



Astral Dynamics: The Complete Book of Out-of-Body Experiences

Robert Bruce

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Astral projection is a technique that lets your soul explore the universe while leaving your body behind. It's been a topic of endless speculation. If you've ever wanted to try it, *Astral Dynamics* is the perfect guide for you.

Astral Dynamics will teach you everything you need to know to accomplish successful out-of-body travel. It explores the physics of the nonphysical world and provides useful advice for astral travelers, including how to exit the body, how to get around on the astral plane, and how to get back to your body with solid memories of the event. The guide is written in plain language with commonsense terminology.

Robert Bruce brings his twenty-five years of interdimensional experience to the aid of astral travelers around the world.

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