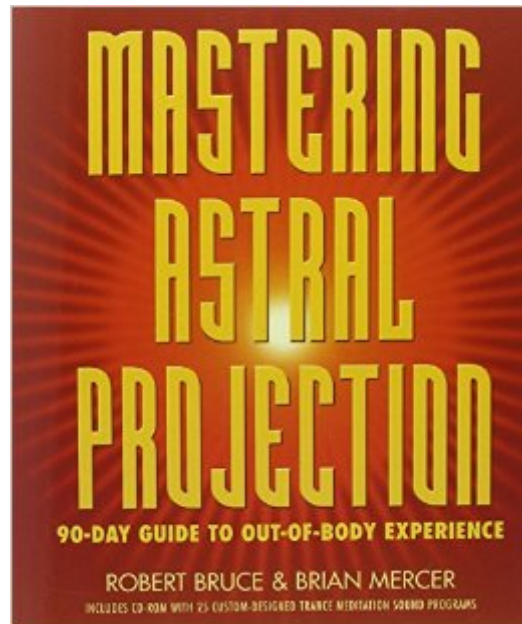


The book was found

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



Synopsis

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

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Customer Reviews

This book was by far the easiest to understand, and most well written treatise on the subject of astral projection I have read thus far. It lays out it's information in an easy to follow, well structured way, as to not overwhelm the reader, whilst conveying the necessary and pertinent information clearly and effectively. It is well deserving of it's many 5-star reviews; and as for it's 1-star reviews, I feel I must shed some light on this matter. Many of them (the negative reviews that is) are written by the same person; a rival "author" who goes by Sapphire. This individual is infamous on for writing all of his own reviews, as well as writing negative reviews for competing books. He has many fake identities which he uses on , including: "A. reader"/"Astral Reader", "Mark", "William Broderick", and

about 30 others. He has very poor understanding of English grammar and syntax, which is painfully obvious in many of the self-written 'reviews' for his books, as well as in his books themselves. As some of us began to catch on to the fact that most of his reviews were written by the same person, he changed his tactics to include blatant plagiarism; where he would simply cut and paste from other authors' reviews to hide his terrible grammatical skills. I verified this treachery by simply Googling a line from one of his grammatically correct reviews; and to my surprise, it came from another review right here on , for a book on astral projection no less! Sapphire not only writes only 5-star reviews for himself, but he deletes any review which threatens to either A) expose his terrible 'books' for what they are; or B) expose his dishonest reviewing tactics.

I like that it is organized in a day by day method. It averages about 2 pages per day. This really helps me stay motivated and focused. The explanations are clear and concise. I also enjoyed the dual perspective of a novice, with all the difficulties he faced, and an experienced projector. Just enough information is given so you can easily focus and not feel overwhelmed. It is suggested that you also read books that describe out of body experiences (OBE) to help your subconscious accept the idea. This is great advice. When I was reading Astral Dynamics by Robert Bruce and reading The Art of Dreaming by Carlos Castaneda I had an OBE when I drifted off to sleep. I felt my body leave my other physical body just like I was passing right through it. I wasn't expecting to project so I panicked and returned to my body. It really felt like I was being yanked right out of my body. After I realized what had happened I was really excited and somewhat disappointed that I didn't fully go through with the projection. It wasn't until later that I found out that Carlos is a fraud, but he is an entertaining author anyway. What was important is that my subconscious believed and was inspired by the book which helped induce an OBE. So stick with the books suggested in the back of Mastering Astral Projection for reputable authors who have projected. If there was anyway I would improve this book I would prefer more pictures. Astral Dynamics has some helpful pictures when learning the energy development exercises that Mastering Astral Projection doesn't. The lack of pictures doesn't detract from the easy instructions, but it would have been nice. On the CD that comes with the book the software is for MS Window computers so Apple/Linux fans are kind of out of luck.

This book is divided into two parts. Part One (weeks 1-6) focuses on learning the prerequisite skills for learning to have an out of body experience. Part Two (weeks 7 - 13) focuses on learning deliberate conscious exit projection. Initially concerned about a day-by-day program, I was relieved

to discover that Part One wasn't just fluff to fill out the 90-day course. Instead, it focuses on the fundamentals of learning OBE that are critically important later on. There is enough new material each day to keep you engaged without making you feel overwhelmed. The chapter content was written by both Robert Bruce and Brian Mercer, which shows clearly in Mr. Bruce's humorous, easy-going style and Mr. Mercer's clear, well-organized desire to communicate the basics of astral projection to OBE novices. The book is broken down into thirteen chapters, one chapter to be read each week before completing the daily exercises. Two pages of instruction are devoted to each day's practice, and this includes space for writing notes and observations. The space for journal writing varies by day, however. It would have been nice to see more writing space (though, I suppose, the book is big enough as is!) The computer CD-ROM that comes with the book is, in itself, worth the price of admission. It is full of extras: An electronic dream journal template, affirmations recorded on MP3, and a shareware program called the BrainWave Gen, a stereo headphone sound program that has 25 listening "presets", each lasting from 60 to 90 minutes. The technology is very similar to the Gateway Experience wave programs. Also, like the Gateway Experience program, the sound recordings are integrated into the 90-program.

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