right effort and affirmations. It is that simple. Believe and affirm and it will be so. This is the manifestation process in a nutshell, and the heart of all magical systems. Robert

by Robert Bruce - Sunday, November 23 2008, 02:12 AM

G'day,

Following is a method for making the Merkaba light ship method work. If you've ever tried Merkaba, its a very complex 17 step procedure that even teachers of this cannot get to work. If you can use a double plank body awareness action, this can be used as a powerful obe exit method. This is the secret to making the Merkaba light ship method work. This is an advanced method. It takes maximum effort and full immersion. You need a relaxed altered state for this. Its best done laying flat on a bed, because of the speed and power of the movements involved. When your body is straight, you can move energy faster around it, or up and down it. The same applies to limbs.
Method: Two Tubes Merkaba.

Step 1. Start a head to toe plank action around you clockwise, reasonably close to the surface of your body, within a few inches. Just do your best.

It can help if you use two planks in each part of this action. So when you do one body length tube, you feel one plank on each side of you, as if each plank were a part of a glass tube around you. This helps you get a better body awareness grip, which helps you to move it faster.

Speed this up as fast as possible. Relax and experiment with different focuses of your mind and body awareness to make it spin faster.

Make a firm mental command 'This tube spins at the speed of light' and feel it accelerate to a smooth humming blur. Practice this until you get the hang of it.

Repeat command a few times if necessary.

Practice the above till you get the tube really humming smoothly.

Step 2. Next, stop the above and start a new head to toe double plank tube action, anticlockwise, several inches or more out from where the first tube was.

Again, try a double plank action, imagining and feeling there being a plank each side of you, so you can get a better grip on it with your mind and body awareness.

Speed this tube action up to max, then make the command 'this tube moves at the speed of light' and accelerate it to a smooth humming blur. Practice this till you get the hang of it.

Repeat command a few times as necessary.

Step 3:

Form a body length tube clockwise around you, and then form another outside this moving anticlockwise. Practice this until you can hold them both moving. Don’t worry about pumping too much speed into them at this stage. Just get the hang of holding both of them moving simultaneously.

Step 4. Next, repeat step 1 with commands, and while it's still moving add step 2 with commands.

Make further command 'these tubes spin at the speed of light'

Repeat command a few times as necessary.

Focus on holding both tubes spinning smoothly and imagine and feel the two tubes moving at enormous blurring speeds, smoothly humming around you.

Imagine what it would be like if you had a perfectly balanced tube of glass moving around you at the speed of light. It would seem like it is not moving, but it would have enormous power.

The moment you get the two tubes both moving at light speed, you'll experience a big explosion of light in your minds eye, and all around your body. You will then be ejected out of your body.

There will be no exit sensations; you'll just be ejected.

You may be in real time or in an astral plane or realm.

You can move back to and out of your body at will once this starts...with practice.

If you slip back to your body, reestablish the tubes as necessary and you'll be ejected out again.

Try to keep a part of your mind on the movement of the two tubes at all times, while out of body and while in your body.

The tubes move out of body with you. Stay aware of them...this is the structure of your light ship.

You will be aware of a structure of light around you while this is active.
Full memory download usually occurs with this method. But after its over, write down some key words as OBE memories cannot be trusted.

Expect to have multiple OBE's once you get this working.

Maintaining the lightship effect around you takes a delicate balancing act. You will be aware of a tension between your physical bodymind and your astral bodymind. This is normal. Get used to maintaining this tension, as this is what I think allows for such good memory downloading during this method.

If you can master the above, you have the ultimate OBE method. It is like having your own Dr. Who Tardis. You can travel in time and space to anywhere and anytime.

As said, this is an advanced method and is not easy to do. But it is something to aim for.

Once the above has been accomplished once, during meditation you will become aware of one or two of the three sided pyramids of the merkaba light ship structures. One will be on the lower part of your body, point down below your feet, and the above above you, point up. My first impression of this, after my first experience with this, was of only the lower three sided pyramid. It was laying on its side, but I could pick it up with body awareness and move it around.

But, the traditional merkaba method is so complex and difficult that it is unusable. so stick to the 'two tubes' method once you get this far.

As said, this is doable but it is an advanced method. It takes 110% focus and immersion to make it work. However, even if you can't get it to work, you will have some interesting experiences working with this.

The first time I tried this (I discovered it accidentally while playing with energy; two tubes method) I had a dozen or more OBE's in a twenty minute period. Some were real time, some astral realms. I don’t know how to drive this puppy yet, at time of writing this, but am working on it.

robert

by Robert Bruce - Tuesday, November 18 2008, 12:05 AM

Source, non dual, Kundalini, beliefs

Robert Bruce -2008

Just in case anyone is wondering, I am not a christian and I do not hold to any organized dogmatic religion, because all such religions promote duality. But, my beliefs only matter to me and to those who choose to listen to me. I am friendly and open-minded and respectful and always try to find common ground, because deep down we are all seeking the truth.

A massive problem arises if persons seek the truth in a particular format, eg, a solely Christian or Buddhist or Vedic truth. The truth is the truth and it is beyond manmade religious belief systems.

I have many friends of all races and religions and in that sense, all roads lead to Rome because we are all worshiping the same God and looking in the same direction, towards the same light, no matter what face or name is given to the divine. The divine does not care because the divine is Source and Source is all things to all people, whatever is desired or needed or believed.

I hold a strong non-dual perspective of the nature of life and Source. It took me many years, decades, to rid myself of my own religious programming. This was necessary because this programming had erected a barrier between my self and my higher self, a barrier of illusion I discovered along the way...a barrier composed mainly of dualistic, dogmatic religious belief that were not based on personal experience.

See my 'Catch Basket Concept' on my website at www.astraldynamics.com for more on this, and why.

With non dual thinking there is only one way to go, only one source, and this Source is in all of us, is a part of all of us, and actually is all of us - think mega macro mindsplit of 1 Source divided by x with x being the number of living beings in the universe.
In this sense it is impossible for persons to get any closer to Source than they already are, because they are composed of Source...they 'are' Source....they just don't 'realize this. There is no book or church or words or technique or 'anything' that can bring persons any closer.

The barriers are illusory. Persons only have to realize the truth of the non dual for the illusion of the division to begin dissolving. And it must dissolve through personal experience....this is the only approach in that sense, the only remedy to dual thinking and belief.

In this sense it can be said that ones higher self and holy spirit are already within, and persons cannot get any closer to the divine because persons are already the divine....they just don't realize this. Concepts of duality and materialistic thinking 'cause' separation from Source and disbelief in the non dual.

If one realizes these things to the full, one becomes a living master...its as simple as that.

Kundalini (I think this is what christians call the cosmic christ) is a natural phenomena and is found at the core of all belief systems and practices. It is not the property of any particular belief, and is called by many names.

Kundalini is a force of nature, a force of spiritual evolution that is beyond mere belief and dogma, and certainly beyond the control of mortals. Kundalini can and will awaken in many people spontaneously. This cannot be controlled when it is raised... because when it is deliberately raised kundalini is released, like an arrow from a bow.

The many problems people have with kundalini are caused mainly by psychological issues and dualistic thinking. In a way, when kundalini is raised one releases a massive force of truth. Now, if persons minds are full of untruths and false beliefs and psychological problems, then the resulting mixture is traumatic and destructive because of the massive conflicts involved.

If persons cleanse their belief systems first, based on hard personal experience and sound experienced-based reasoning, and remove as much falsity of ideas and dualistic thinking as possible, and deal with psychological issues in sensible ways, kundalini will be gentle and fruitful. In that sense, kundalini is the soil that genius springs from..

To be realistic regarding what I know of kundalini, to strongly hold dogmatic religious beliefs of any kind, and to also desire the evolution of kundalini, ones beliefs absolutely must be cleansed and reformed, based on hard personal experience, and not from interpretations of ancient texts.

Take care, Robert

by Robert Bruce - Monday, November 17 2008, 11:35 PM

The nature of reality, dreaming, OBE.

by Robert Bruce -2008

All of the issues, questions and arguments pertaining to the nature of reality, lead us to a comparison of normal physical reality with the greater reality. But therein lies the problem, as down here in the physical reality can only perceive 1% of the whole of the greater reality..

The physical universe is an engine of manifestation. It responds to thought and intention and manifests. This concept, in my words, is provable through quantum physics.

Dreams, OBE, psychic experiences, precognition, all of these things point to there being a whole lot more to us than meets the eye down here in the physical universe.

We are, yes, immortal multidimensional beings.

Quantum physics operates in and can prove the existence of 11 dimensions (I think its 11?). We may not fully understand these things, and it is not necessary to understand it all, but we can understand something like The Two Slits Experiment, which started the whole quantum physics field. In this experiment it is seen that particles behave differently when they are observed, and that the observer obviously affects the experiment through the act of observation.
We cannot ascertain exactly what we are on the macro-cosmic scale. We can only make observations through personal experience. and our observations must include dreams and OBE and psychic experience and paranormal phenomena.

The meaning of life is pointed to directly by the meaning of death. If one has any kind of believe in any kind of continuation after death, any kind of afterlife or purpose in life, then death illustrates that the only things we can take with us from our physical universe existence is our memories and spiritual growth as human beings. We live and experience and learn and grow and mature. This is the only thing we can take with us. So this must be the sole reason for physical existence.

The study and practice of dreaming, lucid dreaming, and OBE, provide us with rich personal experience. This experiences affects us, how we think and how we believe and our state of being here in the physical universe. We do not have all the answers, and are probably incapable of grasping enough information to ever understand the whole universe and the quantum mechanics of life and consciousness and the meaning of life. So again, all we can do is make observations and compare our experiences with those of other people.

It has been said that physical consciousness existence is only 1% of our full existence. And from a 1% of consciousness perspective, we can only experience 1% through personal experience. Everything else is largely theoretical. But through the study and practice of lucid dreaming and OBE, we lift our conscious perception up a few notches. So in this way we can gain more experience and more understanding.

In closing, as physical beings in the physical universe, our understanding of life and consciousness and the physical universe and the greater reality will always be a work in progress.

Take care, Robert

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**by Robert Bruce - Wednesday, November 5 2008, 07:55 AM**

G'day,

This audio file covers the subject of dream and obe recall, and obe recall practices.

Apart from energy work and altered state work and OBE exit methods, OBE recall practices are a major factor in successfully achieving OBE.

No matter how powerful and wonderful an OBE, if you do not retain the memory of the events, they did not happen.

Sage advice: when you exit your body, keep the OBE very very very short, ten seconds only. Take a quick look around and then dive back into your body passionately shouting your success, shouting a couple of key words associated with your obe.

The passion of reentry is important as it makes your obe memory stronger and more 'recallable' so it overwrites any physical body mind memory for the same time period.

Then, when you shift into your physical body mind, 'immediately' verbalize your key words, while reaching for a pen and paper to write them down. When this is done, write down more details.

Never ever trust obe memories. They may appear 'wow, so real, solid' and a moment later 'nada, nothing, all gone'.

These practices are absolutely 'crucial' for successful OBE.

Robert

ps, I prepared this audio for my blog podcast, which explains the intro and close...

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**by Robert Bruce - Friday, September 12 2008, 11:52 AM**

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ps, I prepared this audio for my blog podcast, which explains the intro and close...
G'day,

This blog is an extract from a papi forum post I made.

The story begins....

(See picture at end of this blog entry before reading)

My friend, Shaman Danial (Dan) has a ranch in Idaho, 35 acres nestled in the hills...and I mean hills....vertical.

Dan used to be a cowboy, but nowadays he works as handyman and shaman for the Feathered Pipe Ranch; a place I regularly present at.

Dan had told me of a special place a couple of miles back in the hills behind his ranch. He calls it the 'humming spot' as he feels a hum. He's used this for special healing sessions. This place would be marked with a big stone circle if the local 'first nation' people had discovered it. Its a power spot.

Dan wanted to show me this spot, so we saddled up and headed west (I don't ride horses, btw).

We walked a couple of miles and then a couple of hundred yards ahead of us atop a hill, I saw several heads looking at us.

I felt something stir in me and slipped into an altered state.

I walked up to top of the hill and found about 20 horses and mules. They were fairly wild. I walked up to the closest, an old mule with one eye, and gave her a hug. I say 'her' as she had strong female energy. She hugged me back and several horses and mules clustered in to hug me.

Dan, amazed, saying 'wild horses and mules just don't do this, Robert' caught up with me, snapping some pics with my camera. We walked on to the humming spot and the horses walked with us. They did not follow, but walked 'with' us as a group around us.

we got there and Dan spied my beloved mule, the old lady with one eye. He said 'Dang...that's the ugliest mule I ever did see'. Her ears went down and she walked away, oozing sadness.

'Dan, how could you' I said.

'what....its just an old mule' he said.

'you hurt her feelings' I said.

(short version) I asked him to apologize and he walked after her, cap in hand, and profusely apologized. Her ears came up and she trotted back to join us.

After loving them up, I slipped deeper into an altered state. I started seeing images in my minds eye. I was seeing through the eyes of the horses and could hear their thoughts. Wow... I was talking to horses and felt like Doolittle...

I lay down on my back and slipped deeper. I saw the lives of the horses, thousands of images, thoughts, feelings. i also saw native first nations people (red indian) from long ago.

My minds eye expanded and shifted and I saw all around me, huge bubbles of colored energy rising from the ground. It was like a huge lava lamp...with bubbles of green and yellow and red and blue and violet slowly rising from the ground and floating up.

I felt warm mouths breathing on me, all around me, on my face, hands, feet, everywhere. Dan said the horses circled me, heads in, and all of them were touching me with their mouths. He was too gobsmacked to take a pic, worried I might get hurt.

This continued for about 20 minutes, and then I came back and got up. We spent a lovely hour or two there sharing with the horses. It was a magical time.

I have no idea why this happened. It just did. And since then I have been able to talk to animals. Any animal...even a hamster. You just have to listen and get your ego outa the way.
Animals do not have language per se, but are equally conscious as we are, and very intelligent.

I have a hamster here called 'Hammy' and he is a genius amongst hamsters. He sends me telepathic images and thoughts, telling me how he's feeling, what he wants, etc.

Recently, he told me he was bored and needed more stimulation. He has an amazing maze like plexiglass cage with tunnels etc. So we got him a ball and he loves that, and roams the house rolling in the ball, safe from Ms cat....

Now he wants some potted plants and a radio....grin...as he loves music.

I know this sounds a bit crazy, and I suppose it is, but it's also very real.

Take care, Robert

Deep Thinking and The Art of Contemplation:

Robert Bruce.

There is a lot more to altered states than there appears. Any attempt to define them into levels is inherently difficult, and can at best only provide a rough guide.

Any defined level of consciousness has depth and layers and structured areas to it, much like the astral planes do.

Robert Monroe's way of dividing up altered states and levels is a good approach, a bit more sophisticated than the usual Alpha, Beta, Theta, Delta, approach.

Any level of consciousness, like levels of the astral planes, is as big as it needs to be....and can be infinite.

There is a direct relationship between levels of consciousness and dimensional levels.

In this way, Focus 10, for example, is found to have many layers and structured areas within itself.

An example of this is one of the altered state methods I use myself for problem solving.

There is an altered state, like what you will experience with condition D, that is very stable and profound. In this state, you can move in and out of your minds eye creations.

I call this my 'deep thinking state'. In dim light, in this state, the contents of your mind's eye are projected. So with eyes open or closed, you see what you are imagining and experiencing, your creations. This gives a much broader perspective.

An altered state of deep contemplation is probably a better description of this. It is different from other types of altered state meditations. In this state you are deeply thinking and contemplating.

Contemplation is, btw, something that is greatly overlooked in the western world.

I have heard that some great inventors and thinkers, like Tesla, have had this ability. The ability to visualize and to build machines and experiments in the mind and get the bugs out of them.

To enter this state, I sit in a quiet room lit by one small candle somewhere behind me; quite dim. I relax and gently clear my mind. I do nothing else. I steadily slip into an altered state. After awhile I can think in words and this does not break my altered state. My mind's eye becomes progressively more visual.

After about one hour, my state deepens into the stable deep thinking state. My mind expands in this state and becomes something else, something larger and more than the usual me. This is one of the most pleasant experiences...very non threatening and gentle, but also extremely powerful.

I think the key to this state is time. You need to put by at least a few hours of totally undisturbed time for
this. Sit in a chair or you'll just fall asleep.

This is the state of mind I used to crack the Mind Split enigma, many years ago.

You may accept the mind split effect intellectually now, but at that time it had not even been conceived theoretically.

It was so obvious, it seemed at the time, that if you perceived yourself as leaving your body then it must 'obviously' be left empty.

The evidence for the mind split effect was everywhere, if you examine many OBE case histories. But the missing link that tied them all together had not been conceived.

My early attempts at resolving this problem caused blinding headaches. These were caused, I think, by my own limitations...by my refusal to accept that I could be in two places simultaneously. A most unnatural state of being, it seemed at the time. But once I surrendered to the truth, it was all downhill from there on.

Food for thought....

Robert

**by Robert Bruce - Wednesday, June 25 2008, 11:48 PM**

The below highlights the most widespread problem and reason why OBE is so difficult for adults to accomplish. It also highlights the cure for this malady.

Question to Robert Bruce:

Before I had known and read "Astral Dynamics" I recalled to mind a series of strange body exits that occurred out of a simple whim I had as a child. Which was to imagine a place or activity and I would feel myself there and suddenly be there. My body would feel the same impact received after the spirit comes back from traveling when I returned to my room; but I had absolutely no exit conditions and I was fully conscious at the time. It would take seconds and the travel was as instant as imagination.

I did it three times in a row. I remember to point-exact the imagery and how it felt.

A few years later, under another whim—reading "the tale of the body thief" I willed my body to go up. I remember it VERY clearly. I remember my thoughts: and I was not in trance. I remember babbling to myself and reminding myself that I ought to be a bit more drowsier. I remember idle thoughts of personal philosophies and things that had happened during the day flit by like a casual process. I remember locating and enhancing a "center-self" as I was calling it at the time, and

I remember encouraging myself to go through with it and my excitement and complete determination as I felt those violent sensations and I remember my heart thudding with volcanic violence and the extreme vibrations and the final exit. I remember hovering over my shoes on the side of my bed and looking at my body with a sudden fear that it would become possessed so I willed myself to go to it and I was slammed back instantly. What do you think about all this?

Answer from Robert Bruce

G'day,

This is a familiar scenario to me.

In the beginning, as a child, with a child's energy and before you had read anything about OBE, it was very easy to get out of your body with minimal or no sensations. Later, as you grew older, it grew more difficult and you experienced more OBE exit sensations. Then, as you read books on OBE and started taking on board the 'empty body theory' and started thinking about possible dangers inherent to OBE, you started to become afraid of OBE and what could happen while you were out of your body.
This is why in my book, Mastering Astral Projection, I put so much emphasis on deprogramming fears with affirmations.

It is the fear of what might happen, based upon reading books on OBE and talking to others about it, eg, religious cautions etc, that make it difficult to OBE.

OBE in itself is very safe and easy to do. Any child can do this easily. But fill that child's mind with fear and all of a sudden its not so easy.

The facts are, your body is never empty during OBE. It is no more at risk of invasion by another projector or spirit entity than it is while dreaming, or while in the normal awake state. You generate and project a copy of yourself during OBE. Your childhood OBE memories support all of the above.

The empty body theory appeared to be logical based on the evidence and supported to ancient literature. All it took was a couple of early authors to write on this, and these early books became source material for all authors that followed...propagating this error to the point where it became accepted as fact.

Like the Flat Earth theory, you only have to stand on a hill and look out on the ocean and it is obvious that the world is flat. But it is not flat, and there is no danger of falling off the edge should you travel far in a ship....

Take care, Robert

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Do you love yourself?

Think about it for a moment, please.

I ask this question at every workshop I give and it makes most people feel uncomfortable. When I press this with those who did not raise their hands, the uncomfortable responses I get usually go like this....

I'm too skinny. I'm too fat. I'm too ugly. I'm too imperfect. I'm not smart enough. I have too many imperfections. I need to do a lot of work on myself to achieve a level of perfection that I am happy with, before I can truly say I love myself. I'm too poor. I'll be able to love myself when I am wealthy. When all this happens, then sure, I will love myself. Then I'll fit right up there on the big screen, and in magazines, with all the Hollywood stars and cool people.

If your answer (... your reason for not loving your self now...) would fit in with the above, then you are judging yourself, and you are finding yourself lacking. Most of this comes from social programming.

If you cannot love yourself, you will always be making comparisons and judgments. There will always be greater and lesser persons than your self. Varying degrees of perfection and beauty abound. Wondrous variety.

Think about this simple truth...

"You cannot truly love anyone or anything else until you learn how to truly love your self. And you cannot truly be loved, either, until you learn to love your self."

If God/Source is everything and you are a part of God/source, then if you don't love yourself then you don't truly express love to God/Source.

One thing I have realized on my journey to the now, is that God responds to love and gratitude. As Tolle would say, 'The NOW responds to this....'

Did you ever wonder how all that works? If you really think about it, it can do your head in. This is headache material because we try to work with such complex conceptions of life and the universe. When the truth is absurdly simple.

If you truly love and accept yourself, warts and all, as you would your own child, this tunes you in to
God, The Source, The Creator, or to whatever name or term you might feel comfortable choosing for this.

God responds to love. God also responds to being in the present, in the Now, to what is.

God does not respond to what might be in the future, or to what might have been in the past.

God responds to the here and now and to what is now, to actual reality.

God does not respond to perceived reality that is distorted through the perception filters generated by our psychological baggage.

God does not respond to the lies and half truth and social and racial bias programming that we are inflicted with in life.

The saying 'The truth shall set you free' says it all.

God responds to actual self love in the here and Now...to what is.

So, please, think on this and start learning how to love your self in the now, for what is. This is a profound spiritual act.

How does this relate to energy work and OBE?

Well, every time you feel a tingle of energy in your body, there is more than mere nerve stimulation involved. Every tingle of energy you feel also involves a stirring of the Source within you.

Use these feelings to help connect you to the Source within you, that is you.

Your desire and ability to OBE will, if enhanced by this Source of energy, be greatly empowered.

This also relates to how affirmations and prayer work. When you do affirmation / prayer you are speaking to your higher aspects within you. You are not speaking to anything outside of your self.

'Be still and know that I Am within' says it all.

Your higher self, your divine aspects, your monad, are all higher levels of consciousness within you.

At the lowest level of your consciousness are your ego and animal mind. At your highest level of consciousness you are the creator of this universe.

It is as simple as that.

By doing affirmations and prayer you express your wishes to your higher aspects. When you get your message across, it is acted upon by the creative force of the universe.

The more strongly you realize this, the more rapidly and strongly the creative force acts.

This is the big difference between a normal person and a living master.

A living master forms an intention and waves a hand and the intention becomes so. Normal people would call this, a miracle.

As simple as it is, this realization is not easy to grasp. You can intellectually accept it immediately. But realizing it in your core so it becomes a part of your foundation takes a little practice.

'You are that which you believe you are not'

Enjoy the Now... it rocks.

Robert Bruce
G’day!

A funny thing happened to me on my way to the NOW. . . .

With my life's work I have endeavored to prune away as much of the esoteric mumbo jumbo and religious baggage as possible. I have focused on understanding the energy body, what it is and how it works, and to develop ways to stimulate it better.

I did this naturally for most of my life, and was then instructed on how to proceed by my higher self. See my feature article 'The Catch Basket Concept' for more information on this.

http://www.astraldynamics.com/tutorials/?BoardID=4

All this pruning away and exploration of the mechanics and fabric of life, of the universe, of metaphysics and the greater reality, has led me steadily closer to the divine.

I was not watching were I was going and did not intend this to happen. I just did the work because it was in me to do it. 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. My memories go back to within my mother’s womb, when I first awakened. In so doing, I started to realize who we all are. We are not what we think, none of us are.

From the highest to the lowest, we are much, much more than we ever imagine. But the vast majority of us have absolutely no idea of who we are and why we are here and how everything fits together. This is in part because its too simple to understand. People like grand and complex cosmology that you need a degree to understand properly.

We hide behind the complexity of things. But the truth is absurdly simple.

This is that... "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 give I ask two profound questions.

1. "Raise your physical hand and point to where God is?"
2. "Now point to where God is not?"

Do this if you can....

It is of course impossible to point to either. This exercise proves beyond doubt that, if there is a God, then God is everywhere.

It also proves that God is just as much in you, inside of you, as God is anywhere else. This is pure and simple logic.

Further to this. . .

Imagine that the universe is a gigantic diamond with an infinite number of points and facets. You are one point on this diamond. This diamond can be called God, or the God field, because God is everything and therefore also creates everything.

This diamond could also be called, The Source, The Force. Call it what you like. God does not care. God just is.

God and the universe are indivisible. And in the same way, you and the universe and God are 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 realize it.
If you realize this and then you look around at everything and everyone else, you cannot but help but see that they are also a part of God. Every person, every 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 before sleep. 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.

Further to this, a word on organized religions and beliefs...

The majority of religious beliefs and philosophies 'separate' you from God. God is put away from you, somewhere comfortably up beyond the cloud. Something intangible but omnipresent and all powerful. This, to my way of thinking, is the greatest woe of our world. It is this separation that is at the root of all suffering.

If you harm another being, you harm yourself.

If you help another being, you help yourself.

This is why we love giving PAPI. By helping and teaching you, we help and teach ourselves. And one thing that Bob and Marina and myself have in common....we love to learn.

Robert Bruce

...aka....another part of you

by Robert Bruce - Wednesday, April 16 2008, 11:29 PM

The problems with consciousness and dreaming are that they do not come with instruction manuals.

But all knowledge rests within each of us. And it does, indeed, reside within us all. Accessing this is, however, can be a bit tricky to say the least.

Key here is preparing your belief system to remove all untruth and bias. This allows a finer merging of all higher and lower aspects, which begins the process of revealing ‘all knowledge’.

Dreams and visions are a communication flow ‘through’ us that involve all of our higher and lower aspects. We, conscious awake beings, often witness this as dreams and visions. With some talent or training, our interaction with this ‘flow’ improves.

Occasionally, we will receive what appear to be advice and warnings via dreams and visions, but often such things only appear as such. They are more noticeable aspects of the flow, and the source and intention of these things are often misinterpreted.

Dreams and visions can also be affected by other minds, physical and nonphysical. A disincarnate energy can, for example, telepathically broadcast dream scenarios into sleeping persons, and in some cases into awake persons, re some audio and visual hallucinations, schizophrenia, etc. A physical person can also affect the dreams of another by focusing upon them. This is more noticeable if both persons have some level of psychic ability.

Recording dreams and visions is a valuable practice. The messages may not always be clear but they are there. Such things are often only clear in hindsight. But through recording these things over time, a personal lexicon can be developed that can be very helpful to understand something of this flow.

You can think of dreams and visions as being visual interpretations of the energies of the past, present and future. What was and what is, and what will be generated by these in the future, becomes visual.

Every thing and every no thing is energy. The entire universe is composed of the energy of consciousness. Physical matter is consciousness energy manifested.
I think it is possible to develop higher self monad contact to the level where aspects of it will communicate directly. I have experienced this at times. However, this is rare. It is almost like the monad, like angels and other exalted beings, has a non interference policy towards its human aspect.

This is wise. High level contact is always detrimental to free will, choice and expression. History tells us that if a superior civilization interacts with a less advanced civilization, the less advanced always suffers and can even be destroyed.

Such contact removes the urge to explore and experiment and discover for ourselves. This is replaced with requests to ‘the masters’ for information and goods, or for the 'masters' to use their powers to help us.

I do not know for sure whether we humans are evolving to become exalted beings ourselves, or whether at some point we will merge with our own higher aspects. I lean towards the latter through my current thinking and experience.

The urge to survive as an individual consciousness, and to have meaning in ones life, significantly affects what one is prepared to accept. However, this does not really matter from our currently limited mortal perspective. What does matter is that we realize that spiritual growth and the evolution of consciousness are essential aspects of our lives. And that this is part and parcel with the meaning of life. So we shall always do our best to embrace and further this process. And to spread the word to those who will listen.

Robert Bruce

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Healing Thoughts (by Robert Bruce)

Distance healing and contact healing operate on the same principals, and both are required to be an effective healer.

Contact healing provides the best connection between healer and patient, where both energy bodies are in contact. The connection is important. This is why psychics need something to work with, an email, telephone call, personal item, photograph, etc. It is known that a live telephone call with photograph provides the best distance contact.

Try this yourself. You'll find you can 'sense' a person better on the phone. This will be stronger in one ear than the other. Try doing the same with an email and you'll find it more difficult.

Distance healing allows the healer to be in a better level of altered state, with no distractions, and this improves the healing given. A good connection is important. Distance healing is also sometimes the only type of healing that can be given, for friends in distant places, hospitals, etc, and for those who cannot be easily met.

Permission: In my opinion, if the healing works then it has been accepted on a spiritual level.

(you will hear a lot of heated debate on the 'permission' issue. However, not matter what is said it all comes back to the above in the end).

A healers 'vibrational level' for want of a better term, will affect the patient's level and this in itself will cause an increase in spiritual energy quality in patient. This is like striking and bringing a tuning fork near to another, which will then also start vibrating at the same level.

Healing alone will always help, but it will not keep a person healthy unless they are 'helping themselves' with a healthy diet, healthy positive thinking, etc.

Everyone is capable of keeping themselves healthy, but to do this requires 'realization' and positive thinking. this sounds easy but many people find it impossible to hope or to believe in healing due to negative thought patterns.

A person's time to die will be set according to life conditions and actions and thoughts. If these things change, life expectancy will change. Everyone has a set time to die, but this changes according to
circumstances.

Again, my healing rule: if healing works, then it has been accepted on a spiritual level. On a physical level persons may not want healing and may say they want to die, but on a spiritual level the opposite may apply.

If it is a person's time to die, nothing healers can do will prevent this. However, healing is never wasted. Many of my patients over the years have died at some point after healing has begun, but all have died peacefully, with minimal discomfort. If this is accomplished then a healing is successful.

Healing will always make a positive difference.

The strength of a healer’s healing ability depends on a number of factors, including energy body development and 'realization' and the strength of their 'higher self connection'.

As a healer you must believe, and realize, that healing is real and that it always works. A healer must never doubt this, that the act of healing will always help on some level.

A healer must always be optimistic and expect and look for improvement on all levels. A healer should never promise more than this.

Do the healing and move on to the next patient. Do not feel obligated to diagnose or give psychic readings. This is a job better suited to a psychic who does that. Healing is best kept free of these things. However, if you pick up something during a healing and have the time and circumstances to pass this on, give it simply, as it was received, neither adding nor taking from it, just give it as it is with no embellishment or interpretation.

Sometimes, as a healer, its not possible to give visions or psychic impressions to patients. EG, I work in an altered state and often have 50 people waiting in line. To do my best I have to maintain my altered state and cannot keep popping in and out of a deep state. I can do this occasionally, but it detracts from the healing and is not advised.

A very sick person generally has two choices: to get busy dying, or to get busy living.

An organic raw food diet and very healthy lifestyle and thinking, prayer, meditation and affirmations will change circumstances, which will change future potentials and outcomes. If one does this, many things become possible that were not possible beforehand. So the time of one's passing will also change.

Belief:

A lot of people think that positive thinking and affirmations 'the law of attraction' is silly and a waste of time and not 'realistic'. The term 'being realistic' is often used to excuse extremely negative and critical and pessimistic thinking. However, regardless of evidence to the contrary, persons have two basic choices.

1. To live in misery, embracing pain and complaining and suffering and filling one's mind and life with fear and pain and doom and gloom.

2. To live in bright hope, smiling and believing in a bright future, making plans and dreaming and being as positive and happy as possible, and doing whatever one can to help oneself.

1. = 'Realism' the time is spent in fear and misery, making both yourself unhappy and everyone around you unhappy and sad.

2. = 'Optimism' the time is spent in bright hope and expectation, making yourself happy and spreading joy and hope and setting a good example to everyone around you.

....your choice....regardless of the eventual outcome....get busy busy living!

Robert Bruce

by Robert Bruce - Monday, January 28 2008, 02:11 AM
This article was generated from a response to a query on self healing and how it works. The condition in question was chronic arthritis of the hands.

I would recommend you work with my new book, Energy Work. This focuses on self healing with energy and intention.


Apart from the usual energy work training, use the energy tools in the book to treat your hands, eg, you would burn away any excess bone and cartilage growth with the golden torch, wash it with the spray gun, clean it with the golden net, then use elements to strengthen and restore movement.

The energy work is combined with 'intention', using affirmations and affirmation/prayer to get the message across to your higher self that your hands are healed. This must be done in the present active tense, as if your hands were already perfect.

Here's how it works...

The energy work attacks sluggish and stuck energy and toxic energy attachments directly. If you restore energy flow in your hands, the condition will improve through that alone. Each of the energy tools has built in intention, eg, a blowtorch burns, a spraygun washes, a net filters, etc.

Added to this, affirmation / prayer is used to clearly send a verbal message to your higher self that you want your hands to be healed. Your higher self will always respond, once the msg is clearly received. This will boost your body's self healing powers, making the energy work and self healing work you are doing more effective.

However, if this is not enough, your higher self will arrange for what is needed to accomplish this. Information will be brought to your attention offering solutions. This will come through all possible sources, through ideas and realizations, TV, internet, friends and associates, synchronicity, dreams, etc. This might be the mention of a new therapy, a book, or it may already be at work with my earlier suggestion of a raw food diet.

Raw food is not boring. Take a look at these

http://www.therawchefblog.com/
And... www.welikeitraw.com
And... http://www.21daycure.com/

A lot of information is available on the internet concerning raw foods. You could say there is a raw food revolution occurring.

Again, raw food is not boring. I’ve been on it for two weeks now and am thriving. Through 15 years of overwork and physical neglect, I developed type 2 diabetes a year or so ago. Sitting motionless behind a PC writing for 16 hrs a day is not good for your health 😖. I’ve probably had this condition for a several years beforehand.

Now, I’ve been working on this condition with energy and intention, and over the past few months have greatly increased my efforts. I was determined to find a solution. I have had information brought to me from a number of sources that has led me to something quite amazing. Looking back, this information has been trying to get through to me for about ten years, but I was closed to it. Sometimes we need to suffer more before life finally gets our attention...smile.

Now for the good news....

Two weeks ago, I started on raw foods. It was really easy to do. I was off all medication within two days. Now, two weeks later, my blood sugar is low and stable and well inside the non diabetic range. I also feel energized and happy, so happy in fact that often when I go to bed I roll around like a puppy just feeling good, and my prayers are full of gratitude and joy at being alive. I am busily planning the next 50 years of my life. Life is such a buzz when you feel good.

If you have forgotten what it feels like to feel truly 'well' and 'happy', try 100% raw foods for a month and see how you feel... you will be amazed.
I am no expert on raw foods (not yet... smile) and basically when I started I just dumped the contents of my refrigerator and filled it with a big variety of raw foods. I also got a variety of raw nuts and seeds, sunflower and pumpkin kernels, almond, cashew, etc, and take about 25% of my daily intake from these. I keep a big tin of these mixed beside my desk for quick snacks.

NB, I am not vegan. I had raw smoked salmon last night, and love sushi (minus the cooked rice of course).

I’ve done some research and the raw food approach is known to reverse just about any medical condition, if not all. This includes depression and other psychological or mental disorders. Combined with energy work and intention, this is a very powerful approach to self healing.

The physical body and energy body and mind are intimately connected. What affects one will affect the other. A big lump of toxic energy will cause infection or disease. An accumulation of toxic waste in the physical body will also cause dis-ease.

Think about it. Herbs are used not only for making food taste better, but also for healing. Raw food and herbs have a big effect on the energy body, and its all good.

Learn to listen to your body. Go shopping with your body and ask it what it needs. See what it is attracted to. When you tune into this, its quite amazing what your body will pick out.

This can be related to how pregnant women will suddenly get cravings for a particular food, strawberries, raw liver, coal, etc. Its medically proven that such cravings are very necessary for the health and survival of the unborn child and mother.

Your body will do the same thing with regards to your heath and wellbeing, if you learn how to listen. And it soon gets the message and starts working with you, if you do this. This is also a part of working with your higher self, because this is exactly what you are doing here.

As a naturopath friend, Peter, suggested to me a few weeks ago, 'Robert, try it for a month and see how you feel, on 100% raw, preferably organic'.

NB: Its best to start with very little fruit, especially especially if you are a diabetic as fruit has a lot of sugar and will elevate your blood sugar level.

If you do go raw, you will soon discover ‘the juicer’ and ‘smoothies’ and ‘juices’.

NB: there is no comparison between freshly made juices and commercially prepared juices.

Apart from 'nutrients' a huge consideration is the LIFE FORCE of what you are eating. The fresher something is, the more life force and nutrients it will have.

In a nutshell, here's my take on how this works and why....

It is fairly well known that vitamin and mineral content of food and vegetables has declined steadily over the past hundred years, due to overcropping and the use of modern western farming methods, eg, artificial fertilizers, pesticides, etc.

NB: countries that use different farming methods involving returning natural compost to the soil, and eating wild, and more fish and game, do not have the same health problems as Western countries.

Today, our food has less than 5% of what it had a hundred years ago. This also applies to some extent to organic foods, although the lack of chemicals in organic foods is obviously a huge plus, and these still contain significantly more nutrients than non organic - depending on how they are grown, etc.

At some point, the level of nutrients in commonly available foods dropped to a point that has slowly triggered the current global health crisis. Diabetes type 2, for example, is pandemic, and a big range of other disorders are also rife, including cancers.

Children are becoming diabetic type 2 in droves today. Its a huge problem, but the corporate powers that control this world are not interested in cheap and natural solutions. Tey want expensive treatments, etc.

Cooking destroys 95% of the vitamins and minerals (nutrients) leaving only empty calories.
Supplements help a bit, but keep in mind that supplements are artificial vitamins and minerals...not natural nutrients.

This nutrient deficiency in our food is also the primary cause of obesity. Obesity and overeating are primary indications of malnutrition. Hear the words 'mal-nutrition' and 'mal-nourished' meaning that the body is not getting the nutrients it needs to be healthy.

In the modern world, this lack of nutrients often triggers a switch that increases appetite. The body tries to get the nutrients it needs by eating a lot more food. But if the diet is comprised mainly of cooked food, high in empty carbohydrates and animal fats, almost devoid of nutrients, this creates the cycle of living that causes obesity. The larger intake of unhealthy food also causes a buildup of toxins in the body. A viscous cycle.

See www.thegabrielmethod.com where a friend of mine, Jon, shows how a natural raw food approach can reverse obesity. His book is highly recommended reading. Jon lost like 300lbs, down to a perfect weight, 'without limiting food intake'

The typical modern diet is high in empty carbohydrates and animal fats and processed foods, with just about everything (except organic) these days containing chemical additives, including pesticides and herbicides, hormones, steroids, antibiotics, etc. This type of diet cannot provide the nutrients required for a body to be healthy and well in the long term.

Watch the documentary 'Supersize Me' where a healthy man lived on fast food for a month, and how his health rapidly declined under medical supervision and testing. This says it all.

See this video for a start...
http://www.youtube.com/watch?v=pEM0T1Ar5Qo

Our forefathers ate cooked food and they were healthy? you might ask. And we copy them, we copy the diet we were raised with, because we are programmed to do so. (We may have learned to eat new things, but our taste buds are basically programmed from birth). But for our forefathers, enough nutrients survived the cooking process to keep them reasonably healthy. However, this situation has steadily declined over the past hundred years.

BTW, This problem was identified about a hundred years ago, by Rudolph Steiner, I think, and others like him involved in the bio dynamic farming revolution. A cheap solution was found, and that was to add a dusting of powdered rock (crushed basalt) onto the fields each year. This replaced the vitamins and minerals in the soil, which went directly into the plants. And, by using this, you only needed less than half the amount of fertilizer and pesticide (the plants were stronger and more resistant to bugs, etc).

A neat solution, and it worked well, but if this caught on then the big companies that produce fertilizers and etc would lose money. So this idea, and the product, was made to disappear. To me, this is a crime against humanity, putting profits before the health of the population. But it happens over and over today and no one seems to care enough to do anything about it - well, not enough to make a difference.

A good example of this kind of corporate mentality, putting profits before people, is found in the DVD 'Who Killed The Electric Car?' which I highly recommend. In this, it shows how a wonderful working electric car was released in California in 1996. It worked well, too well - out performed a Ferrari and had a 120mile range, using old fashioned lead acid batteries.

A few years later all the cars were recalled and 'shredded'. They were all leased, so this was impossible to stop. The official reason stated was that people did not want them. The actual reason being that this would massively cut into company profits, of car manufactures, oil companies, gasoline consumption, etc, because an electric car uses no fuel, and needs virtually no running maintenance, eg, no oil, no filters, no clutch, no tuneups, etc, etc.

Please take a look at this link...
http://en.wikipedia.org/wiki/Who_Killed_the_Electric_Car%3F

This is real, it happened, and its still happening over and over. Anything that interferes with corporate profits is disappeared, etc. And no one can complain in public because the big corporations own 'all' the media. The internet is the only voice of truth today.

Anyway, back to food....

Today, cooking food destroys most nutrients and leaves hardly any nutrients to be consumed. And what is
consumed is empty calories, which are not enough to keep most people healthy. This lack of nutrient intake is the primary cause of the current global health crisis.

As for me, I feel better every day. I am eating much more than I used to, and I am losing weight (I was a several kilo overweight, so this is a good thing).

If you like to eat a lot of food, this is certainly the way to go.

Please try 100% raw for a month (with as much organic as you can find or afford). Most people are hooked after a week.

It’s a great adventure.

Enjoy the journey.

Take care, Robert

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**by Robert Bruce - Saturday, January 26 2008, 12:59 AM**

The following letter was in response to a PAPI participant whom, after starting energy work, developed small, itchy red blots on both legs.

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This condition is unlikely to be an energy rash. Energy rashes typically come on quickly, as small watery red blisters, and then disappear quickly, often within a day. This is caused, theoretically, by increased stimulation of physical body nerves through energy work in the feet and legs.

It’s possible that this condition was caused by disturbing some negative stuck energy in the feet and legs. This could cause many types of infection, bacterial, yeast, etc.

It is advisable to see a medical doctor, even a dermatologist - a skin specialist.

Now the medical bases are covered...

This is largely unknown territory, so I will work with what I know.

The most likely answer to this condition is that this is neuropathology related, eg, a neuropathy related to toxins stored in your body. The body stores toxins in fat cells throughout your body.

Increased nerve stimulation from energy work could, theoretically, cause a reaction between the nerves in your flesh and skin, and toxins, eg, pesticides, herbicides, etc, found in normal food, diet drinks, etc.

The solution in your case would be to go on an organic detox diet, preferably raw food and juices only, for say a week. You should see a difference fairly rapidly, within a couple of days.

I recently discovered that I am allergic to diet drinks and some processed foods and sugars. These caused irritation in the nerves in my legs, red itchy patches, etc. This could be similar to what you are experiencing.

Taking a raw organic beet each day, eaten raw (they are nice) or juiced, and a bunch of organic parsley, helps enormously with detoxing.

Washing a few times a day with neat organic Apple Cider vinegar (ask in health store for vinegar 'with the mother') will also help.

I also suggest the methods given in my book, Energy Work, be used. See....


for autographed copies through PAPI.
To treat this with energy and intention, imagine a golden net or sieve, large enough to pass through your leg, one at a time.

This has a built in intention to filter, and in this case to remove toxic energy. Affirm ‘my golden net removes toxic energy’ or similar.

Localizing your efforts with body awareness, while using affirmation/prayer to enlist the help of your higher self to heal that area, is an enormous help.

Imagine and feel the golden net passing through your leg, up and down, one leg at at time. Feel this moving through your leg.

As you do this, affirm the words ‘my leg is perfect’ ‘my leg is clean and healthy’ ‘my skin is clear and healthy’ and try to see this in your mind as already being so.

Repeat the above many times during the Ework, and as you are falling asleep.

Every few sweeps with the net, toss it into a brightly burning camp fire (or incinerator) which you imagine is nearby. Immediately create another net and continue.

You may at times feel increased resistance while pulling the net through your legs, as if you have caught a fish, or caught the net on a snag. This happens when you capture a significant chunk of negative energy. Increase body awareness effort to finish the pass, and immediately and thoroughly burn it in the fire.

How this will work, apart from stimulating your body’s own self healing abilities, is through your higher self.

Your higher self will help your own self healing abilities to work harder, removing the condition. However, it will also cause you to receive or to be led to information that will help this condition. So it pays to keep a weather eye out for anything that comes your way that could be related, that could help.

Also keep in mind that these toxins, if this is the cause, were preexisting. In a way, it could be said that your higher self led you to PAPI and Energy Work, to deal with this problem before it became more seriously symptomatic....before it turned into actual disease conditions.

Take care, Robert.

ps. Many years ago I did some intensive energy work experiments, while developing the NEW Energy Ways body awareness energy work system. During some experiments, I developed mysterious infections, one in my right elbow, and one in my coccyx. Both were serious and required antibiotics, and in one case a week or hospitalization (the elbow infection) where I came close to amputation due to the severity. There was no break in skin and no medical reason for the infection. This is my only experience with potentially energy work related / triggered disorders. These negative energy attachments were severe, in my case. In both cases, after I healed, physically and energetically, I noticed a significant increase in vitality and energetic ability.

I have had a number of smaller incidents, but these were the major ones. Keep in mind that serious problems like this that may be related to energy work caused neuropathy are fairly rare. It is not something to be overly concerned about. But its nice to know just in case.

Robert Bruce

by Robert Bruce - Sunday, December 9 2007, 07:09 PM

The only way to create a strong 'know' belief system is to personally experience everything, and to form an understanding of the greater reality based upon this.

I can certainly relate to this, as per the below.
There is no other reliable way that I know. All great teachers have told us this same thing. Its the only way to avoid falling into the traps and pitfalls of dogma and assumption and superstition.

I see many spiritual 'givens' today that are, in my opinion, based on assumption. An example of this is 'past life review' as per near death experience. Today this seems almost universally accepted/believed to be a fixed part of a spiritual process related to the death process.

But, there are other explanations. Past life review may, for example, be a survival mechanism. Faced with death, the mind accelerates and runs through all of its memories, looking for some association or idea or example or plan to save its sorry ass from annihilation.

It is my suggestion, and my way, to approach the reality through personal experience. Further to this, it is better to have no belief about something than to have a potentially flawed belief about something.

It is far better to stay in the question and wait for life to bring experience and the realization that goes with this.

This is the only way to sort the wheat from the chaff.

Never be afraid to say 'I don't know'.

Robert


by Robert Bruce - Tuesday, December 4 2007, 06:09 PM

Thy will be done...and....The Secret?

Robert Bruce

If you ponder the implications of Source energy, and that you are a part of Source energy, and that God is all Source energy, then the inevitable conclusion is that you are Source/God.

Imagine a rainbow spectrum, with the physical you being red, and all the higher colors being higher aspects of Source/God. Each higher color is more and more abstract.

The more strongly you realize this, the more strongly Source/God realizes you.

Also consider that you have free will. In this sense, your will is always God's will. However, in real life this usually involves a number of directions to choose from.

A good direction, a powerful direction, a downhill direction, involves an alignment of your wishes with the will of all of your higher aspects.

The law of attraction can be likened to gravity. Anything influenced by gravity flows or rolls or is somehow pulled downhill.

Affirmations petition your higher aspects to grant your wishes alignment with Source/God energy. Once wishes are aligned with Source, the law of attraction comes into play. If the wishes are achievable, that direction will then be influenced or changed so it is downhill.

(everything is achievable, its just that some things are more readily manifested than others)

Affirmations like "Guide my life for my greatest good" are good as non specific affirmation petitions.

However, I have learned that it is also wise to be specific. So along with something like the above, I suggest specific affirmations also be used to express your wishes.

Have a think about what you 'really' want in life and express your wishes clearly, present active positive, as if they had already happened.
Its a good exercise to think about your life, about where you have been and where you are now, and of where you want to go in the future. What do you really want in life? Be as specific as possible.

To encourage non-physical sight, for example, you might say "I have visions; I see auras; I see energy; I see spirits; I see into the astral" (imagining yourself seeing auras, etc)

To encourage a flow of money, you might say "Money comes to be easily and frequently" (imagining money and gold showering down upon you)

To encourage the healing of a spine, you might say "My spine is perfect" (imagining your perfect spine glowing with health)

To discourage negative influences, you might say "God and goodness alone governs and guides me" or "My being fills with divine light" (while imagining your body and energy egg filling with brilliant light)

Adding imagination to a specific affirmation petition greatly increases its power, whether this is for healing or protection or money.

It also helps if you believe as strongly as you can that the affirmation petition has already been granted. Know that it is already rolling towards you on currents of universal law. Look for it and expect improvement and opportunities every day.

The journey from the affirmation petition to the end result often involves amazing circumstances. For a healing, apart from energy and healing directly helping, advice may be sent to you from the people and circumstances of your life. A magazine may be left open, some advertising arrives, a friend photocopies something for you, or recommends a website of alternative cures, etc. You happen to pick up a bottle of herbal remedy, etc.

An example:

A friend of mine started using 'the secret' law of attraction a couple of years ago. He had not worked in 15 years, due to neck injuries, and was broke and living on a pension. He truly believed in the law of attraction and wanted money, good health, a life, everything. He was particularly interested in real estate, a hobby of his. He had studied this for many years and 'if only' he had a stake he could invest wisely and make good money.

I watched him manifest specific items during this time, including a washing machine and a new cell phone. He would place pictures of what he wanted on his 'vision board' and work on manifesting it with belief and affirmations. Each time it worked, it involved someone else having good fortune and buying the item as a gift for Don's support and advice. One lady, Don was teaching manifestation to, won the lottery.

But, try as he might with lots of effort, he could not manage to change the circumstances of his life. However, during this time I sensed and watched and smiled as his tale unfolded.

Not long after he began working with the law of attraction, he was offered 12 free therapy sessions a year. He had some issues, so took advantage of this. It was brutal for awhile, lots of tears, but then he started making progress.

He was then diagnosed with diabetes type 2. This condition forced him to take his diet and health and exercise very seriously.

It's been two years now and he has grown a lot. But still no money. Then, six weeks ago at the time of writing this, out of the blue he was offered a job as a Realtor by a new real estate agency in his town. But he would have to get his license, which was a couple of thousand he did not have. I urged him to call his disability services and ask if they would help. He called and they helped. They paid for his course, his license, and even bought him new clothes.

Don got his real estate license a week ago and is *extremely* happy and excited with his new profession and life. He wakes up early and can't wait to get to work each day.

He did not get the money handed to him on a silver plate, by winning the lottery. Looks like he'll have to earn it the hard way. But he's intelligent, a great sales person, and I'm sure the higher aspects of his life are busy rewriting his future life as I type.

So, here we have a case of 'my will be done' being modified into 'thy will be done'. By this, I mean that in
order for life to grant my friend's wishes, it had to transform his life in other ways. This slowly brought his wishes into alignment with life and his higher aspects.

I am watching the results of this and it is heart warming to see this in action.

Life works in mysterious ways, and is rarely direct. But it is efficient. Often, to move a person from A to B (with a physical distance involved of only a few miles) it may drag that person several times around the globe. But this direction was always downhill.

Robert

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**by Robert Bruce** - **Wednesday, November 21 2007, 12:50 PM**

G’day!

Your ability to heal your own body is only limited by your beliefs and self imposed limitations, and those imposed by society in what is 'generally accepted'. Throw all these away and start with a fresh slate.

Everything is possible if you focus your energy and intentions with conviction.

Energy and intention are a powerful combination for healing any kind of injury or disease, including spinal and neck injuries.

My personal example....

(Life is no fun when your body hurts).

I’ve had several serious neck and spinal injuries in my life, from childhood and sports and work related accidents. This includes ruptured disks and damaged vertebrae, one in my lower back, one mid back, and a few in my neck. I have kept my body functioning and relatively pain free by using energy work and intention.

I’ve occasionally spent time in a wheelchair, since age 29. I should have stayed in one after episodes in my early 30’s, and would have if it were not for the healing power of energy work and intention.

In 2004 I had a minor car accident in LA that cannoned me into the roof of a car with my full body weight, crushing my neck severely...ouch!

This really finished off my neck. I was courting quadraplegia. I had x-rays and CT scans and doctors wanted to operate urgently, as my thecal sac and spinal cord were grossly impinged upon. My neck was bent like a pretzel. It was frightening. But I refused surgery and relied on energy work and self healing.

Here and there during this saga, I was led to and used acupuncture and osteopathy and recnetly sacral cranial massage work. Bee following. I recommend all of these methods. Use everything that works, while also focusing on energy work and intention for self healing.

As a part of self healing, you will often be 'led' to certain information and therapists. This is 'bee following' and its wise to look for and to listen for bees and follow them when they arrive.

A long story, but at one point, in UK in 2005, I honestly thought I was dying. Apart from incredible pain, paralysis spread into my chest and arms, with about 75% paralysis in the arms. I was as weak as a kitten and one night I started having problems breathing. My chest felt numb. It was frightening "Hey, I'm not ready to die just yet!"

"My neck is straight and strong"

I had been doing energy work for many years, and had been working on my neck since the start of the problem, but when it got this bad I had no other option. Iurned 'all' of my time and attention to healing my neck. I spent several hours per day and half the night pumping energy through my neck in every way I could think of, and using intention and prayer/affirmation.
It was through this, and other events, that I fine tuned my methods and realized the true power of prayer/affirmation and energy work. This work contributed significantly to the methods given in my book, Energy Work.

If you see pics taken of me in 2004 - 2006 you'll see my head sits at a peculiar angle. My neck had a sideways S to it since the accident, and my right shoulder was half an inch shorter than my left.

"My neck grows stronger every day"

My neck started to heal from the moment I got serious (inspired by fear) and amped up the energy work. The pain and paralysis reduced steadily and movement slowly came back. I was back on my feet in a few days, but it took about a year of serious energy work and self healing before my neck was 'bearable' again.

Now I am virtually pain and paralysis free and have almost full movement restored. It gets a little better every day.

Pics taken this year, late 2007, show my head and neck are sitting reasonably straight again. At the moment it is perfectly straight, and movement is getting progressively smoother and my range of movement wider.

"My neck is straight and healthy"

I can now sleep almost normally. Before, I could only sleep for 15min on my left side, 10 on my back, and 5 on my right, meaning I had to change position constantly during sleep to reduce pain. Each time I moved I had to hold my head carefully and turn; creak, crack, clunk .. life was no fun at all.

"My neck is perfect in every way"

The intentions and affirmations work with the energy work, providing a powerful combination. The energy work localizes your attention to the specific area you are self healing, and affirmations said 'during' Ework target problems and highlight these to your higher self. This triggers specific healing responses.

To accomplish miracle healing, set your intention by adopting a mindset of certainty. Put all doubts out of your mind. Let your doctor worry about your condition. You focus on healing yourself. Be 'certain' in your mindset and look for and expect improvement every day. Put all doubt aside - you have nothing to lose - and be 'certain' of your healing. Use energy work many times a day on your condition, and use the affirmations frequently while doing so. Fall asleep stating your affirmations and E working your condition.

Use all the energy work tools and elements in my book, Energy Work. You cannot overdo self healing E work.

"My neck is straight and healthy"

"My neck is perfect in every way"

Never give up. Be certain. Develop conviction. Look for improvement every day.

Your Thoughts, Feelings, Words and Actions must agree for best results.

Thoughts: Think positive thoughts only about your condition.

Feelings: Work on feeling positive in your body, with your gut feelings. Nurture these feelings with your affirmations and intentions.

Words: Speak only positive words about your condition "My neck grows stronger every day" and do not allow others to speak negatively or what is called 'being realistic'. Otherwise avoid such people until your healing is complete.

Actions: Your energy work actions and use of energy tools will target your intentions and trigger focused healing responses in your body.

Use whatever medical healing modalities you are led to that help. Explore acupuncture, osteopathy, massage, sacral cranial therapy, etc.
Express love and support to your neck with thoughts and words, targeted with body awareness.

"Neck be good, neck be strong, neck be straight and flexible"

Take care, Robert

_G'day!

Those who think that human life is a mistake, and those who can't wait to leave physical life, have not really thought about things in any kind of deep way. These thoughts are understandable gut reactions to a life that is not how it is supposed to be. Not, that is, according to certain desire shaped beliefs.

These thoughts are understandable for some people, until they start to really 'get it' to realize the true nature of life.

The very idea that we are here by a mistake, that we should be in a better and more spiritual place where our divine natures will be more appreciated and rewarded, that we are just putting in our time here on Earth waiting to leave, like it was some kind of prison camp, are the thoughts and words of spiritual youth and ego.

This is an unrealistic view of what is, of this thing we all share called life.

People are free to think and believe whatever they like. But this will not change reality one bit. This is a bit like... "the world and life are not exactly what I want them to be, so I want to take my ball and go home"

This can be likened this to how some children are in school, those who don't want to be there. They would rather be at home playing video games or watching movies or playing. They don't want to put in the hard work and time gaining an education at school. They would rather be anywhere else. They can't see how learning math and chemistry and history will help them and be useful for them in life. To them its unfair that they are forced to attend school every day. They want out. "Hey, teacher, I don't need to know all this stuff!"

The physical world is amazing. It contains everything needed for life experience and spiritual growth.

Physical life, in a way, comes with enforced attendance, much like school. There are a few ways out, but these are not very nice and they do not provide solutions or an easier way in the long term. Attendance is generally prolonged by running away from school or by attempting short cuts, and there are painful consequences to some actions.

However, the world is perfect in every detail the way it is. It may not seem like it, but it is perfect. I am in awe every time I look around and see the solidity and beauty and contrast of form.

Life contains everything, good and bad, that one could possibly need to achieve spiritual growth. Here there are causes to join, wrongs to right, dragons to slay, romantic love, dramas, secrets to discover, things to invent, even wars to fight.

There is also creativity, fun, boredom, apathy, addictions, physical and mental disease, pain and suffering, relationships, crime, youth and old age, and mortality. The list goes on; we have everything!

The spiritual realms, on the other hand, are incredibly fluid. They wrap themselves around your thoughts and manifest a perfect environment to match. Given this, it is difficult if not impossible to grow spiritually. If we tried to learn hard lessons there, when life got difficult or painful in spiritual realms, everything would change to suit.

But here in the physical the opposite applies, in that if life gets too difficult, you must change yourself, or work to change the environment and/or other people the hard way.

The physical universe provides everything needed to make huge leaps in spiritual evolution. And keep in mind that personal growth as a human being is heavily related to spiritual development. Psychic abilities are not an indicator of spiritual growth, although they can be a side effect.
As for ‘what is a master’. Masters are persons whom have achieved levels of self mastery and realization of the nature of the physical universe and the greater reality. They have seen and achieved levels of truth and love beyond what is considered normal.

Some of the wisest sayings every said.

Man, know thyself.

The truth shall set you free

God/Source lives within your heart

These are by large misunderstood. They hold the keys to realization and spiritual development.

I have many times said to people ‘you are God/Source’ and they smile and say ‘yes, I know this... what else can you tell me?’ I am utterly stunned by this. This is the big tamale, the ultimate realization. It is intellectually grasped but it is obviously not realized or understood.

Take your index finger and physically point to where God/Source is. Then take your finger and point to where He is not. This demonstrates that God/Source is everywhere, including inside of you.

The entire universe, every atom, is a part of God/Source. This means that you are also composed of God/Source energy and matter.

The greatest disservice organized religions do for humanity is to separate us from God/Source. God has been comfortably place up beyond the clouds somewhere, and us mere mortals are down here on earth. The game is that we must be super good worshipers if we hope to to get a little divine attention or a happy afterlife.

The truth is that God/Source is within you. The great observer within you. The Great I AM within you. All holy books and enlightened teachers say this. EG, God is in the heart of everyone, etc. Therefore, the most accessible and approachable aspect of the divine is within, through your body and mind and your life.

God/Source is a state of mind - a state of being.

If you begin to realize this, and you go within, you'll find God/Source there inside of you, in every cell of your body. Its always been there, sharing every thought and moment of your life. This divine aspect is quite in most people, but it is there. It never leaves. And if you approach this divine aspect very simply, like a child, with no preconceived notions, it responds. And the more you do this, the more your divine aspect responds and takes part in your life.

As you realize God/Source within you, God/Source realizes you.

And, if you digest this, consider that everything around you, all matter, all form, is also composed of God/Source. This is why I marvel when I look around me.

What does Buddha see when he walks along a busy street? He sees only Buddhhas, everywhere.

When I walk down a busy street, I see myself in everyone and everything. Everywhere around me I feel the loving embrace of family, my family, my life, my universe, all a part of me.

And one more thing. It is important to love yourself, to love your body and your mind and your life. God/Source responds to love and truth.

This is irrefutable logic, if you have even the slightest grain of belief in any kind of order to the universe, God or Source.

As for me, I plan to stay here in the physical universe, as long as its here, in one form or another.

Robert Bruce
G'day!

Some people have a problem focusing body awareness effectively. You may do well, for example, with your hands and feet, but lose contact with your physical body, and your body image, while bouncing your arms and legs, etc.

The following instructions will help with this.

(I am creating a CD or two for this, verbally laying out the fundamentals of body awareness tactile imaging, with step by step walk through exercises. I have learned that hammering this home so that everyone understands this fully is time very well spent).

Body awareness tactile imaging utilize the sense of touch. This is applied to the innate sense of body image that everyone has.

Your body image is a profound view of your physical body, from within your minds eye. Everyone has this, but its not something we realize.

Do the following...

* close your eyes and take your right index finger and touch your nose
  
  * repeat with left index finger

  * repeat with other fingers

Still with eyes closed, take index finger and touch your right kneecap, then left.

Touch right shoulder, then left.

Touch center of top of head, with left then right index fingers.

Now, still with eyes closed, do the following

* Extend right arm out, in line with your side. Keep your head facing fwds. Be aware of your right hand. Feel this. Spread your fingers and then close to fist, over and over. Be aware of this, try to feel and 'see' this in your minds eye.

  * Rotate your wrist, fingers wide, back and forth, up an down. Be aware of this and try to 'see' this in your minds eye.

You can almost 'see' these actions, and you can certainly feel them.

Repeat the above with your left arm, then with both arms to the side.

Repeat with one foot and toes, then the other, then with both.

Now, focus back on your right hand, with your arm hanging down your side. Flex fingers and rotate wrist and feel / see this in your awareness and in your minds eye.

You can almost see a glowing image of this from within your mind, within your sense of body awareness, within your sense of personal space.

Next, move your awareness slowly from your right hand to your right wrist. Rotate wrist and feel the joint. Now move to your right forearm, and flex the muscle and become aware of it.

Now move to right elbow. Flex muscles, bend elbow, and become aware of the joint.

Now move your point of awareness 'slowly' back down your forearm to your wrist and then to your fingers. Move these parts as needed to feel them better.

Now move your point of awareness from your hand, to wrist, to forearm, to elbow.
Now move your point of awareness slowly back to your hand.

Repeat, moving your point of awareness from fingertips to elbow, back and forth.

You are now performing a tactile imaging action, brushing your point of awareness through your body. You are now stimulating your hand and arm energetically. You are now performing perfect tactile imaging energy work.

Everyone can do the above...no exceptions.

Hold your point of awareness firmly in your body at all times. Feel the movement, don't just imagine this happening. Feel it in your body.

Repeat the above on your left arm.

Repeat this on your left leg, then your right leg.

Zoom in with your body awareness and perform this action on each of your hands and feet.

Focus on your right big toe. Wiggle it a bit and feel 'see' it in your minds eye body awareness. Take this and use it to scratch the back of your left heel.

Wiggle both big toes and focus on them. Touch your big toes together.

You are now performing perfect body awareness actions, tactile imaging, energy body stimulation.

Everything else in this course is an extension on the above. Everyone can do this perfectly.

Energy work actions must be 'felt' in the physical body to be effective. The stronger an action is connected and focused in the physical body, the more powerful it becomes.

Some people have found it helps to sit in a bath with a big mug and pour water over each arm and leg, moving the pour up and down limbs, to help get the feeling of the action of moving awareness up and down arms and legs, etc.

The minds eye body image is profound. I can't believe that no one discovered this before I invented body awareness tactile imaging. Connecting with your body image is incredibly important for energy work, and for spiritual development.

The simple act of connecting also stimulates your higher aspects. Some traditions broach this. Its pure Zen, and can be found in other esoteric traditions, eg, becoming more aware of the physical body, mindful walking, barefoot walking, anything to improve the sense of body awareness and location in relation to the physical world.

With a little practice, the body image in the minds eye becomes visible, like a pale silver image. This becomes more detailed with time, until every hair and wrinkle and joint becomes visible in minute detail. Then, you can move inside and explore your inner parts, including your internal organs, etc.

A voyage of discovery in every sense of the word.

Take care, Robert

by Robert Bruce - Thursday, November 15 2007, 07:01 PM

Secrets of Enlightenment...A Beginning

Robert Bruce - Nov. 2007

The path to enlightenment is long and confusing. You can study thousands of books and be no closer to the truth than you were at birth. In fact, you were a lot closer to the truth at birth than you are now.

The secret to enlightenment is realization. All the books that can be read and things that can be learned will help, providing pieces to the seemingly vast and complex tapestry of life.
But, to realize is to know. And this level of realization requires a childlike simplicity of approach. To realize is to gain knowing through personal experience.

I'll try to put this in a nutshell. In the beginning there is truth...

The universe is pure Source, God, manifested in the physical universe. God/Source is continually moving from the formless unmanifested, through form manifested, and back into formless unmanifested. This is the great circle of life, of creative evolution.

Every particle of matter and consciousness in the universe is an intimate part of the Source. You are an intimate part of source. Therefore, you are purely composed of God/Source, and are in fact a part of this whole, and of this whole process.

You are like a fingertip on God's hand. But you believe that you are separate, because you have been taught that you are separate, when in truth you are an intimate part of the whole. Everyone and everything else is also a part of the whole, the Source. Many fingertips, all believing themselves separate.

Take your index finger and point to where God is. Then point to where God is not. This simple act demonstrates that God/Source is everywhere, including inside of you. Most especially inside of you.

Therefore, the most approachable and accessible direct access path to the divine is, without any doubt, through you, through your body and your mind and your life. By going within and beginning to realize this, your true nature, God/Source begins to realize you.

The more you 'realize' the above, the more God/source realizes you and grows in presence within you. Its a process. Its not meant to be easy. Its designed this way. Immersion in matter, in form, total involvement and immersion.

God, Source, is most strongly present in the here and now. (See Tolle's 'The Power of NOW')

All organized religions and ways and paths have placed God comfortably up beyond the clouds, and placed us mere mortals comfortably down here on earth. This *separation* is a big step backwards in truth, in the realization process. This *programming* must be overcome in order to realize the truth.

Simply said, but a fair bit of deprogramming is required to accomplish this.

Go within, during meditation and prayer, and know that, I AM THE GREAT I AM, is within you, is you, watching and listening and fully present every moment and thought of your life. The great observer within. Your divine aspect, which is in truth, pure source God, whatever you like to call this. It is you and you are pure God/Source manifested in the universe of form.

A part of this process, pure Zen, pure Tolle, is to learn how to be more fully present in life. God/Source is always fully present. So to align, to tune into this divine frequency, it is necessary to learn how to become more fully present and engaged in life.

The Ten Thousand Things (Chinese term) of life distract us constantly from being fully present, from realizing the nature of life and our divine heritage. Living life is very distracting. We need to learn how to tune out life and be more fully present in the NOW, but while also honoring life and doing the necessary and living life. We must live in this world and be a part of life, but we must also become aware of its true nature.

Babies and small children are strongly rooted in the NOW. They are special, in that Source/God moves strongly within them. They are happy and live in the NOW, full of love, playfully exploring. However, this fades quickly away as they are inflicted with language. They are then programmed, to believe all the lies and untruths that abound in the collective spiritual unconsciousness. Its like a drug that puts them to sleep.

Consider this... The only difference between a spiritually awakened person and a spiritually unconscious person, is that one is awake and one is asleep. But the sleeper can awaken! In this sense, we are all equal and no one is greater or lesser than any other.

As Marina Felix said to me recently, "when Buddha walks down a crowded street, he sees only Buddhas, Buddhas everywhere".

I first awakened in my mother's womb. A warm and comfortable place, suffused with a soft pink glow from
light penetrating my mother's skin. I remember the voices of my mother and father and siblings. I knew who they were and the feelings they were expressing with words. But I had not been afflicted by language yet, so I did not know words. I just knew who they were and what they meant.

It was like awakening from a deep sleep, yawning and stretching. My mind was profound, infinitely deep. I was aware of the whole universe, and of the unmanifested. I knew where I was and where I had come from. I wanted to be manifested very much. I did not want to return to the unmanifested. Life seemed much more interesting and promising.

The only time I approach the profound state of mind that I experienced within my mother's womb, is during the deepest and most profound meditational state of being.

What is called 'normal life' is something like a hive, a very complex hive. The hive is run by the collective unconsciousness, by the masses. The few that realize this, and realizing this is a crucial step towards enlightenment, begin to separate into more and more individual levels of creative spiritual consciousness.

The unconscious masses react, they only react. Conscious beings are creative. They choose to act, creative action.

Realization, creative realization, is a staggered process, best taken one step at a time.

There are many levels of spiritual awakening, of realization. It is important to achieve a level of realization that you are comfortable with. To go too far in one leap is to risk madness. Each step on the realization ladder must be *owned* before the next is taken. There is always another step above, no matter how far one climbs.

What blocks persons from the realization process, from understanding the true nature of life and reality, is the sheer quantity of lies and untruths and assumptions that we have gathered within us, been programmed with since childhood.

All great teachers and holy books speak of this, of the truth. But the words used are often too simple and clear to be easily understood. Humans like complexity, so we tend to take these golden truths and write volumes about them. All truth is thus obscured under the sheer weight and wordage used. And even more confusion and more untruth grow in this profoundly fertile soil.

Some examples of pure truth...

(These are too clear and simple to be easily understood. These are great truths that must be realized and lived to be understood, to be Grocked)

God/Source lives in your heart

Man, know thyself

The truth shall set you free

The path to enlightenment is through personal experience

Only one with the mind of a child can enter the kingdom of heaven

As a Tongan mystic in Salt Lake city once said: a person is like a hollow bone. In most people, the hollow part is filled and blocked with lies and untruths and ego. A mystic works to remove the blockages, to make the bone more hollow. The more hollow the bone becomes, the larger the hole, and the more light can shine through the hollow bone. (This statement is beautiful in its truth and simplicity).

God lives in your heart. God exits most strongly in the NOW. The presence of God thrives in the light of truth and love. The presence of God is diminished by the darkness of untruth and the absence of love. (Absolute truth, no ambiguity)

The lies and untruths we are filled with since birth, include all the social and racial and family programming we are exposed to. Things we take for granted and assume to be true that we never really think about.

Examples of some commonly believed lies:

The earth is flat. (this was firmly believed by the entire world for centuries)
A black hole looks like a black hole in space. (no one has ever seen one)

Being normal is a good thing.

The enemy is evil (whomever the enemies of your country happen to be).

Marriage = ownership of partner
Childbirth = ownership of child

You are not good enough
You are not special
You are not worth loving
You will never be successful
Life is meaningless and pointless
You did not create the circumstances of your life
You have no control over your life
Consciousness = brain size and weight
The list grows infinitely larger

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Some advice on approaching the greater reality through the process of realization:

Approach the greater reality through personal experience only.

Discard everything that is not of your own personal experience.

Place sage advice and what might be true on shelves labeled 'possible truths'

The truth is hardy and durable. If you discard everything else, only the truth will remain standing. It won't go away no matter how harshly its treated, no matter how deeply it is buried.

When everything else washes away, only truth and love remain standing.

But, have you ever thought 'what is love'? Think about it. Its not romantic love. Its not compassion. Its not acceptance. Kindness is probably the closest word we have pointing towards what love is.

You can write books on what love appears to be, what it is like. But in the end there is nothing you can write about love that truly expresses what love is.

Love must be experienced, must be lived to be understood. You must know love to be loved. You must love yourself before you can be truly loved. You must be able to love and to be loved to truly understand love.

God/Source thrives on love and truth.

God/Source lives within you, is an intimate part of you, is you.

Therefore, the first profound step towards the greater reality and enlightenment and God/Source within you, is to learn how to love yourself, body mind and soul, warts and all.

God, Source, responds most strongly to truth and love in the here and NOW.

The law of attraction....universal law......prayer....affirmations. All of these do the same thing. They work by getting messages to, by communicating intentions, to God/Source within you.

There is a natural buffer between us and our words and requests, and God Source. This is wise, as
demonstrated by your thoughts and wishes on a bad hair day. You would not want these wishes to come true. Life would be unbearable. Instant manifestation of wishes would create hell on earth.

God is wise. God/Source will only act when something is expressed and impressed strongly and with energy over time.

To accomplish this feat effectively and in a reasonable time frame, the rules of affirmations apply. Communications must be present tense active and non ambiguous.

Your Thoughts, Feelings, Words, Actions, must all agree and be in line with each other for this to work.

Learn to listen to your stomach, to your feelings. They are always true and authentic.

However, untruths and egoic mind also generate feelings. The feelings are always an authentic reaction to stimulus, but what generated these feelings must always be examined by the light of truth and common sense... examined for truth, programming, baggage, ego, bias, etc.

So when you pray or use affirmations (same thing really) direct all this within you, to the Great I AM within you. Never send this outside of yourself. Your closest and most intimate and approachable and accessible aspect of the divine is within you always. It is always listening to your every thought and feeling.

"And the truth shall set you free." are the wisest words I have ever heard. This is a great example of absolute truth that has been so buried under wordage and interpretation that it has become almost meaningless. Today in the western world it means many things, depending on what religion you hold or to whom you are speaking or listening. But if you boil this down to its absolute essentials, its meaning is obvious, childlike in its simplicity.

'And the truth shall set you free'

Quite literally...

Robert Bruce

Suggested reading....

The first two articles on the below link explain my approach, particularly the Catch Basket Concept. I am only recently beginning to realize the true power of what I was instructed to do at that time...

http://www.astraldynamics.com/tutorials/?BoardID=4

Two books that help to show the truth are

The 4 Agreements
The Voice of Knowledge

(both by Don Miguel Ruiz)

These books deal with overcoming the programming and lies that we are force fed since birth.

by Robert Bruce - Wednesday, November 14 2007, 06:13 PM

The Afterlife - Environment and Processes

Robert Bruce - Nov. 2007

The afterlife is hugely variable. What you find there depends on what you take with you. This includes the conditions of your passing.

Many people who experience NDE (near death experience) see tunnels of light, relatives, and maybe even
JC and angels waiting in the light. But, do you think people who hold other beliefs, eg, Buddhist, Jewish, Islam, Pagan, Newage, etc, would see exactly the same things? Why is this so. Or rather, why is this not so?

This is because the 'beliefs' and the 'expectations' of dying or deceased persons obviously have enormous influence over the shaping and creation of death and afterlife experiences and environments. If this were not true, then NDE reports would be far more consistent.

Most people I’ve seen in spirit worlds are not aware that they have passed on, that they have died. The created realms they exist within are perfect in every detail, but they are illusions. In that sense, physical life is in itself also an illusion, only a tad more durable.

The afterlife is progressive, in the sense that deceased people go through a wide range of experiences and states, to process and come to terms with and to understand their recent lives. Some will hang around here near the physical, in the real time zone, for a while. Some go straight into created astral realms (called Bardo Realms, Tibetan Book of Dead) and astral hospitals, or into realms containing recreated bits and pieces of the past, and some people go elsewhere.

I have watched, clairvoyantly, and through dreams and OBE visits, etc, over many years, my father and mother and many friends process their lives in the afterlife. I note that there are consistent factors and similarities.

This task, this state of being, of processing life, takes as long as it takes. There is no sense of time in astral realms, not like we have here in the physical. So time passing or spent on accomplishing a task is moot.

The more spiritual growth and development, the greater the choices that become available during the afterlife process. This much is very clear to me.

You may wonder why I do not mention reincarnation? That’s a long story. Basically, I do not have enough personal experience data to give an original opinion on this matter. The first two articles on the following explain this, my approach, in more detail.

http://www.astraldynamics.com/tutorials/?BoardID=4

Interesting stuff, the afterlife and astral levels and realms, but the most important thing to realize, from a realistic spiritual perspective, is the great importance of physical life in the here and now.

Everything is happening here and now. The world is perfect as it is, in the sense of the enormous range of situations and opportunities that exist here, for good and for bad, for better and for worse.

This world has everything in it, including heaven and hell on earth, boredom and strife, peace and love, science and evolution. There are plenty of dragons to slay, wrongs to right, things to invent, discoveries to make, space to conquer, ... we even have war.

What makes physical life so special is its incredibly tangible solidity and durability. We can change our perceptions of life, but we cannot actually change the physical environment. Simple imagination and wishing do not cause immediate environmental changes.

Down here on earth, in the realm of hard experience, its possible to have and to process an incredible number of life experiences in a relatively short time frame. What would take thousands of years in a spiritual realm, of be considered utterly impossible, can be accomplished in a very short time here.

Imagine living as a spirit in a fluid environment that instantly shaped itself to your wants and needs, that moulded itself to your imagination and wishes. Then imagine trying to experience the spiritual, mental and physical pain of a condition like chronic depression, or poor self image, schizophrenia, or morbid obesity, or drug addiction, or any horrid disease, in a spiritual realm....

When the pain gets too bad (but nowhere near the mind numbing level possible here in the physical) we’d all quit and say 'enough of that!' and we’d instantly transform into a perfect image within a perfect environment. But we’d never really Get IT. We’d certainly never learn and grow from hard experience.

We’d never really hit that wall of mind numbing apathy and boredom, or discover our ceilings for pain and sanity, or enter those mind numbingly painful transformational states of despair that generate the transformation force, that grace, the thing that causes the proverbial worm to turn.
Through this process of hard life experience, true spiritual growth is achieved. Through this we can become more than what we are, or what we were.

It is possible to intellectually grasp something, say a life condition, without actually having to experience it. But if we lack any personal experience that we can hold up to it and do a fair comparison, it is impossible to actually Get It, to Grok It.

For example, most people reading this might be able to intellectually grasp what it would be like to lose a small child, but if you have never actually lived this nightmare, then you will find that it is impossible to draw a fair experiential comparison.

We don't know everything about life and the afterlife. I ceratinly don't, and I've explored further than most. I don't think the human mind is capable of a full understanding of these things. But we can see a lot more than one might think, calling on personal experience, and using a little common sense and logic.

The most reliable sources of information about these things are simple observation and logic, solidly grounded in personal experience of course.

Humans have the tendency to create grandiose paradigms and cosmologies at the drop of a hat. All truth is rapidly obscured by the proverbial hat. This must be kept firmly in mind when approaching life, the afterlife, anything spiritual, and the divine.

Also, please keep in mind here that, in my opinion, one cannot fairly separate personal growth as a human being from what is commonly called spiritual growth or spiritual development. Psychic and spiritual abilities simply cannot be used to gauge actual spiritual growth. These things are completely separate, although they are often side effects of actual spiritual growth.

Lastly, to make sense of these things, a good sense of humor and of the ridiculous are enormously valuable spiritual assets.

Robert Bruce

by Robert Bruce - Tuesday, November 13 2007, 02:52 PM

All methods of divination, and dream interpretation, attempt to glean information from the subconscious / higher self (same thing really).

If you invent a new method of divination now, the HS will immediately begin working through this.

The HS works through...everything. All that is around you, and all people in contact with you, are used.

The HS communicates with us constantly through our life and the things around us. Signs and omens abound, if we have the eyes to see them.

Your life is a fluid metaphor that contains not only an expression of your inner spiritual state and life path, but also guidance.

The choices we are given throughout each day, even the little ones, present a way to proceed. The small choices we make are like the fine touches on the steering wheel of a car or boat.

The intuition in its most basic form provides two feelings, good and bad. One choice feels good, one feels not so good.

A good way to start getting in touch with your intuition and inner guidance is to learn how to communicate with your stomach, starting with what it wants to eat and drink.

The art of living depends on tuning into that level of inner guidance, so our small choices direct us to larger choices, and our feelings guide us to make the right choice to take us where we need to be.

However, where we need to be and where we want to go often conflict.

You may, for example, make a strong 'good feeling' choice that takes you into an adventure that at the time is what you want and feel is right for you. But this direction may turn bad and cause you much pain.
However, this does not mean you have taken a wrong turn. Whichever way you go, lessons in life and lessons about yourself abound.

For example, you have a string of disastrous romantic relationships over a few years. Each one feels good ‘this is the one for me!’ but each one goes bad and you suffer enormously saying, ‘why is this happening to me again...’

But through this process you have the opportunity to grow, given over and over through each failed relationship, until you finally get it and are forced to grow. Then along comes someone really nice that you can be happy with long term. But if you had not grown through all the bad times, you’d not be able to do this, because you’d not be ready for it or capable of appreciating it.

As I am fond of saying..... if you want to find your true life path, pick a direction and take the first steps. It does not matter which direction. Just pick the one what ‘feels’ best at the time. Then trust in life, that it will guide you onto your actual true life path, where you need to go and be, through all the little choices and events you will encounter.

In this sense, if you have the ears to hear and the eyes to see, and a good sense of humor, you cannot possibly take a wrong turn or get lost. If you do, life will gently guide you back on track.

First comes the popcorn, little attention getters. Then comes pebbles, then bricks, and eventually a Volkswagen lands on your head. Life will have its way eventually, the easy way or the hard way.

Intuition is never wrong. Some incidents may seem wrong at the time, but in the long term the beauty is revealed of the path you are on.

You can also relate this to career choices. Your mind may logically dictate that your best career would be accounting, for example. But, you are creative and love painting. Now, a career in accounting would bring you wealth, but you would not be happy. A career in art could mean you would be poor, but you would enjoy every minute of your life doing what you love.

In the fullness of time, when you leave this life, what is really important? The only thing you can take with you is your life experience and memories and personal growth. So which would be most valuable after life, the wealth you could earn as an accountant, or the happiness you could live as an artist?

Food for thought........

Robert.

by Robert Bruce - Tuesday, November 13 2007, 02:46 PM

An important part of learning how to OBE is to create an agreement between your thoughts, feelings, words and actions.

This combination helps get your higher self involved with manifesting your intent.

To this end, affirmations are an enormous help.

Affirmations are messages to your higher self, expressing intentions and desires. These are best phrased in positive present active tense, because this is more effective than normal human speak, which is often ambiguous.

State many many times a day, particularly as you are falling asleep: "I safely leave my body" and "I joyfully remember my astral journeys" and "I love to astral travel".

The intentions and expressions of safety, joy and love all help to express joyful happy intentions and feelings to your higher self.

When you say these, try to generate happy feelings in your body and mind. Imagine yourself flying in the astral and having fun and how you would feel... Use this to express your happy intent to your higher self.

A big part of learning how to OBE is to get your higher self onside, to allow you to experience this, and to
remember your OBE's.

Robert Bruce

G'day!

When you approach the inner work, you'll find it difficult to see anything.

Something is blocking the truth.

You hear a lot about inner cleansing and etc, but how does it work and where do you start?

There are huge blocks....massive. They are hard to see....and difficult to shift. Vaporous, intangible. Where are they. What are they. Where do I start?

All of these have been erected by your self. Some consciously by choice. Some subconsciously. Some by osmosis.

You have hidden these things from yourself. And you reinforce them today and every day. We all do this. This is what it means to live in the mass unconsciousness.

The saying 'and the truth shall set you free' from the bible and other places holds the key. This is an incredibly important truth.

The truth is the way out of mass unconsciousness.

A Tongan shaman I encountered recently added an important image to this.

He said, a human being is like a hollow bone. The cleaner the bone and the larger the hole, the more light will shine through it.

The bone is generally blocked by lies and untruths and emotional baggage and programming. We human are full of this by nature of living a normal human life.

The way of approaching this is to begin to identify all the untruths, baggage and programming, so that the task of inner cleaning can begin.

To make a good start on this, read my 'catch basket' article, and make your own list of personal experience vrs what you have just accepted as being truth.

Also, get a book called "The Voice of Knowledge: A Practical Guide to Inner Peace" by Don Miguel Ruiz and Janet Mills?(absolutely recommended).

These things hold the keys.

If God/source exists within you, and lives in the NOW, and resonates with truth, where does this leave you?

How much of what you believe in, and what you are programmed to believe is true, is actually a lie, or partly untrue.

Add all this together and its generally a heavy load of lies and untruths and partial truths and distorted truths. This does not resonate with source, and hides source, and does not allow source to flourish on a conscious level.

So, obviously, reshaping the above, inside you, is key to everything.

More on this soon.

Take care, Robert
G'day!

Two days ago I had an interesting experience that I would like to share. This contains elements of clairvoyance, and astral projection, and astral phasing. It also shows how the higher self can sometimes selectively filter out certain experiences and abilities, and how this can be addressed.

I began my meditation and slipped quickly into an altered state. A spectacular vision filled my inner gaze: a close up of trees so clear and colorful I could smell the leaves and hear them rustling in the light breeze. A few seconds into this and I felt a movement in my energy, in my stomach and chest, that I recognize as my higher self manipulating my energy. The vision ended abruptly, being replaced by hypnogogic imagery, swirls of color and light, etc.

What I had seen was a clear view of an astral realm. For some reason, my higher self blocked this. I have my suspicions why, but this is a long story......

The higher self does not necessarily follow reason. Your intent must be very, very clearly stated and repeated with affirmations and prayer, to get a msg through.

Realizing the above, I began working on my higher self, affirming and stating over and over with clear mental imagery what I wanted, eg, 'I see visions clearly' 'I see into the astral' 'I am clairvoyant' 'I love to see visions' 'I am clairvoyant' 'I see auras clearly and easily' etc.....

For 20 minutes I continued, affirming and imaging and expressing my 'emotions' clearly, making sure there was not a shred of doubt bubbling up from my subconscious mind. I verbalized many of these affirmations.

"Thought, Word, Intention, Action" These must agree in order to trigger higher self actions and changes.

My vision cleared again, stopping and starting a bit, showing me various scenes of astral realms. I let my intuition flow and take me where it would.

A spectacular crisp and clear view appeared of trees and rolling hills - motion picture high quality. I was aware of my body. I scratched my neck. My face tickled all over with cobwebs.

At some point, I achieved immersion (astral phasing) and entered the vision. I moved ahead, drawn to some buildings. I saw an older man in the distance walking next to a creek. He slipped and fell into the water. A woman stood nearby, distraught and crying. I moved up and dragged the man from the water. He was heavy and felt cold. I checked him and felt no signs of life (becomming more immersed here and losing touch with physical reality).

I pressed hard on his chest and he gushed water from his mouth. I began CPR and mouth to mouth. I continued for some time, but no sign of life came from the main. I sat back and looked around me, realizing that I was in one of the spirit worlds.

Then I remembered. This man's name was Doug. I knew him and his wife. They were in their early 60's, and ran a small B n B in Fern Gully, a couple of hundred k's from my home in Australia. He died just over a week ago, after slipping into a creek and drowning.

I stood back and left him sleeping, with his wife cradling his head. He would wake up soon and begin the task of processing his life. 'God bless you, Doug.' I said as I moved away. I will return and speak with him one day soon. There is much he needs to know about his new state of being.

I scratched my neck, the vision blurring and winking in and out. A powerful light shone from above in my minds eye. I looked up inside but could not see the source. 'I am illuminated' I thought, smiling. I got up and went for juice...thoughtful. I must send a message to Doug's widow. This contact, as little as it was, may help ease her grief in some way.

Robert Bruce
by Robert Bruce - Tuesday, September 25 2007, 08:47 AM

G’day!

Following are two new energy ways actions that are very powerful. Please use them with care, and see caution at end of post.

1. Open and shut chakra activation method:

Imagine and feel you are opening and closing a small pair of curtains over the site of the primary energy center being worked upon. Feel this in the flesh, opening and shutting over and over.

2. Base center stimulation and energy raising action:

This combines energy raising up the legs, with breathing, and the tearing chakra stimulation method. This provides very strong stimulation to the base center.

Focus awareness in your feet. As you begin to breath IN, rapidly move your awareness up to the perineum (base center) and use the two handed tearing action on the base as you finish the breath.

3/4 through the IN breath, deepen the breath entering your lower belly to cause a ’pulling action’ up into your body with the tearing action.

As you breath OUT, flick your awareness back to your feet and hold it there ready for the next IN breath.

Only the first 1/4 of the IN breath is used for pulling energy up the legs.

The tearing action here is like you have pushed your fingers into the base (perineum) and are opening it from the inside of your body and pulling it up inside you a few inches.

3/4 of the breath is used on the opening and pulling action into the perineum.

The breath should increase and deepen in the belly for the final 1/4 of the IN breath.

There will be slight physical tensing in the perineum area. This is a part of this action and should be expected. But try to hold most of the effort in the body awareness pulling action.

The pulling action, again, pulls up from the perenium a few inches inside the body.

This action is only used on the base center.

Caution: If you feel sudden strong electrical activity and muscular contractions in the hip and groin area, or electrical spikes up the spine, or strong pressure in the sacrum or coccyx, stop this action and move onto something else for the remainder of this session. Repeat this action during the next session.

Please post feedback in HOL forums.

Take care, Robert

by Robert Bruce - Friday, September 14 2007, 07:32 AM

OBE, 14th Sept 07

I was in my chair in office, head on chest. Was tired, so relaxed to meditate. Entered trance. Roomies went to bed so house was quiet for awhile.

Woke in dream of being at astral camp with several of PAPI group. I did not realize I was dreaming at the time. I saw Bob and Marina and spoke with Kate and some others, just chatting.
Kate and I went outside to wait for the others, for Bob's presentation, and I sat on chair waiting. Kate went slightly ahead and sat on rock wall facing away into what seemed like a car park surrounded by shrubs and gardens and parkland.

I sat head on chest and meditated, entered trance, then thought I’d have an obe. Vibrations, like deep humming buzzing, started. Pitch changed according to mental and body awareness activity. If I relaxed into sensations and focused on them, they increased and my astral body started to come loose. Felt arms and legs floating out. Used Rope to try to speed up and finish exit, but this reduced the sensations.

Buzzing intensity of vibrations was dependent upon relaxation in this stage of OBE. Rope caused tension that reduced exit sensation buzzing. I projected out with typical exit sensations. I wanted to get close up to kate, in front of her, to see if she could feel me, but ended up in trees, then in sky. I looked for a plane to chase. But my flight movement was not very good.

I decided that if real time movement was difficult, I’d go astral by accelerating into space, but this did not happen as usual. Accelerating at times like this will usually produce a rollercoaster ride through the sky and astral realms. Its fast and furious and not good for obe exploration, but its more interesting than an obe with poor movement.

Felt aware of my body the whole time; of delicate balance required to maintain OBE state, of mouth and tongue, of slight pain in neck from where it was sagging onto my chest, etc.

I was pulled back to my body, then projected out again with the same symptoms. I observed how ‘relaxing into vibes' increased them, again. The more relaxed I was and more I let go, the stronger the vibes got and the easier the exit.

Bob arrived with rest of group. I came back to body, ‘feeling’ and hearing the group walking past and around me. Heard Bob's voice speaking. Tried to reanimate body. Someone spoke and said 'Robert's out of his body'. My head and neck felt really, really floppy and light, like my neck was broken. I fought to get back into my body but it would not work properly.

Then I became more aware of my body here in my office. I pulled myself together with effort and grabbed for a pen and paper. I 'felt' the memory start to slip and I almost lost it. I got a few key words down, then fleshed it out. Am still groggy while typing this.

Comments:

While in chair out front of school, I felt and believed that I was there at the time. This felt natural. The whole obe exit and experience was based there. So obviously this was in a dream or in astral school with obe sensations coming from my real physical body.

Alternatively, my obe exit sensations were produced by the dream mind. If this is the case, the way the vibrations behaved, reducing as I climbed Rope and increasing as I relaxed and focused on them and observed them, may have been affected by today's discussions of this same thing.

I will repeat this experiment until this is clear one way or another. The reality of this may be that what is done and what works will depend upon the conditions at the time, eg, at what stage of OBE exit persons are in at the time.

In the obe, movement was difficult and awkward. This is not normal for my OBE's, where I usually have more control.

However, if this was totally a pure dream obe copy, when I wanted to sit up to be with Bob and Marina and the group, I should not have had to fight to slowly regain movement, and had weird problems trying to reanimate my body. So, this is probably an obe mixed in with dream/astral realm memory.

Astral school was astral or dream scenario. The sensations I felt probably came from my real body, in which case my astral/dream copy was emulating my physical body position, sitting in a chair, making obe exit. This part is not unusual.

Relaxing into vibrations definitely seemed to help in this experience. I tried climbing Rope a few times, but it reduced vibrations each time. Doing nothing but observing myself definitely increased vibrations and helped with the exit.

Heart center activity in myself was not noticeable. Most primary center activity was felt in my stomach, for some reason. Have not had OBE with that before, not in this way. So it is possible that my activities in
dream astral copy of myself were causing some activity in my silver cord, which is attached to navel area, thus producing the unusual energy sensations there.

This experience, overall, is not entirely consistent with my usual real time or astral OBE’s, so more observations are required.

Here is what I suggest, for when you next get into the vibrational state during OBE exit attempt:

Once vibrations begin, even if light, focus on them with your whole body awareness and just observe them, keeping your body mind clear and relaxed.

No excitement allowed whatsoever!

If vibrations begin to strengthen, keep observing them and wait for the exit to happen. If, however, nothing happens or they get weaker, try climbing Rope, or feel yourself floating out, or reach out like Peg did, or try rolling over as if rolling over in bed, or rolling out of your chair. (These are all OBE exit methods). If vibrations begin to weaken immediately in response to your actions, stop and go back to observing and focusing on your vibrations.

What should be done may need to be verified at the time by experimenting.

One of two things will happen...

1. If you observe the vibrations with whole body awareness, and notice an immediate increase in intensity, continue doing this and nothing else. If nothing happens when you observe the vibrations, try the following.

2. If you use an OBE exit method, vibrations will increase or decrease immediately in response to your actions. If they increase, continue with exit method. If they decrease, stop immediately and go back to observing vibrations.

Results may, as said, be variable. Do what works for you at the time.

If your mind awake + body asleep state is good, you will be able to experiment and continue the experience no problemo.

RB.

ps, when you feel tired in the afternoon is an excellent time to trance and make an OBE exit. The natural tiredness speeds your way into the mind awake + body asleep state. I recommend a sitting or reclining position, though, and not curled up in bed, or you'll most likely just fall asleep.

by Robert Bruce - Monday, September 10 2007, 02:57 AM

An occasional problem with energy work, when you are using dual Enery work actions, like bouncing E balls through both legs simultaneously, is that one Eball will lag behind and be slower than the other. This can be distracting, and reduces Ework efficiency.

This can be caused by blockages, or by differences in Energy flow directions in the legs, and various other things.

The first recommendation to solve this is to use opposing movements. EG, have one Eball start at your left hip, and one Eball start at your right foot, and move them up and down in opposite directions.

This action should be done first for a minute or two, as it will often free up blockages and restore Energy flow and make parallel movements work again.

After this go back to parallel actions, moving Eballs up and down the legs together. If you still have problems, use brute will power to 'force' the Eballs to behave and move together. This can take
considerable mental effort but is doable. Once this forced movement is done, easy parallel movement will usually be restored.

Robert Bruce

by Robert Bruce - Wednesday, August 29 2007, 08:31 AM

G’day!

A recent consciousness download (this came during a radio interview today) has given me some more information concerning the energetic interplay and ‘mechanics’ involved with waking paralysis and low power OBE.

Waking Paralysis (also called sleep paralysis) has two main forms, one with an atmosphere of fear and one without.

The level of perceived dread and fear varies with distance between physical body mind and projected double.

The fear and dread factor discussed below *only* applies where both aspects of a person are conscious at the same time, eg, both physical and projected double. This indicates that the atmosphere of fear and dread that some projectors experience is an aspect of Astral Feedback. See Astral Dynamics for more info on Astral Feedback.

The fear sensation (with no discernable reason or source) is caused by the close proximity of the astral double with its physical counterpart. Both aspects feel this fear and reflect and compound this through the mind split effect connection, creating a version of astral feedback; which can be traumatic.

Paralysis with fear = the close proximity of the projected double with its physical body mind counterpart. This can also occur where projected double is only partly projected, or generated but not projected. When this happens and feelings of dread are intense, its best to break it by moving a single big toe - the best way to break paralysis.

Paralysis without fear = projected double is out and at a distance beyond 20 ft range of reactionary field surrounding physical body mind. In this case, its best to sit back and stay calm and observe the state, enjoying astral sight and hearing and etc, giving the astral double time to return and download its memories.

The paralysed physical body mind includes the generation of the expanded etheric body; what Robert Monroe called the ‘Second Body’. This is capable of some limited movement, although this is difficult, and I do not think this aspect is capable of actually projecting away from its physical body. Such movement is slow and takes a lot of effort, like you are moving through thick mud. Movement is limited to moving within the physical body, eg, turning around in ones skin. Some level of astral sight and hearing is generally present.

The above may be related, probably is, to low power OBE, where the projected double exits and then falls powerless to the floor, bobbing like a balloon, weak and incapable of moving. This is the other side of the equation, of waking paralysis. The sensation of dread and fear will be present if this occurs close to the physical body mind, particularly if the physical body mind is in the awake and paralyzed state.

Both the above can occur simultaneously, as per the mind split effect, although only one memory is usually retained. If the physical body mind and projected double are very close together, the feelings of dread and fear will be particularly strong.

Close proximity of projected double and its physical body mind will generate fear producing energies that will be felt by both aspects, and these will compound and make the sensations stronger.

It is traditionally believed (hermetics) that the exit out of body causes fear due to the keen subconscious fear of death. This may be partly true, but I think more than anything that the energies involved with astral projection are in themselves fear inducing at close range. This explains the different reports on astral projection experiences, in that only some of them report feelings of dread and fear.

Feelings of fear can be projected via the connecting energetic cords that bind physical body mind to astral
projected counterpart, if one of these aspects experiences fear inducing circumstances.

Sensations of fear for no reason could also be generated by the dream mind, if this has a bad dream, as this would reflect into the physical body mind, and also into the projected double.

Robert Bruce

by Robert Bruce - Tuesday, August 7 2007, 06:45 AM

G'day! I wrote this recently to answer some questions posed on You Tube, and thought I'd share them here.

The term 'Direct Energy Work' came to me while writing this. This term is more descriptive than NEW Energy Ways, so I will be including the use of this in future works.

Take care, Robert

Energy Work Questions and Answers

By
Robert Bruce
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The NEW energy ways system is a 'direct energy work system', not a philosophical system. It utilizes localized body awareness movement. This stimulates both the physical body and the energy body very effectively. Imagination is added to energy work actions to impart qualities, like color and shape, intention, and elemental properties.

All energy work systems, including Tai Chi, Chi Kung (Qi Gong), Yoga, etc, and all healing systems, including Reiki, Quantum Touch, etc, utilize body awareness energy work, visualization, and energy movement, whether this is realized or not. The healing methods mentioned include tuning into frequencies of energy that promote healing and spiritual development, including natural sources from the earth and cosmos, as well as causing healing energy to be produced by the energy body.

The NEW energy ways system can be used for energy body exercise and development, spiritual development, psychic development, and for healing and self healing methods. It has allopathic uses, too, including treating viri and disease and damage of all kinds, by stimulating the the body's own natural self repair and self healing systems.

When body awareness actions are employed over a damaged area, that area is energetically stimulated. The body's own self repair systems are also stimulated into greater activity. The result is greatly improved self healing taking place. The differences with the NEW energy ways sytem follow: First, its all in the way I explain and teach the system. This is only possible because I developed it from scratch, I therefore have minimal bias from other systems. This has allowed a voyage of discovery that continues today. Along the way I have discovered many new and practical ways to stimulate and exercise and develop the energy body.

I explain how NEW energy ways works and teach how to connect with parts of the energy body, by localizing body awareness and giving this motion. This is very simply done and results are fast, with most people feeling significant energy body activity and movement within a few minutes.

As for its allopathic aspects, relating to treating colds and viri, and physical damage... The body has intelligence that will, if it can, override anything if it needs something else. So, if you physically or spiritually need to have a cold, nothing will stop this.

An interesting aside here is that most people will come down with a cold during the first week of a vacation. The stress of work and life, it seems, can stop us getting colds when we are busy. But once we relax and have some free time, it catches up with us and gives us whatever we need, even if this is a cold or viri.
While we give the energy body extra power with the NEW Energy Ways system, we need to trust our higher intelligence in these matters, that it will do what is best. We do not know enough about these matters, so in bod we trust...

As for draining energy from another part of the body, by treating say a damaged elbow or a cold, or of damaging meridians by forcing energy through them, this is a complex matter.

First, the NEW energy ways method is a direct whole body energy work and 'energy raising' system. It is not just for stimulating a part of the physical body allopathically. It is used to exercise the energy body, and to increase the natural flow of energy into and through the energy body, and to fill the various energy storage centers in the energy body.

Meridians often develop blockages, from various causes. Some are very easily removed, while some take a lot more work, depending on the cause, eg, trauma, karma, physical injury, lifestyle and diet, etc. The idea is to stimulate and 'exercise' the whole energy body in sections, feet, legs, arms, torso, as well as individual parts and energy centers/chakras, to improve energy flow into and through the energy body.

I don't know if the meridians can be damaged by energy work or not. My system does not employ any methods to specifically force energy through any single meridian. I am not aware of any damaged meridians being caused by the NEW energy ways system. I have a massive amount of ongoing feedback. The energy body is robust and, like the physical body, will heal itself of any damage if nurtured and exercised well.

My Golden Rule applies here and will avoid this, if indeed damage is possible. "If any energy exercise or action causes pain or discomfort, cease all energy work immediately and focus on healthy grounding until such time as you feel completely normal again. Then return to energy work a little more gently."

I hope this answers all your questions.

You can read more about the NEW Energy Ways system in my latest book, 'ENERGY WORK' This is available through all good bookstores. See the following for more info.

http://www.astraldynamics.com/library/?BoardID=122

Or go to my website www.astraldynamics.com

Also note that the NEW Energy Ways system is taught through my new venture, The Hall of Learning, which is our online mystery school.

http://www.astraldynamics.com/workshops/index.asp?BoardID=120

Take care, Robert Bruce

by Robert Bruce - Tuesday, August 7 2007, 06:41 AM

G'day!

The following is my response to Rawn Clark's comments on the OBE methods I teach.

I have a lot of respect for Hermetics, and for Rawn Clark, but disagree on some of Rawn's points concerning my work and the OBE astral projection methods I teach.
I do not think Rawn has read my work on OBE, based on the posts quoted below, although I did send Rawn a copy of Astral Dynamics a few years ago.

First, let me make it clear that I do not advise anyone to jump ahead or to skip any of the steps given in Bardon's training system ‘Initiation Into Hermetics’. The ultimate purpose of completing Bardon's training system will be circumvented if the steps are not completed in order. I offer similar advice to people following my system for OBE, in that jumping ahead to the OBE exit methods without the information and instruction that comes earlier is unwise, and will often cause problems and push the target of awake OBE further away.

One big point here, I think, is the effectiveness of Bardon's astral projection technique. As a stand alone OBE technique it is vague and will not be effective unless steps 1 through 8 of IIH have been accomplished first. So this disagreement on methods is a bit of a moot point really.

The underlying principles of the astral projection methods I teach are similar to those of Franz Bardon, and the end result is the same for basic OBE, basic astral projection. Some of Bardon's methods can be said to be designed for more refined versions of OBE, but the basic underlying natural mechanisms at work are the same.

The actual phenomena, astral projection, has many variations, depending upon energy body chakra configuration and activity, but all OBE's involve the same basic phenomena. The terminology and concepts surrounding astral and mental projection differ between Franz Bardon's work and my own, and many other authors and teachers for that matter, but the underlying mechanisms and phenomena are all the same.

Most people begin astral projecting spontaneously, often quite early in life. This is a natural phenomena. But most people lose the memory of this type of experience for various reasons - this is discussed in my books and articles dealing with these subjects at length.

Countless observations and experience tell me that everyone projects every time they sleep. Domesticated animals also project, I have frequently observed, eg, cats and dogs. I have not had the opportunity to observe farm or wild animals projecting, but this is possible.

Full astral projection does cause a sensation of fear during the exit. On this aspect I agree with Rawn. I experience this and many people I work with feel some degree of fear during and after the exit out of body. This may be, as Rawn states, to some extent due to natural fear of death triggered by separating from the physical body mind.

This sensation of fear is also caused by the energies and the mechanism involved with astral projection. For example, when an astral projection is in progress, and the astral double is near its physical body mind, the physical body mind will experience feelings of fear and dread, often sensed as coming from a particular direction. The physical body will be fully or partially paralysed at this time, eg, what I call 'waking paralysis' and what others call 'sleep paralysis'.

This shows the mind split effect at work, in that two awake copies of mind exist simultaneously during astral projection. This is of course only noticeable when the physical body mind awakens during an astral projection, while this is in progress.

I have experimented with the mind split effect during astral projection and it the physical body mind is awake and I connect with this, strong feelings of fear and a type of energy feedback are sensed by both the astral body and the physical body mind.

(I have extensive chapters on OBE related fear, and the mind split effect, in my book, Astral Dynamics, and others).

I understand where Rawn is coming from with his cautions, and I hope we can agree to differ over this. However, I do not believe that the act of having a normal OBE is dangerous in the way suggested. Bardon's method in step 9 is to exteriorise body awareness and so trigger an OBE exit. This is similar to the method I call 'Point Shift'. This is not dangerous, but if you are following Bardon's system then I suggest you heed the warnings given in his book and 'stick with the program'.

Rawn says that if you do not complete Bardon's steps 1 through 8 first, you are risking your life by using Bardon's projection methods out of order. While I agree that Steps 1 through 8 should not be skipped if you are following Bardon's system, I do not believe that the actual OBE exit method is dangerous. This goes against a lifetime of experience with OBE, and decades spent exploring and teaching OBE, which tells...
me that OBE is a natural part of life that everyone does without realizing whenever they sleep.

There is more to OBE than meets the eye, much more than what is known today, and it has many levels and complexities. A great deal more exploration of OBE is needed before we could say we 'know' this phenomena well.

OBE is natural and everyone does this every time they sleep. This is seldom remembered, but many do remember some experiences. Spontaneous remembered OBE is common. I've been having these since I was 4 years old. I know many people with a similar history.

Bardon's work is excellent and I recommend his system for spiritual and magical training. However, completing Bardon’s training steps in IIH (Initiation Into Hermetics) is a lifetimes work for most. This is hermetic development, mental and spiritual and psychic development, for the practice of hermetics and ritual magic. Many people struggle for many years to complete step 4, and step 9 is beyond the reach of the majority.

I see several general misconceptions after reading Rawn's critique of my work.

Rawn states that my methods generate an artificial, unnatural astral body, the astral double, and that consciousness is then projected into this artificial body.

This is *not* the case at all. This criticism comes, I think, from a misunderstanding of the terminology I use, and a lack of understanding of the mind split effect. The methods I teach are based on stimulating the same natural OBE mechanism that Bardon’s teachings employ. This is also the same OBE mechanism employed by Robert Monroe, and other teachers of OBE.

The exception here is probably the Golden Dawn’s ‘Body of Light’ method, which sounds more like what Rawn is talking about here, where as I understand that method, an exterior body is created and developed over time, a kind of thought form body, and then consciousness is shifted into this when OBE is desired. This is totally different from the methods I teach.

Again, there is only one natural OBE mechanism and all teachers and projectors utilize this, regardless of whether they realize this or not. There are various ways to go about this, but by large all OBE exit methods involve exteriorizing body awareness, the center of consciousness, in some way in othere, to trigger the natural projection mechanism.

Bardon’s work is excellent, but he did not appear to understand the Mind Split Effect. I discovered and studied the mind split effect, and after this it became obvious, if you study the enormous amount of data available on experiences of duality during OBE, that the physical body mind is never left completely empty. All OBE methods project a copy of consciousness exterior to the physical body, including Bardon’s methods. So whether the mental and or astral bodies are projected out, the original copy of mind and memory always remain within the physical body mind.

If the physical body mind is actually left empty when Bardon’s methods are used, this should be scientifically provable if a person using this method were hooked up to brainwave monitors. According to the ‘empty body’ theory, such a person would flatline, and there would be no consciousness and hence no dream activity, etc; nothing beyond autonomous nervous system activity, etc. No tests like this have ever been done that I am aware of, so we must rely on experiential and anecdotal evidence until that time comes.

In Bardon’s time, and up until I discovered and published my work on the mind split effect, it was widely believed that astral projection involved the separation of the animating consciousness or soul of a person, leaving behind an empty shell or husk. Some went as far to call this 'soul travel'. My work shows this assumption to be understandable but inaccurate. In this respect, Bardon’s work was well in line with popular magical and spiritual thought of that time, including the ‘empty body’ assumption.

I do not believe that Bardon’s methods actually cause the animating consciousness or soul to leave the physical body and mind, leaving behind an empty shell. This goes against a lifetime of experience studying OBE. It takes a bit of a mind flip to wrap your head around the mind split effect and all it implies with regards to OBE, but it is supportable with a large amount of experiential and anecdotal evidence, and even modern scientific evidence for that matter, as per the below.

Michael Persinenger’s work of inducing spiritual experiences, like a sensed presence and OBE and feelings of fear (sound familiar?), when parts of the brain are exposed to certain frequencies of EM fields. This method appears to induce a type of OBE (astral projection) in an awake but relaxed person, often causing feelings of fear and of a sensed presence. If you compare this to the mind split effect as I have laid it out
in my works, this 'artificially induced' OBE type experience begins to make sense. We are all dealing with the same mechanism and phenomena, I posit.

http://www.geocities.com/satanicus_2/GodHelmet.html

I think it is the close proximity of the projected double that causes a natural fear reaction in the physical body mind. Your own projected double will cause this, if it approaches too closely to your physical body mind, if you are awake when this happens.

The projected double of another person can also cause the fear reaction, as will a spirit - the 'someone walked over my grave' feeling. So, it is theoretically possible that the energies involved with OBE are what cause the fear reaction, and not the fear of death per se.

So little is known about OBE that, as far as I am concerned, everything is open for debate. This is a very scientifically healthy approach. Dogma will get us absolutely nowhere.

The energy work I teach, body awareness energy work, is simply a new and more effective approach to stimulating the energy body. This knowledge was also not available during Bardon's time. I discovered and developed these concepts and methods, and how to use body awareness as an OBE projection method.

However, all energy work methods are similar in that they all stimulate the energy body in some way. Qi Gong, Tai Chi, Yoga, and Bardon's methods, etc, all stimulate the energy body in various ways. Without realizing it, body awareness is used by all of these traditions. Bardon's pore breathing, for example, uses a combination of body awareness and imagination to stimulate the energy body and to absorb energy.

All I have done is to describe the underlying principles better (using focused body awareness and imagination to stimulate the energy body), and to teach more effective methods to achieve this. This also applies to my work on OBE and other areas.

Once my energy work concepts and methods are understood, the basics of which can be learned in a few minutes, energy work of any type becomes a lot easier and more effective, including all of Bardon's methods.

Nothing I have written here or in my books was or is intended to criticize or decry any tradition, system, or persons, I have mentioned here.

The energy body stimulated with NEW body awareness work is the same energy body employed by all these other systems. The energy body does not change. It is the same for everyone, like the anatomy of the physical body.

One main cause of misunderstanding relating to my work is simple dogma. Many people adhere so strongly to the work and methods of a teacher, that the teacher's words become fact, the law, and anything beyond those words, or that appear to disagree, are deemed wrong. This is a part of a serious problem in our world today, particularly in the fields of the spiritual and metaphysical and magical, because if one respected teacher makes an error, this will be used as source material by those who come later, by writers and teachers that follow the original words of earlier teachers. In this way, error is propagated.

Science offers a better way, in the true meanings of 'scientific method' and 'research' where data is continually checked and rechecked for error. This is absolutely necessary. There is also 'experiential and anecdotal evidence' to consider, in such things as energy work and OBE that are not easily measurable by modern scientific means. However, what is phenomena today will be science tomorrow, including OBE and energy work.

We need to learn from all of the earlier great thinkers and teachers, but we must not follow their words dogmatically. As said, everything is open for debate and testing and retesting.

Robert Bruce - 2007 www.astraldynamics.com

Rawn Clark's original critique follows:

Bardon's Step Nine "Astral Wandering" Vs. Robert Bruce's "Astral Projection": A Word of Warning
© 2002
WARNING: Robert's "astral projection" is *not* the same thing as Bardon's Step Nine astral wandering. If you attempt Bardon's techniques for real, under the assumption that they are the same techniques, you *will* risk damage to yourself.

If you want to perform Robert's technique then definitely use Robert's excellent book, "Astral Dynamics". BUT, if you want to pursue Bardon's technique *without hurting yourself*, you *will* need to do the work of Steps One through Eight *first*.

>> Could you please elaborate a little bit more on this please? I don't understand why it would be dangerous.

> To the best of my knowledge, the prerequisite to attaining a solid or objective proficiency at mental wandering requires a lot of practice of gradual movement and observation of the immediate surroundings, and confirmation, before doing any serious "work", right?

> Anyway, when I was projecting, using Robert Bruce's techniques, the most striking feature of these OBEs would be the lack of sustained objective perception. In other words, when I project into my bedroom (and I've already described the sensations which you told was my true astral form), The reason why I mention this was that Bardon stated quite clearly that practice was necessary to stabilise mental wanderings, and also implied the experience was rather "dull" (in the sense of perception being filtered) compared to a true astral wandering (perhaps a more pure, unfiltered perception relative to mental wandering?)

"Where do we go from here"

by Robert Bruce

Many of you have taken your first steps into the greater reality and are wondering what to do next, and in what direction you might find the next steps in your journey through life. This letter may help you to find some direction.

Everything you have done during PAPI has been directed at learning the skills necessary to achieve a conscious OBE. As you have discovered, this is not an easy thing to do, but it is achievable. It requires time and practice to achieve the delicately balance of being required. And this practice makes a difference as, regardless of current goals, it is a necessary part of spiritual development.

It does not matter whether you succeeded at having an OBE or not. What does matter is that you have begun your journey within, and have chosen some kind of direction. You cannot take a wrong direction; you could not it you tried. Choose one and follow your heart, your emotional guidance system, and you will be guided from within onto your true life path.

What everyone has done here is to begin a journey into self, a journey into self discovery and self knowledge. This is the mystic's path, the journey towards and into the light. Like salmon returning thousands of miles to ancient spawning grounds, we are all on the same journey.

There is no other destination. Everything else is illusion.

Where do you go from here? It does not matter which way you go or how you go about this. What does matter is that you continue the practice of going within. Continue your practices of deep physical relaxation, of quietening your mind, and exercising your energy body. Take the time to go within and listen quietly. Everything else will fall into place.

You will manifest many distractions to turn you from this path. At times it will seem impossible to find a single hour of free time in which to do your spiritual practice. Be patient with yourself and with life. Just do your best to create the time for practice and try not to miss a day.

By doing a regular spiritual practice, by going within, you approach the divine within you and make yourself available. The divine will respond. It may not respond in the way or in the timing that you would choose consciously, but it will always respond in the best possible way. This is the way of the soul, the way of awakening the divine within your self, within you.
The majority of human beings are often likened to sleepers, or sleep walkers. What is meant by this is not intended as an insult. It means that they are not yet spiritually conscious. They are, by large, so blinded by the illusion of life that they are firmly ensnared within its folds, so they mistake this for reality. Its a bit like the movie, The Matrix, in that it is only when one is unplugged that one sees the truth of the greater reality.

Only through the search for truth, and through the regular practice of going within, through prayer and meditation and contemplation and self examination, can sleepers awaken. There is no need to shout this from the roof tops, to convince people of the greater reality and of the divine. Life has its ways of awakening sleepers when the time is right.

The illusion of material life and its 10,000 distractions is a necessary part of the evolution of the spirit and soul, just like it is necessary for a butterfly to spend time being a caterpillar.

Normal reality is generated by the greater reality. As above, so below, is absolute truth.

Go within. Look at yourself honestly. Have courage. Accept your life as it is and own every moment and experience it has brought you. Do not blame anyone or any thing for your troubles and woes, most especially do not blame yourself. Accept your life and your life conditions exactly as they are now. Own this! All of this is the truth. All of this a part of who you are. All of this is a part of the raw material that is you. This is the raw material of your soul, which which you will one day sculpt the ultimate masterpiece that is your true spiritual heritage.

Never give up. Be gentle with yourself.

Robert Bruce

"Levels of consciousness and relaxation for OBE"

by Robert Bruce

There are many levels of astral projection possible. It is possible to have an OBE from many different levels of consciousness and awakness. OBE occurs (sleep projection) every time you fall asleep, even if you only sleep lightly. However, deliberatly inducing an OBE is not as easy as it might sound.

OBE can even occur while you are standing, if you have not slept for a few days - I've done this. An example of this... a few months ago I had an upper wisdom tooth removed. Afterwards it ached so badly that I could barely sleep, and kept waking every five minutes or so. After two days of such poor sleep I got very tired and when I went to bed, I had dozens of OBE's a night. I was never deeply asleep, as I was waking up every few minutes or so. So my level of trance, of altered state, would be fairly light. However, I was very deeply physically relaxed, due to my level of tiredness. So I was popping in and out of my body all night.

However, also consider that I have thirty years of training and experience using altered states behind me. This is a significant factor in the above experience, in that I am able to stay conscious in any altered state of consciousness level.

Light altered state OBE exits are generally spontaneous. This means that you fall lightly asleep (taking your awake mind out of the picture and creating the conditions for natural sleep projection) and then become aware again during or after the exit out of body.

Light altered state level OBE's can happen in a moment. You lose consciousness for a second and then become aware during an OBE exit or just after the exit.

However, to learn how to induce an awake OBE, it is necessary to learn how to induce to achieve the deeper levels of altered states and relaxation that we teach here in PAPI. Training in only the light states is not effective for this purpose.

I think the ability to stay conscious in a deep altered state not only causes energetic and spiritual development, but also helps overcome a huge problem with OBE, and that is to get your awake mind out
of the way as much as possible. If you try to exit your body during a lightly relaxed altered state, your mind will be too 'present'. And it is the presence of awake consciousness during the exit out of body that makes it so difficult to achieve.

There is a certain type of 'tension' often experienced during OBE exit attempts. This is an indication of how the presence of an awake mind will interfere with an OBE exit. This is like a nervous tension that affects the mind and body. It is the tension caused mainly by the generation and close proximity of the projectable or projected double, re the mind split effect.

I occasionally come across people who are naturally good at OBE. With minimal instruction, they relax for a few minutes and 'boom' they are out of body. This is easy for them. They can't understand what all the fuss is about, or why all the training is necessary. Many people make the mistake of trying to copy people like this, thinking it must be the technique they use that is special. However, it's not the technique, it's the person. Such people have an unusual energy body configuration that makes OBE very easy to do. This is like how some people are gifted at mental math or art, and others are not.

For all we have learned and done to date, we simply do not know enough about all the variations and factors involved with the OBE process. What we do know is that the training methods we use here in PAPI are the most reliable way to achieve OBE, for the vast majority of people. This does not include 'gifted' people with strong natural ability in this area, who need little training to achieve an OBE exit.

The bottom line here is that your training in achieving deep altered states and levels of physical and mental relaxation, using the Journeys Out of The Body CD's, will train you to be able to achieve and 'stay conscious' during out of body experiences.

As you will have realized, training for OBE is not a perfect science. This is mainly due to the massive number of variables involved. Everyone is different and there are few common factors when it comes to this type of work. What works for one person may not work for another. This is why we have technique variations and always advice students to experiment, to find what works best for that student. Because what works, works.

Take care, Robert

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**by Robert Bruce - Wednesday, June 20 2007, 03:34 PM**

Wake Induced Lucid Dreams

Technique and experience

by

Robert Bruce

A WILD is a Wake Induce Lucid Dream. This is one of the most powerful OBE type states possible. A wild is induced from the full awake state, like an OBE exit. There is also no break in consciousness, like with a good OBE exit and reentry.

WILD's are also far less threatening experiences than OBE, as different energies are involved. A wild is no more threatening than a visit to your local mall.

Read Chapter 23 of Astral Dynamics, Lucid Dream Backup, for more on WILD and LD.

*Here are the instructions.

First, achieve a deeply relaxed state using the same procedures you would for an OBE exit. Then use the WILD induction technique instead of an OBE exit technique. Or, first try for an OBE exit, and if this fails then go straight into a WILD exit.

The mind bridge method would also be excellent for inducing a WILD. This would probably be the perfect time. First, listen to Condition D CD, then take off your headphones and use the WILD induction technique.
WILD INDUCTION:

Pick a shopping mall that you know well. Imagine a scene from this as strongly and with as much detail as you can, including the name of a store or mall area, etc.

Allow yourself to slide towards sleep. While you do this, imagine you are in the mall standing out the front of a store. In your mind, call out the name of the store repeatedly, every couple of seconds. Stay relaxed and allow yourself to slide towards sleep. Hold the image of being there and keep saying its name in your mind as you allow yourself to drift off to sleep.

When this works, you will feel a very slight falling sensation for a second, like you have missed half a step while walking, and you will find yourself in the mall.

This is so real that unless you enter from the awake state, you would not be able to tell it from reality. You will have normal gravity, and normal senses of touch, sight, sound, taste, etc. Chocolate will taste like chocolate. Flowers will smell real. Everything is super real.

But, you 'know' you are dreaming, and that this is a powerful lucid dream state. You can do anything you want here. You can have fun, and or explore.

You will be vaguely aware of your physical body. A vague tension. This is a bit like the tension you get between your projected double and physical body mind, but lesser. A wild is easier to maintain for longer than an OBE, but you still have to stay focused and calm. Too much emotion will end the experience.

Memory recall is generally better in a WILD than an OBE. However, its still a very good idea to write down key words when you can, when you finish going in and out of a WILD.

A big difference between WILD and OBE is that when you get into a WILD and then fall out of it, it is easy to repeat fairly quickly. Just repeat the WILD induction, using the mall scenario and name of shop ("K Mart, K Mart, K Mart, etc") and you'll slip right back into it.

Any changes you make in the mall will be reversed when you reenter the WILD. For example, if you smash a shelf full of china, it will be back on the shelf undamaged when you return.

To go to a different location, imagine a different location. The mall works best and I urge you to stick to this till you have more experience with WILDS. The 'market place' is powerful in the collective consciousness, and this seems to help.

It is probably easier to meet higher spirit beings, and to see into the future or past, in a WILD than in an OBE.

WILD's are populated with people, but they are not really people. They are very but 1-Dimensional characters, focused only on their immediate tasks at hand, eg, if you talk to a sales person selling candy, all they will talk about is candy - a car sales person will only talk about how wonderful the cars are, etc.

Advanced spirit beings and masters are often not what they seem to be. Sometimes they will be there in the guise of a hobo, or a cat or dog. If you notice anyone watching you, even a cat, this is possibly an advanced spirit being. Then it is wise to approach and introduce yourself with great respect.

To see into the future or past, find an elevator. Form an intention that you will go to the top floor and there you will see something from your future. To see into the past, form the intention and pick a floor number, eg, I will go to floor 7 and see the battle of Waterloo'. Find an elevator, form the intention, enter and press the button. When you arrive at your floor, leave the elevator and you should see what you need to see.

The future seems easier to see.

I did this for the first time many years ago. I wrote about this in Astral Dynamics, in the Lucid Dream Backup chapter, 23. This experience happened about 1990. I only recently discovered what I saw back then, at The Monroe Institute, in Faber Virginia, after my recent workshop there.

In the 1990 experience, I went to the top floor in an elevator, with the intention of seeing into the future. I arrived at the top of a glass windowed lookout. I looked down and saw a building under construction. This was dome shaped with lots of glass. Workmen and building materials were everywhere. I realized intuitively that this was my future research institute.
The lookout tower at TMI is the same lookout. When I first went into the lookout a few weeks ago, I felt an energy shift inside me and had a realization. The physical institute I saw under construction in the WILD was not there in real life, of course, and it never will be. This is metaphorical, a date stamp, an indicator, a sign post, that when I enter that lookout the research institute will be under construction.

The realization I had confirmed at the TMI lookout is that I do not need a physical institute. We have already started building on on the Internet, with Bob and Marina Felix. "The Hall of Learning" And you are our first guests.

I love how life works - its such a trip!

Robert

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**by Robert Bruce - Monday, June 18 2007, 09:07 PM**

"The wisdom of learning a simple banishment method"

Go here for a graphic demonstration

http://www.salutarydesign.com/banishment.htm

Thanks to Buffie for the graphic!

Most people don't even like to think about the possibility of running into anything negative, during an OBE or otherwise. But things can happen and when they do its wise to know what to do, just in case. Look upon this as first aid. You don't expect to have to do CPR but its good to know, just in case.

Examples of how something can happen, where this would come in handy, follow....

1. You are in an astral realm, standing with a group of people you don't know in a cafe like setting. You get a strange feeling from one of the group and sense he/she is draining your energy or attacking you in some way. You feel partially paralyzed, like your feet are stuck in thick mud. You don't know what's happening or what to do about it. Because of this, what was initially a mild annoyance grows into anxiety and the beginnings of fear.

2. You are having a real time OBE at night, flying around and generally enjoying yourself. You see something moving and investigate. You find its a shapeless dark blob, with a vaguely humanoid face, or maybe a weird looking insect or animal type thing. It looks at you or starts following you. You don't know what it is and feel a creepy energy. This soon grows into anxiety and the beginnings of fear.

Most projectors in such situations don't know what to do. They usually resort to prayer or begging higher beings or forces or etc for help, even if they don't actually believe in these things.

A banishment is way more effective, and calls directly on the same higher forces as prayers for help. It can also be looked upon as erecting a lightening rod to attract a bolt of lightening, which is probably a more accurate description.

In the above examples, the anxiety that is initially felt is also felt by the projectors physical body minds. The physical body minds (meditating in altered state) suddenly feel anxiety and fear for no apparent reason.

(An OBE is in progress here, re the mind split effect, but the physical body mind is not aware of this). The anxiety/fear felt by the physical body mind reflects back to its projected double.

Anxiety and fear compound between projector and physical body mind. In a very short time, what was mild anxiety becomes mind numbing dread and terror, felt by both parts of the equation, projected double and physical body mind.

Most OBE fear related problems are self created or self generated through misunderstanding. Very simple non threatening situations escalate into what appear to be dangerous or even life threatening situations.

Two things can be done to deal with the above two examples.
1. Leave the area immediately and put the creepy situation or feeling out of your mind and focus on enjoying your projection.

2. Do a banishment, and then leave if still necessary.

Here's how its done:

For the best result, direct a banishment pentagram at the source of annoyance.

A banishment pentagram must be signed with the fingers of the right hand, starting and finishing at the LEFT hip, as shown in the graphic. Electric blue fire/light should be seen projecting from the fingers and hanging in the air - an electric blue pentagram forming and then hanging in the air. You'll see this in the astral. Imagine this, if doing this in your physical body.

The words should be spoken aloud, whether in the physical body or in the astral body. The words should be 'vibrated' from the back of the throat (physical body or astral body). This activates the throat chakra, which projects the voice and intention on the astral level.

If the above is done with the mind alone, silently with imagination, its effectiveness is greatly reduced - 90% less effective.

A banishment is much more powerful if done during an OBE.

A banishment can be repeated as necessary.

Do not start and finish a banishment pentagram from any other point than the LEFT hip, as this totally changes its effect and meaning. It will only work as a banishment for negative forces if started and finished from the LEFT hip.

A projector is a very powerful being. You do 'not' have to tolerate being messed with by anything. But most projectors don't know this.

As said, learning the above is like learning first aid, CPR, or how to treat a snake bite. You do not expect to get bitten by a snake in real life, or to encounter anyone who is bitten, but knowing what to do 'just in case' is wise. The same principle applies here.

There are other magical systems, other religious symbols and other words, other godnames, deity names, and banishment methods, etc, that are also effective. If you know one already and 'believe' in it, feel free to use it. However, the above is very simple and proven to be effective, and is also good to know. This has saved my proverbial bacon many times.

Robert Bruce

Graphic = http://www.salutarydesign.com/banishment.htm

by Robert Bruce - Saturday, June 16 2007, 07:39 PM

Many times I stand before the beliefs of others. I am respectful and stare unblinking into something unfathomable to me.

The truth is hugely variable. There is only relative truth. Life/God/The Source is all things to all people. What is true to you is your truth. If you believe in a theistic deity like a giant bunny, this you will find 'The big bunny has spoken'. If you believe in something else, this, too, you will find.

If there is a single truth it would read like something from a physics manual, or should I say a metaphysics manual stating laws of creative reality, of thought and form.

It is important to know where I come from and where I stand on the matter of spiritual and metaphysical truth when you ask me questions on these matters. I filter everything through personal experience, using logic and reason wherever possible to fill in the gaps.
All great teachers say the same thing, in essence, in that the greater reality is best approached through your own personal experience.

Read my 'catch basket concept' and 'popular model conundrum' for my thoughts and experience on matters relating to these thoughts... at

http://www.astraldynamics.com/tutorials/?BoardID=4

Scientific method is a good way to approach the greater reality, basing your progress according to repeatable personal experience, logic and reason.

Assumptions and hearsay can be fatal, of course, fatal to the truth that is.

Many people are asked by popular belief systems to believe what they are told without question, and to have faith that this is the absolute truth.

It is important to listen to wisdom and to learn all we can from those who have gone before us. But this does not in any way mean to have blind faith in anything outside personal experience.

Physical reality was created to train the faithful.

The big bunny rewards the faithful.

The big bunny has spoken!

Take care, Robert

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by Robert Bruce - Saturday, June 16 2007, 07:17 PM

Once you get out of body.... where do you go from there?

What you will find in the astral during OBE is hugely variable, and determined by a number of factors.

A basic list of factors that affects obe's:

- your expectations
- your intentions
- your energy body configuration
- your natural level of consciousness
- your stimulated level of consciousness at the time
- your projection level at the time, real time, astral, etc
- your foundation beliefs
- your open mindedness
- your strength of connection with your higher aspects
- your existing connections with spirit beings

Exploring the astral can be likened to exploring the world. Imagine you had a super fast helicopter and that you went out into the world and explored by the seat of your pants, with no maps, stopping here and there asking directions. This is a bit like what you can expect, particularly in the early days.

My best advice is to take each OBE as it comes. Having some kind of plan is a great help. Create a 'to do list' and do your best to tick off the items as you progress.

As for meeting your spirit guides and advanced beings, this is also hugely variable, and also affected by the list above.

Some people appear to have spirit guides, and some don't. I know this is supposed to be a given, but in my experience I find that this is not a given. I have encountered and interacted with a lot of spirit beings, including angels and masters, but I have never encountered any spirit being that fits the bill as being my personal spirit guide(s). Sure, I've met spirit beings that have given me advice from time to time, but
have no regular contact with any. I have a closer relationship with my higher self, my permanent astral
double (Astral Bob), and my future self (Old Bob), than I do with any particular spirit personality or being.

I know this sounds a bit confusing and it can be at times. Interacting with multiple aspects of yourself
takes a bit of a mind flip, but its a part of life in the greater reality.

However, if you believe you have spirit guides and that you will meet them in the astral, this will probably
happen, as per the list given above. Your beliefs and expectations will have a powerful affect on OBE's.

I am of the mind to approach such things with as minimal a bias as I possibly can. This opens me up to a
more objective greater reality than would otherwise be possible.

All advanced beings will offer advice if asked. This is occasionally direct, but more usually cryptic.
Advanced spirit beings, angels and masters, follow a kind of non interference policy when dealing with
mortals. This is wisdom and has a lot to do with the nature of life and the purpose of life itself... which is
to explore and discover life for yourself.

Have you ever played a computer game? You play a game and learn to enjoy it. You get killed a lot and
get lost all the time, and continually restore saved games. Something drives you on, no matter how
impossible it seems to win the game. Then one day, someone gives you a 'cheat' sheet or walkthrough of
the game. You follow this and in a very short time you finish the game. Then its over. No more challenge,
no more interest. Its now boring. This is kind of what its like.

Now, if a spirit master gave you a 'cheat sheet' or 'walkthrough' of your life, would you read it? A lot of
people would jump at this chance to know the future and how the get the max points out of life. But life
would immediately become boring and pointless. What is missing is the unknown and unexpected, and the
challenge of having to work it all out for yourself by doing. Spirit masters know this and so therefore don't
hand out cheat sheets. Instead they offer tiny bits of cryptic information, clues, to help you on your way.

After you get out of body and get your sea legs and learn how to move around, to walk and fly etc, if you
can't think of anything to do, call out the following command 'Take me to ??????' naming a place or
person of your choice.

What happens next may surprise you. A force like a giant hand will grip you and start moving you. This
force is your higher self, which is a godlike aspect of your being. Stay focused on your target and restate
the command as needed, and you will soon arrive at your target destination.

If you pay attention to anything along the way, say a tree, you will be dropped there. Restate your
command and the force will grip you again and continue the trip. Repeat as needed. This is a kindly,
patient force.

This 'presence', this 'force', is most noticeable in the astral real time zone. This force is around you
continually in normal life, but is not as perceivable. This is your higher aspect, the godlike part of your
being, of the great nest of being that you are.

The more you 'realize' this aspect of your self, the stronger it becomes and the closer and more
perceptable it becomes in real life. To perceive this aspect more closely, it is necessary to do the inner
work on your beliefs. See the following link

http://www.astralodynamics.com/tutorials/?BoardID=4

Read my 'catch basket concept' and 'popular model conundrum' for my thoughts and experience on
matters relating to these thoughts...

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metaphysics manual stating laws of creative reality, of thought and form.

Take care, Robert
Taking a Nap Jump Start:

By

Robert Bruce

Many people in our modern world have a profound sleep deficit. This can make it difficult to remain conscious during an altered state session, say while using JOOB CD’s in the PAPI course. One way to work around this problem is to start your session with a sitting nap. You ‘must’ be in a sitting position for this to work reliably, preferably with no head support. If you do this in bed, you will likely fall asleep for hours, or for the night.

Put on your headphones and begin the CD session. Shift your hips forward slightly and let your head sag forward onto your chest, or maintain a balanced head position. Then allow yourself to fall asleep. Given your position, you will only sleep for a short time, say thirty minutes, maybe for only a few minutes at a time.

There will come a point when you regain consciousness and will find you are mentally refreshed, enough so you don’t need to drift off to sleep again. Hold onto your relaxed state and move in a slow and dreamy way. Do not open your eyes – slit them if you need to see. Slowly straighten your body and balance your head and neck. Slowly stretch out any kinks to improve comfort. Settle yourself, holding onto your relaxed state. Press the start button on your CD player. Continue the session as normal. This time you will find it easier to stay conscious, and everything will work better.

During the nap phase of this, you will partially awaken many times, possibly hundreds of times. This is a good thing. Every time you awaken, you have the chance of capturing a brief OBE or Lucid Dream memory download. If this happens, grab your pen (pad and pen should always be within easy reach) or speak into your voice activated recorder. Record a few key words to lock the experience into memory. Try not to arouse yourself too much if you do this, so you can continue with the CD session in a deeply relaxed state.

Robert Bruce

by Robert Bruce - Thursday, June 7 2007, 02:09 AM

Long Session Energy Work Practice:

By

Robert Bruce

Long session energy work in a relaxed state can help activate sluggish areas, and produce better whole body energy flow. Put by a few hours when you will not be disturbed. Relax and do awareness belly breathing to settle yourself. Use one of the Journeys out of body CD’s to help – whichever one you are currently working with – experiment to find which one helps most.

Pre-stimulate. Focus on your feet and think about your intention = to heavily stimulate them to a higher level of activity. Stating this intention in your mind at the start is important.

Begin heavy bouncing your feet and continue for ten minutes or more. Then heavy bounce your legs for same. Then repeat with hands and arms. Return to feet and continue regular strength bouncing there for thirty minutes or more, with occasional bursts of heavy bouncing.

(The feet are incredibly important to whole body energy flow, including primary energy center activity. Spend a few hours sitting quietly in low light doing nothing but relaxing and bouncing your feet and you will discover why.)

Next, move on to the spinal bounce, central channel bounce, for ten minutes each. Start these with a heavy bounce for a couple of minutes, and then reduce to standard bounce strength. Then move on to a whole body bounce. Begin with heavy bouncing for a few minutes, then reduce to regular strength
bouncing. Continue for thirty minutes or more. Occasionally return to heavy full body bouncing for a couple of minutes, then go back to regular bouncing.

Experiment with the timing and frequency of heavy and regular bouncing. Find what works best for you.

When you begin to feel good whole body sensations with regular bouncing, stick to this as nothing further is necessary.

If you need to move for comfort during lengthy exercise, do so in a relaxed and dreamy way. Have a water bottle handy. If you need a comfort break, your relaxed state can be maintained by slitting your eyes, moving slowly, and by keeping silent. Take your time over this. Stay relaxed and let yourself really settle into this practice.

After an hour-and-a-half to two-hours of any deeply relaxed, conscious, long meditative altered state practice, you will experience a subtle but profound change in consciousness and energy body activity. This change relates to how the activity of your mind and your level of sleep consciousness would change after a similar time spent asleep. If everything goes well, you will find yourself in a profound mind-awake + body-asleep state. Your energy body will become much more active in this state. The length of time spent stimulating your feet during this session significantly increases whole body energy activity, including primary center activity.

Golden Rule of Energy Work: If any activity causes overly strong or uncomfortable sensations, stop immediately and take a break from energy work until you feel completely normal again. Then go back to energy work and continue a little more gently on the areas that caused the problem.

Robert Bruce

Tips for Jump Starting The Energy Body

by Robert Bruce - Thursday, June 7 2007, 02:06 AM

If you are feeling at least some sensations of energy moving through your body, this is all that is needed for normal levels of energy work, and for OBE exit work. Strong energy movement sensations will always reduce in time, as the energy body becomes used to energy work and the greater flow of energy. It is 'resistance' to energy movement that causes the stronger sensations.

There are ways to jump start the energy body. These involve heavier and more intense energy ball movements for longer periods of time than usually performed. Energy balls are being introduced in PAPI and you will be working a lot more with them in the coming sessions.

The state of your energy body has a relationship with the state of your physical body. Getting some light regular exercise, taking some nice long walks each day, can help stimulate energy flow and sensitivity. Skin likes air and energy will move most strongly over clean, bare skin, or skin covered by loose clothing made of cotton. Synthetic cloth interferes with energy movement. Pay particular attention to your feet and remove any calluses with pumice stone or similar.

Poor physical health will not stop you from doing energy work effectively, but can reduce energy movement and the sensations this causes. Whatever energy movement sensations you are now feeling, consider this a good starting point and something to build upon.

Things that help stimulate the energy body:

Anything that is good for your health is good for the energy body, and vise versa
Sound and music
Emotions
Podiatry and whole body massage
Acupuncture and reflexology
A healthy diet, preferably containing lots of fresh organic produce
Regular exercise – go for a long walk each day
Vitamin supplements (see a naturopath or similar)
Catching up on sleep
Cleanliness and body care – feet, nails, skin care, etc
Taking a shower and scrubbing your whole body with a soft brush, finishing with a fairly cool to cold shower, will help improve energy flow. Use good quality soap.

Heavy energy work methods can be used to jump start the energy body. Heavy energy bounce actions work better if the body or body part being worked upon is reasonably straight. There is a slight resistance and loss of sensation intensity caused by bouncing heavy, rapid body awareness actions through bent joints. You will find it easier to use heavy bounce actions through straight body parts. By heavy and rapid, I mean as heavy and rapid as you can possibly make the actions. Some experimentation is required to get the hang of this.

Straightening the body will help you get the most out of heavy energy work. This also applies to the spine and neck during whole body bounce actions. Heavy work is best done laying completely flat, with legs and arms reasonably straight. Even a slight elevation of the head caused by a pillow can interfere with strong bounce actions through the neck. Some people find it helps to lie flat with their arms above their heads. Experiment and see what works best for you. Change back to your normal position before continuing a CD session as per PAPI work sessions.

First relax and prepare yourself. Only light relaxation is needed to begin. Start with bouncing energy balls through your feet. Imagine and feel these energy balls become heavy, as if made of water. Bounce from toes to heels, hard and fast. Focus on this action and increase the speed and intensity of the bounce action to the maximum you can do while still maintaining contact with your physical body. Build the speed and intensity of this action until you are really pounding the energy through your feet. Continue for several minutes or longer, and then begin using a heavy bounce action on your legs. Continue bouncing your legs for several minutes or longer.

Repeat this process on hands and then arms, using heavy bounce action on each for several minutes or longer.

Heavier actions, like the above, can be applied to any part of the energy body, including limbs, spinal and central channel, and whole body bouncing.

Caution: Care is advised when using heavy body awareness actions for long periods of time on the higher primary energy centers. See the golden rule of energy work.

The energy body is robust and you will not break anything or cause irreversible damage using heavy extended awareness bounce actions, so long as you adhere to the golden rule. However, heavy work is only recommended for short term use, to clear blockages and to condition the energy body to a stronger flow of energy.

Golden Rule of Energy Work: If any activity causes overly strong or uncomfortable sensations, stop immediately and take a break from energy work until you feel completely normal again. Then go back to energy work and continue a little more gently on the areas that caused the problem. Repeat the break as necessary. Following this simple rule will help you avoid the vast majority of potential problems that could result from energy work.

Robert Bruce
friends, can all make it difficult to create time for lengthy practice sessions. But there are ways to create more practice time from nothing.

I have lived the busy life at times myself over the years, and the following suggestions are what I have done, and still do, to create more practice time for myself from nothing. These things will greatly enhance your overall progress.

Many of the practices taught in PAPI do not take full attention and/or do not require closed eyes or a deeply relaxed state. Energy work, mental relaxation and concentration exercises, etc, can all be performed in the fully awake state.

Make good use of travel and waiting time, even TV time, and any time that full attention is not required, to practice energy work, eg, brushing hands and feet, bouncing energy balls through arms and legs, etc.

If travelling in a car pool, bus or train, wear dark glasses and hold a book or paper on your lap, so it looks like you are reading. This will give you a little micro privacy.

If you worry about falling asleep or of missing your stop, get an alarm watch or similar and set it to remind you. There are ways to make better use of most situations.

Practice energy work and relaxing your mind whenever you can. Brush your hands and feet, bounce energy balls through arms and legs, and use the whole body bounce, etc.

Belly breathe, focussing on your stomach, feeling it rising and falling with your body awareness as you breathe. As you do this, gaze at something small or far away, a puff of cloud, a bird in flight, a tree on a distant hill, even a spot on a wall. Feel yourself breathing, focus on your target, relax your mind. Gently push thoughts away as you do this, and return to your target and breathing.

A large analog clock with a second hand is an excellent practice aid. Focus on the second hand, belly breathe, relax your mind. You could also use the second hand of a watch for this, if you are sitting in an office, or travelling in a car or bus or train.

A small MP3 player with earbuds will help. Play relaxing music or sounds to help you relax.

Sound and activity around you may be distracting, but this can be ignored and even used. This adds value to micro practices (very short practice sessions) by increasing the difficulty level. Learn to shut the world out when you want to. Let noises flow through you without tensing or reacting. Accept noises and let them pass through you and over you. Bend like a reed in the wind.

These practices and the extra difficulty provided by distracting sounds will help you achieve deeper and more robust altered states, when you perform your lengthier, deeper practices in a quieter environment.

You may find yourself doing hundreds of micro practices per day, varying from half a minute to several minutes. This all adds up and your progress will be faster and more satisfying in the long term.

If you are having problems feeling energy through using body awareness actions, try this...

Teach friends, or your children, anyone who is interested, the basic brushing hands and feet actions. When you teach this, after explaining how to do an action, it is important that you do this yourself at the same time. There is a charismatic transfer between teacher and student that helps students feel energy movement faster. This will also, in turn, help you feel your own energy more strongly.

Watch the practice video again, where I teach the the first body awareness energy work actions, brushing hands and etc, to see how this is taught.

Note, it is best not to try to teach energy work to negative, critical people. They may try to undermine your confidence in what you are doing, and doubt is the last thing anyone needs during OBE training.

RB.

by Robert Bruce - Saturday, June 2 2007, 02:30 PM
"Body/Mind - Brain/Memory - The Source"

by

Robert Bruce
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The human brain appears to be a transceiver, a biological device that transmits and receives information from a non physical memory storage area.

50% of the brain, an entire hemisphere, can be removed without loss of memories. This is called a hemisphrectomy. This operation is usually done to remove large diseased areas of the brain that are causing seizures. If performed before persons finish passing through puberty, recovery is almost full, with maybe a slight limp. No memories are lost, even though half the brain is removed.

If an area of the brain is damaged, short or long term memory access can be lost or interfered with, but this does not mean those memories are stored in the physical brain substance of that area. Scientists cannot prove for sure 'where' memories are stored, a brain surgeon friend of mine, Jack, has assured me.

Some people have hardly any brain material at all in their skulls, and function normally. See the following for a mind blowing read...

http://flatrock.org.nz/topics/science/is_the_brain_really_necessary.htm

For a fascinating read on the human brain and consciousness, energy work and astral projection, see Dr. Jack's article on my website at...


There is a lot of evidence to suggest that the mind, and the subconscious mind, are enmeshed within the substance of the entire physical body at the cellular level. Follow this gradient further and somewhere deep within is the source of all consciousness and life.

Within who? Within you of course.

My work on Core Images, in Practical Psychic Self-Defense, supports this view, that memories exist in areas of the physical body, and in the case of Core Images, trauma memories. Further to this, the fact that body awareness energy work can trigger core image memories and their emotions and energies, further supports this view.

Reports from transplant and blood recipients, picking up addiction urges and other such things from donors, is also an indicator of this mechanism at work. Its often called 'cellular memory'

See... http://www.candacepert.com/
And... http://www.suchnessspa.com/Articles/candace_pert.htm

Put all this together and it becomes clear that you are your physical body; your mind and subconscious mind are enmeshed within the substance of your physical body.

The work of Masuru Emoto should also be considered, in how thoughts and words and intentions affect water molecules. And further to this, how your thoughts and feelings affect your body.

For an overview, see...


And Emoto's homepage at... https://www.hado.net/

If you examine the evidence I have presented here, a whole new meaning can be found in the terms 'body work', and 'body awareness energy work'. And this new meaning flows into new appreciations of concepts like mind and consciousness and intention.

This forces one to reconsider the classic saying "You are what you eat" which is the materialistic, scientific view - an expression of modern dogma.
More accurately, I think, would be the maxim....
"You are what you think and feel"

I would like you to consider what effect it would have on your physical body and mind if you turned your attention and intention towards your own body and mind, and expressed profound, unyielding love towards all aspects of yourself.

The results of accepting and doing this in the long term are truly miraculous.

If you apply this to your life and take it all the way, you begin a voyage of profound mystical discovery that never ends. These thoughts show that the source of all consciousness, The Great I AM, is within you. This means that you are already standing within the light. You could not be any closer if you tried. The Source, God, The Unity, call this what you will, is not separate from you, but is within your self, and within every cell and thought and intention of your being.

Is this too simple?

Do you want complex? Do you want to hear that the divine is far, far away nested in the clouds of some fantastically high and steep esoteric mountain? Most religions and organized beliefs do this to some extent. They separate us the worshippers from the divine, for various human reasons.

Most mystic explorers and philosophers start with all the complex stuff - well-trodden paths those. It is only when everything else has been eliminated and only one small possibility remains, that the simple is actually considered.

As Ken Wilbur once said, with a smile, when faced with this eventuality "It's embarrassing..."

See... http://www.kenwilber.com/home/landing/index.html

Do the following...

1. Take your finger and point to where God is.
2. Take your finger and point to where God is not.
3. Think about the implications of what you have just done.

This logically shows that God is everywhere, including inside of your self.

So, how do we put this into practice?

Its simple....

Start loving yourself. This is a great place to start - the only place to start! Love your self and love your body and love your life.

If you truly love yourself, everything changes. And every situation has only three possible actions.

1. Accept situations you cannot change.
2. Change situations you cannot accept.
3. Leave situations you cannot accept or change.

The wisdom here is knowing which action to apply to any given situation.

When this is established, you will start to feel and realize your connections with everything else, and how everything else around you is also a part of you. And then your love for The Source, The All, The Great I Am, will start to expand. Eventually it will shine to the limits of your perceptions and feelings and intentions and beyond.

And finally, after considering all I have said here, how do you think the realizations involved with these thoughts might affect your ability to have and to remember Out-of-Body Experiences?

RB
When you begin to experience **astral sight** and see into the astral, you will often first see swirling lights and dots and clouds and colors and hypnogogic imagery. If you are in a stable mind awake body asleep state, this will eventually settle to some level of **astral sight**. You may even connect with your projected astral double (if you miss the exit and remain conscious) and see through your astral double's eyes.

**Astral sight** has many levels, including a real time level where you will see the room around you. This can be like seeing it vaguely at night, to full light and color as clear as if seen in daylight.

Other levels of **astral sight** show visuals of astral realms, and you will often see **astral wildlife**, **metaphorical imagery**, and even spirits.

**Metaphorical imagery** is my term for the visual interpretation of energy perceived by the **brow center** (third eye) and the interpretation of this by the sight center of the brain/mind. The sight center of the brain/mind will interpret according to its learned mental associations, plus other visual causing energies.

The **brow center** perceives complex astral energies and pass these to the sight center of the brain. The sight center interprets this energy, much like an ink blot will trigger a visual association in your mind. So, you perceive an energy frequency and the sight center of your brain/mind says 'this looks like a dolphin in an evening dress' and that's what you see visually.

Archetypical type imagery can also be involved in **astral sight**, and perceived energies can also be impregnated with fixed visual energies.

To explain.... an astral projector is pure energy, but this energy carries with it a set body image visual. So when you see a projector, you see the body image being projected by the projector's energy.

The body image visual normally sets around the age of 30. You will never see a very old or crippled or ugly projector in the astral.

Shape shifting is related to this. Astral shape shifting happens when a projector holds a new body image in consciousness, an image that is intentional and not automatically generated by the body image habit. When seen, the new intended body image is seen rather than the natural image.

What you see with **astral sight**, much like clairvoyance, can be affected by gently shifting the focus of your physical eyes behind your closed eyelids. This can be likened to focussing a telescope. This is a delicate thing and some experimentation can be required to focus clearly on anything; all natural ability and luck aside.

Dots of light and crystal-like light structures often seen during meditation and **OBE exit** type work can sometimes be astral portals. These are energy frequency doorways into astral realms and planes.

Try this... focus on the brightest light structure in your minds eye view (this may be a bright dot of light). Try to 'feel' this moving closer to you, and to 'feel' yourself moving towards it. If its a portal, you could shift directly into an astral realm or plane with this method. If this works, you will feel a momentary falling sensation and then find yourself in that astral realm.

To return from an astral realm, just feel for your body, or think about your body and where you left it, and you'll shift right back there. You cannot get lost.

Astral portal projection generally involves entering higher levels of the astral, higher than are normally found during other types of **OBE exit**. You may even find yourself in one of the heavens or spirit worlds.

If you see a lot of imagery during meditation or OBE training or exit attempts, with the images changing rapidly, this may be a kind of minds eye vision astral training program. I call this 'the vision stream'. The imagery in this case is generally simple and meaningless, eg, you see a bike, a teddy bear, a tree, a doll, a person, etc, with the image changing every second or two.

To make the best use of this phenomenon, mentally describe each image briefly as it passes. This response creates an interaction with the energy and intelligence behind this 'astral program' and
eventually the imagery will gain more meaning. How long this might take is variable.

To break out of the vision stream, make a mental command that you wish this to stop. Playing with the focus of your eyes behind your closed eyelids can also shift you out of this state.

RB

by Robert Bruce - Friday, June 1 2007, 02:29 PM

"Levels of consciousness and OBE Recall"

Most obe's occur in a very light sleep state. I think this is the state where obe memories are most recallable. OBE's occur in deeper states, but the deeper you are the more difficult the obe memories are to download.

OBE's done in a light sleep state are more easily recallable, but they are also fickle. A a mixed bag of memories is the norm, bits of dreams, bits of astral sight and perception from the physical body mind, and bits of OBE experience. The physical body mind will tend to drift in and out of sleep and be aroused many times.

The solution to this instability lies in training yourself to stay conscious in deeper states. Staying conscious for the duration of a session in a deeper state, like the full mind awake body asleep state, trains the altered statememory download pathways in memory. This, in turn, trains the OBE recall mechanism.

There are some basic issues that need considering, to make any OBE exit successful. You will hear me say these things in many ways during PAPI.

1. Once you project, your energy will be split between your physical body mind and your projected double. This will drain the physical body mind of energy and cause some level of paralysis, partial or full.

2. Your physical body mind will often not be aware that an OBE exit has taken place. This is due to the mind split effect.

3. The physical body mind will be aware of projection symptoms beginning, of a falling sensation, rapid heartbeat, vibrations, etc, and then these will stop suddenly. Your physical body mind aspect will consider the projection has failed. You will feel drained and very tired and have the urge to just fall asleep at this time.

4. A good test of the above, and a good habit to get into for OBE training, is whenever you feel OBE exit symptoms that suddenly stop, and then just want to fall asleep, test yourself. First sit up in bed, or stand up from your chair. Then return to rest if this works. However, you may find you are partially or fully paralyzed. You may find you are barely able to move, feeling very drained and groggy. When you sit up or stand, you may even be doing this in your astral body, if you are capable of doing this at all.

5. Planning to have an ultra short OBE, a 10 second OBE, maximises your chances of downloading the OBE memory. Get out of your body, take a quick look around you, look at your hands, then dive back into your body passionately shouting your success key words.

6. The difficulty with the above is getting your astral self to follow these directions. Once you get out, you will naturally want to explore and extend the experience... 'just a few minutes more' etc. However, here's the problem... Your physical body mind is in the mind awake body asleep state, and it has just been drained of all its energy. It will be very tired and want to sleep. It will drift away into sleep very quickly, in just seconds usually. Once the physical mind joins the body in sleep, it will plummet into a deeper level of sleep very quickly.

7. If the astral body stays out too long, more than 30 seconds with early conscious OBE's, the returning astral body may not be capable of arousing the physical body mind. Arousal is necessary to allow reintegration, and for the OBE memory download. Falling asleep is necessary to generate the projected double, and the reverse applies in that the physical body mind must be arousing to allow reintegration.

8. To reiterate, keep early OBE's ultra short and deliberately dive back into your body with passion, screaming your success key words. Then 'urgently' write these down, so they don't slip from memory.

9. A ten second OBE is worth all the thousands of all night OBE's you have had and forgotten. A ten
second OBE experience is life changing, belief system altering. A ten second OBE will strongly affect your ability to have more conscious OBE’s.

10. Everyone is advised to stick with the main stages of this PAPI program and not skip ahead. There are very good reasons for doing this, all aimed at maximizing your chances of successful OBE, and OBE recall. Focus on using the CD’s in the order recommended, and on staying fully conscious for the whole of each CD. Adjust your resting position and level of discomfort to make this happen, so you don’t click out.

Robert Bruce

**by Robert Bruce - Tuesday, May 29 2007, 06:13 PM**

G’day!

Further to my talk on discomfort that can be caused by deep physical relaxation and the mind awake body asleep state...

"Faster Altered State Induction Methods"

I have spinal injuries; lower back, mid back, and neck. This can be a problem with altered state work, as holding still for long periods of time can increase tension and pain with some conditions. However, I discovered that if I could get into a full mind awake body asleep state quickly (also called the full trance state) I could bypass the discomfort zone, which can be very painful if you have spinal problems.

Initially, you will need to learn how to achieve the mind awake body asleep in a chair or a bed. The hemi sync will help enormously with this. Once you become used to achieving and holding a deep state of relaxation and the mind awake body asleep state, more work can be done to speed up the entry process into these states.

Fast Altered State Induction - Part 1:

First, induce an altered state in the usual way, while sitting or while reclining in bed. When that warm, heavy, cozy wave flows over you, you will know that you are in a full mind awake body asleep state.

Hold onto this state and slowly lift one arm, then the other, then both together. Practice this until you can do this without breaking your state. Use slow, dreamy actions, not rapid movements.

Increase these physical movements progressively, to they do not break your mind awake body asleep state.

Next, slowly and carefully stand, or sit up in bed, using your hands to hold yourself steady, holding onto sides of bed, or arms or chair. Then sit or lay back down. Continue this till you can do this in a hard backed chair with no head support.

Next, in low light conditions, practice opening your eyes to slits. Open and close several times, just tiny slits, till you get used to having some vision in an altered state.

Next, stand and open eyes to slits and take two steps fwd. Then two steps back and sit down.

Practice this until you can do the above easily. Continue this until you can slowly walk to the washroom, or the kitchen, and then back to your chair, without breaking your state.

Slit your eyes so you can see a little. Open and close your eyes as necessary, slitting them a little to see where you are going, closing when you don’t need sight, etc.

Fast Altered State Induction - Part 2:

To train myself to enter altered states more quickly, I used the ‘smoke rings' method of altered state induction while shopping. I’d wear dark glasses and push a trolley. This can be done anywhere, but I recommend somewhere you have something to hold onto, or do it on grass, in case you get dizzy and stagger or fall.
Dark glasses help because if you don't wear them, your face will relax so much you will look as if you have taken drugs.

Push the trolley (or lawnmower or etc) slowly and feel yourself breathing, internalizing your attention to your body image. Let your eyes gaze unfocused.

Begin using Smoke Rings method. Imagine and feel that a thick band of smoke is around your feet, and that this is moving up over your body, touching your body all around, all the way, until it disappears above your head. Take about two seconds to move a smoke ring up. When you get to the top of your head, immediately switch your attention back to your feet and imagine and feel another smoke ring beginning to move up your body. Do this over and over, feeling the smoke rings moving up and over your body.

The idea is to create a downward feeling, as if you were falling down a tube, feeling like you are moving down in an elevator. It is the downward 'feeling' you create in your body awareness that makes this method work.

This method can also be used sitting or while in bed, and while using the hemi sync support CD's. Adapt to your situation and skill level.

When you succeed in inducing an altered state with this method, your body will feel peculiar. You may not be able to feel your legs and when you move them, you'll feel massive tingling, tickling buzzing sensations. This is because your physical body is asleep. It may feel like you are walking on huge fluffy pillows.

Walking and standing in this state is an art. You need to accept that your legs are working even though you don't feel them well.

Note that the above is not a beginners type of skill. It will take time and practice to master this. But this is doable with practice. What this does is to give you the option to experience altered states outside of your practice room, while enjoying sunsets, beach and mountain scenes, etc. It also makes the altered state less delicate and more robust, so you will be less prone to distractions, etc.

Robert Bruce

by Robert Bruce - Tuesday, May 29 2007, 05:37 PM

G'day Folks!

If you are new to deep physical relaxation and altered state work, you need to know that in the early stages of learning to relax the physical body deeply, some discomfort can be experienced temporarily.

This can occur in sitting positions, and even if you are doing relaxation work in bed.

Here’s what happens... When you achieve a deeply relaxed state for the first time, and hold this position for an extended period of time, the skeletal frame, tendons, ligaments and muscles will hang and stretch into positions they are unused to holding. This can cause muscles and ligaments to stretch slightly. This can cause mild discomfort for a short time, until the body gets used to the new demands being placed upon its internal structure and tensegrity.

If you have spinal or ligament or soft tissue issues or problems that are not apparent, or even unknown to you, these can be highlighted once you start achieving deep relaxation.

Typically, a bruised kind of feeling can be experienced in the back and neck, and even through the whole body, as it adjusts to the new position and experience.

This level of discomfort can be used by people new to deep relaxation, to ascertain when a full mind awake + body asleep state has been achieved.

This condition will always settle down as the body adjusts, but an aching feeling can continue during relaxation and meditation and OBE exit sessions for several weeks or more.

A massage and or hot bath will ease this condition.
This condition is most apparent during long sessions. It can be looked at as a kind of barrier to deeper altered states, one that must be worked through. This condition will ease progressively in all cases, even where physical injuries exist.

If you need to move during a relaxation session to resettle your body, or to scratch, move in a slow and dreamy way and keep your eyes closed or slitted, so you do not break your relaxed state.

RB.