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MASTERING ASTRAL PROJECTION

Instruction Guide

ROBERT BRUCE & BRIAN MERCER

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This instruction guide is a component of the *Mastering Astral Projection CD Companion*, which consists of 6 audio CDs and this guide.

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Other Books by Robert Bruce and Brian Mercer

Mastering Astral Projection
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Also by Robert Bruce

Astral Dynamics
(Hampton Roads Publishing, 1999)

Practical Psychic Self-Defense
(Hampton Roads Publishing, 2002)

Forthcoming by Robert Bruce

Foundations of Energy Work
(Hampton Roads Publishing, 2007)

Using This CD Album with *Mastering Astral Projection, the 90-Day Guide*

This CD album can be used with the book *Mastering Astral Projection: 90-Day Guide to Out-of-Body Experience*. This 90-day guide contains detailed information on OBE, including advanced tips, techniques, and problem solving, plus a CD-ROM with more tools for projection. For additional information on OBE theory and practice, consult *Astral Dynamics*; for a more comprehensive energy work tutorial, consult *Foundations of Energy Work*, both by Robert Bruce. More information, updates, and downloads are available on the author's websites.

If you own *Mastering Astral Projection*, the 90-day guide, but are unable to use the accompanying CD-ROM, you can use this CD album as an alternative, with the following modifications:

Weeks 1 and 2:

Option 1: Set track 2 of CD 2: *Relaxation* to repeat continuously. Complete your daily sessions using CD 2 track 2 in place of the BrainWave Generator; or . . .

Option 2: Complete the afternoon exercises without the relaxation portion, then use CD 2: *Relaxation* to learn the relaxation steps.

Week 3:

Set track 2 of CD 2: *Relaxation* to repeat continuously. Complete your afternoon sessions using CD 2 track 2 in place of the BrainWave Generator. Use CD 3: *Meditation* for extra practice.

Week 4:

Option 1: Set track 2 of CD 4: *Energy Work* to repeat continuously. Complete your daily sessions using CD 4 track 2 in place of the BrainWave Generator; or . . .

Option 2: Use CD 4: *Energy Work* in place of your afternoon session. Complete the breathing exercise separately.

Weeks 5 and 6:

Set track 2 of CD 4: *Energy Work* to repeat continuously. Complete your daily sessions using CD 4 track 2 in place of the BrainWave Generator. Start using CD 5: *Bedtime OBE Practice* as directed in this instruction booklet on page 17.

Weeks 7 to 13:

Option 1: Set track 2 of CD 5: *Bedtime OBE Practice* or track 2 of CD 6: *Conscious-Exit OBE Practice* to repeat continuously, and use one or the other for your OBE practice sessions. From week to week, alternate between the two tracks, so you don't grow too accustomed to either sound program. Also, consider occasionally using track 2 of CD 2 and track 2 of CD 4 to add variety; or . . .

Option 2: Use CD 6: *Conscious-Exit OBE Practice* in place of your afternoon session. When track 2 starts, practice the day's specific exit technique.

With Both Options 1 & 2: Continue to use CD 5: *Bedtime OBE Practice* as directed in this instruction booklet on page 17.

Caution

Do NOT listen to these CDs while driving or using heavy equipment, as they contain altered-state-inducing sounds, which can cause drowsiness.

The following people should not use these CDs without medical advice:

- people subject to any form of seizures or epilepsy
- people using pacemakers
- people suffering from cardiac arrhythmia or other heart disorders
- people taking stimulants, psychoactive drugs, or tranquilizers

If any of these apply to you, consult a medical specialist before using the CDs.

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Program Overview

Welcome! This album teaches how to induce a conscious-exit out-of-body experience (OBE). The program uses New Energy Ways (NEW), an energy work system that utilizes focused body awareness movement (your remembered sense of touch) to stimulate your energy body and its energy centers. This excites the energy body, loosens up the projectable double (the astral body), and makes out-of-body projection easier to achieve.

The first CD in this album contains information on how this program works, and also a New Energy Ways tutorial. The CDs that follow use binaural beat technology to guide you into altered states of consciousness to help you achieve conscious-exit OBEs.

Please read this guide first, then use the CDs in the order given for the prescribed times and number of sessions. Learn the techniques on each CD before moving to the next.

Stereo Headphones Required

CDs 2-6 in this album play special sounds designed to induce altered states of consciousness that are ideal for learning OBE. The technology works by playing different sound frequencies in the left and right channels. This sounds like a faint background tone or hiss when the CD is played. Stereo headphones are required for the technology to be effective. Headphones that cover the ears are ideal, as they reduce outside noise, but ear buds and small headsets will also work.

The Body's Natural Projection Process

You project out of body every night when you go to sleep but are not conscious of it and usually don't recall it. At best, sleep OBEs are remembered as dream fragments. Remembered or not, *everyone* projects during sleep. It's part of being human.

The exercises in this album teach you to mimic the body's natural sleep projection process with two key differences: you make it happen on purpose, and your mind remains awake when it takes place. Hence, you are more likely to remember these experiences afterward.

There is nothing extraordinary about leaving your body; you do it every night during sleep. The only difference is that now you are going to induce it consciously. There is no reason to fear conscious-exit projection any more than sleeping or dreaming.

A major hurdle you'll face is having to work against years of nightly conditioning where you simply go to bed and fall asleep. To induce OBE, you need to learn how to put your body to sleep while keeping your mind awake. Anyone can achieve this liminal state with practice and patience.

Learning to project is best accomplished one step at a time. The CDs in this album teach the necessary skills and procedures in progressive stages. It is important to be comfortable with each technique before moving on to the next CD.

Inducing Conscious-Exit Projection

The basic elements of inducing a conscious OBE exit are:

- deep physical relaxation
- a clear and focused mind
- an active energy body
- a mind-awake/body-asleep state
- an OBE exit technique to stimulate out-of-body projection

Deep Physical Relaxation

To induce an OBE, you must be deeply physically relaxed. The *slightest* tension can cause problems. To master the OBE exit, the first step is learning how to get into a deeply relaxed state and stay there.

Clearing the Mind

For a successful OBE exit, the mind must be quiet and focused. A clear mind means the voice inside your head is silenced and your complete attention is focused on the exercise at hand. This can be achieved by focusing on your breathing, on the blackness behind your closed eyes, on the energy work exercises, or on an OBE exit technique. Thought words must be suppressed during the entire process, including the exit. You can think in words after the OBE exit has finished, once you are completely out of your body.

Energy Body Activity

A critical part of OBE is the generation of a projectable double, an energy vehicle into which a copy of your consciousness projects. This happens automatically if conditions are right. Energizing your energy body will help you to induce this process and help you to remember it afterward.

Mind-Awake/Body-Asleep State

A crucial part of mimicking the body's natural sleep projection process is letting your body fall asleep without allowing your mind to follow. This takes practice and perseverance. It works against a lifetime of conditioning where you go to bed and just let your mind wander off into sleep. This can be achieved by objectively observing your body as it sinks more and more deeply into sleep. Focusing your attention on your breathing, feeling your stomach rise and fall, is another way of achieving this. These things keep the mind focused and occupied, which helps keep it awake.

OBE Exit Techniques

Having deeply relaxed, cleared your mind, and allowed your body to fall asleep while staying mentally alert, the final step is to employ an OBE exit technique. An exit technique directs your attention outside your physical body for an extended period of time. This induces the body's natural projection response. From here it's just a matter of maintaining your concentration during the OBE exit process.

avoid heavy protein. Food affects people in different ways, so this does not apply to everyone. Do what works for you.

Other OBE-Related Tips:

- practice on your back instead of on your side or stomach
- use pillows or a recliner to lie at an incline (37 degrees is best)
- practice in a quiet place where you feel safe, with no worry of being disturbed
- take the phone off the hook and use a "do not disturb" sign
- allow yourself plenty of time so you don't feel rushed
- adjust the room temperature so you're comfortable
- wear very loose, light, unrestrictive clothing
- remove watches and jewelry, as these can interfere with the OBE exit
- reduce fluid intake beforehand and empty your bladder before starting
- keep a notebook nearby to record your impressions at the session's end
- keep your eyes closed throughout the OBE exit process
- once you become deeply relaxed, *do not move*
- ignore face itches (cobweb sensations)

Ideal Conditions for OBE Practice

While you can practice OBE anytime, certain times make success more likely:

- afternoons, after food has digested, when you feel sleepy
- the middle of the night after a few hours of sleep
- early mornings after being awake for a short time

Anytime your body feels tired but your mind is wide awake is a good time to practice the OBE exit. Physical tiredness causes natural deep physical relaxation. The mental energy of an awake mind minimizes your chances of falling asleep during the OBE exit.

That said, there are certain times when most people should avoid OBE practice:

- when you're very tired and sleepy
- when your mind is preoccupied or excited
- when your body is too energized to get deeply relaxed
- shortly after eating a heavy evening meal

If you're too sleepy before practicing OBE, take a 20-minute nap first. If your mind is too preoccupied or your body too energized, do grounding activities, such as gardening, housework, going for a walk, etc. If you must practice shortly after eating an evening meal, wait until your food has settled and

- if you need to swallow, do so slowly, without breaking relaxation
- *relax, relax, relax*

A Word about Sleep Deficits

Many people don't get enough sleep. If you practice the OBE exit when you're too tired, your mind will simply fall asleep. Do this too often and you'll condition yourself to fall asleep when you practice, just the way you have conditioned yourself to fall asleep when you go to bed.

Learning to achieve the mind-awake/body-asleep state requires a delicate balancing act. Often, one of two things happens: either you're too tired and you lose awareness of what you're doing, or you're not tired enough and your body isn't able to fall asleep.

Sometimes a *little* sleep deficit is good. As you gain experience inducing the mind-awake/body-asleep state, you'll learn to recognize the best conditions for practice. Experiment practicing at different times of the day or days of the week when you're not too tired, yet also not too awake. Play with the amount of sleep you get. If you find yourself falling asleep too easily, get more sleep or practice at a time when you're more alert. If you don't fall asleep easily enough, try another time when you'll be a little sleepier.

More than 30 minutes of energy work will revitalize your mind. This can make it difficult to fall asleep, but it can also create ideal conditions for OBE exit work: a tired body with an awake mind.

Repeating Tracks

Most of the altered-state CDs in this album (CDs 2, 4, 5, 6) have two tracks. The first track has altered-state sounds with a guiding voice. The second track contains only altered-state sounds so you can continue the exercises at your own pace with no voice distractions.

At first, listen to both tracks on each CD. Follow track 1 with voice guidance, then continue on to track 2 for more practice.

With repeated use, you will remember the procedures and no longer need voice directions. Then, if you prefer, you can set track 2 to repeat continuously and skip track 1 entirely.

With some sessions, such as *CD 5: Bedtime OBE Practice*, you may need more than just the entire length of the CD. Many CD players allow you to repeat a track, or to program the order in which the tracks play (check the instruction manual that came with your CD player). To lengthen the listening time of a CD, program track 1 to play once and track 2 to play repeatedly.

Using This Album—CD Overview

CD 1: Introduction, New Energy Ways Tutorial

Overview: This session provides information on learning to project out of body and introduces you to body awareness energy work. (See the figures in the section “Body Awareness Actions” beginning on page 35 for illustrations of the exercises.)

Directions: No altered-state-inducing sounds are used on CD 1, so this can be used anywhere, even while driving. For best results, listen at a time when you can relax and follow along with the exercises.

Duration: Track 1: 42:25; track 2: 33:19.

Recommended Use: Practice track 2 (the New Energy Ways tutorial) at least three times, until you feel comfortable with the methods.

CD 2: Relaxation

Overview: This session teaches deep physical relaxation procedures. It uses progressive muscular relaxation and body awareness energy work techniques. Relaxation is crucial for conscious-exit OBE. The methods taught in this CD are vital for the sessions that follow. Learn these skills well before moving on to the other CDs.

Directions: Lie down or sit in a chair or recliner with neck support. If you repeatedly fall asleep, use a chair. Listen to track 1 and follow the voice instructions. Track 2 consists

of only the altered-state sounds (no voice) so you can continue your practice for longer with no voice distractions. *Stereo headphones required.*

Duration: Track 1: 37:10; track 2: 30:00.

Caution: Do not listen to this CD while driving.

Recommended Use: 5 sessions minimum—more if needed.

CD 3: Meditation

Overview: This session teaches you how to quiet your mind. When you learn how to do this for three minutes without a break in concentration, you should be able to do it indefinitely. The session begins by using body awareness energy work methods for relaxation. Next, you will practice keeping your mind quiet by alternating between observing your breathing and watching the blackness behind your closed eyes. The session finishes by playing musical tones at increasing intervals. Count each tone slowly and silently in your head, keeping your mind clear and focused between tones. Once you gain proficiency at keeping your mind clear, start using the next CD, but continue daily mind-quieting practice on your own.

Directions: Sit upright in a desk or kitchen chair with no head support. The slight discomfort this provides will prevent you from clicking out and falling asleep for brief moments. Listen to the CD and follow the voice instructions. *Stereo headphones required.*

Duration: 60:18.

Caution: Do not listen to this CD while driving.

Recommended Use: 10 to 20 sessions minimum, more if needed.

CD 4: Energy Work

Overview: This session has two parts. Part 1 guides you through stimulating your primary energy centers (see figure 1 on page 15). Part 2 guides you through raising and storing energy (see figure 2 on page 16). Stimulating primary energy centers (also called *chakras*) strengthens the energy body mechanisms involved with projection. Storing energy provides more energy for OBE and improves lucidity. This also improves your chances of remembering your OBEs afterward. Be prepared for energy body sensations (see “Symptoms of an Active Energy Body” on page 22). Use CD 4 for at least a week before moving on; thereafter, use the energy-raising techniques whenever time permits. An altered state of consciousness is not necessary to do energy work. However, energy/body activity increases dramatically in the mind-awake/body-asleep state, as do energy sensations.

Note: In general, it is unnecessary to stimulate primary energy centers for longer than the times prescribed in this CD.

Directions: This CD can be used lying in a bed or reclining on a chair, or sitting upright in a desk or kitchen chair. Follow the voice instructions on track 1 for stimulating the primary energy centers. Near the end of track 1 you will be given instructions for raising energy. Continue raising energy until the end of track 2. *Stereo headphones required.*

Duration: Track 1: 39:18; track 2: 21:20.

Caution: Do not listen to this CD while driving.

Recommended Use: 5 sessions minimum, more if desired.

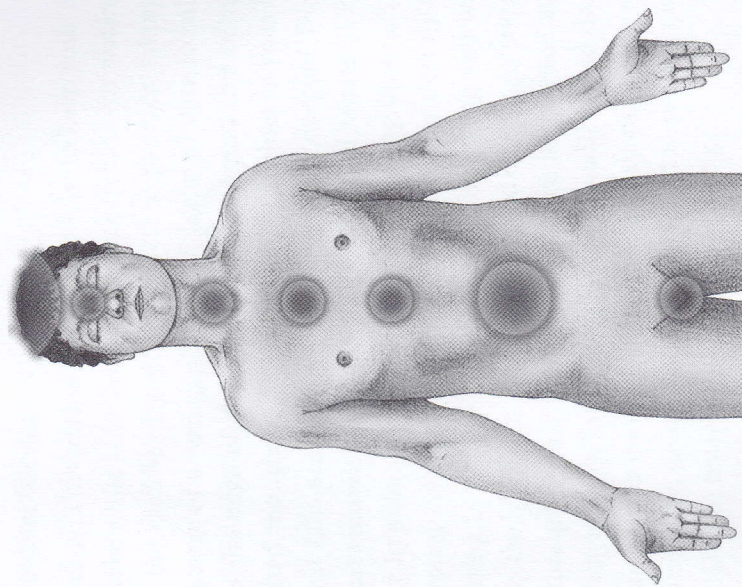


Figure 1 shows the location and size of the stimulation areas for the primary energy centers. Study this diagram in preparation for using CD 4: *Energy Work*.

CD 5: Bedtime OBE Practice

Overview: This session teaches you how to keep your mind awake while your body falls asleep. It calls for waking up in the middle of your sleep cycle to practice, taking advantage of a refreshed mind and relaxed state to balance on the edge of sleep. With a quiet mind free of word-based thoughts and *without moving*, observe your body as it falls asleep. Does your breathing deepen? Do you hear yourself snore? Does your body feel heavier? Do you see hypnagogic imagery or hear anything unusual? This process calls for keeping yourself mentally alert by alternating between focusing on your breathing and watching the blackness behind your closed eyelids. As you grow more proficient, you will experience heightened energy body activity, hypnagogic imagery, and/or lucid dreams. Partial and even full-blown OBEs can occur spontaneously here, so be prepared. If you start to project, go with it. Do not try to stop it from happening.

Directions: Before going to bed, set up your CD player so your headphones are within easy reach. If possible, set track 1 to play once and track 2 to play repeatedly. Now go to sleep as usual. If you wake up during the night (for example, to turn over) and can't get back to sleep after about five minutes, use the bathroom if needed, then go back to bed. Put on the headphones and play the CD. Lie on *your back* and find a comfortable position. Relax. Put a

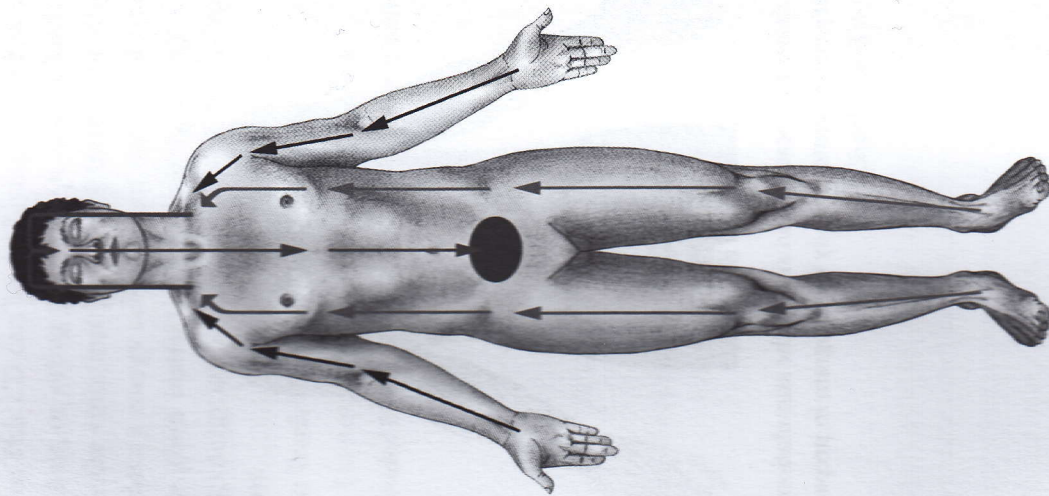


Figure 2 shows the pathway to sweep energy during the energy-raising exercise. Familiarize yourself with it before listening to CD 4.

pillow under your knees, as this eases lower back tension.

Important: *Once you are comfortable, do not move for the remainder of this session.* For as long as you can, observe your body as it moves more deeply into the sleep state. *Stereo headphones required.*

Key Point: CD 5 is really the key to making this program successful. The most important thing about using it is to get on your back and do not move at all once the session gets going, no matter how much your body wants to move. At some point, you will get very uncomfortable. Use all your will to push past this. This is just a sign that your energy body is preparing to project on its own.

Duration: Tracks 1 and 2 are each 30 minutes long.

Caution: Do not listen to this CD while driving.

Recommended Use: Once you're proficient at using CD 4: *Energy Work*, begin using CD 5 every night you can. Don't use an alarm clock. Begin a session when you wake up naturally during the night. If you're too tired and sleep through until morning, try again the next night.

CD 6: Conscious-Exit OBE Practice

Overview: This session focuses on inducing a conscious OBE exit by using relaxation, mind clearing, and downward-moving body awareness imagery to induce a mind-awake/body-asleep state. From here it guides you through a projectable double loosening exercise (see figure 3 on page 20)

and the rope exit technique (see figure 4 on page 21) to trigger the projection response. Reference "Ideal Conditions for OBE Practice" beginning on page 6 for tips and the best times to practice. You're likely to experience stronger energy body activity during this session than with CD 5. OBE exits are also likely, so be prepared.

Directions: Lie on your back or recline in an easy chair with neck support. Listen to track 1 and follow the voice instructions. Track 2 has only altered-state-inducing sounds, to give you more time to practice the OBE exit techniques with no voice distractions. Focus on the OBE exit techniques and do not tense up in any way. Ignore your physical body and any energy sensations or phenomena that occur. Grit your mental teeth and go for it! *Stereo headphones required.*

Duration: Track 1: 44:32; track 2: 17:09.

Caution: Do not listen to this CD while driving.

Recommended Use: After becoming proficient with CD 4, use CD 6 as often as desired. Use CDs 5 and 6 concurrently. Use CD 5 for when you awaken naturally in the middle of the night; use CD 6 for planned OBE exit missions during your normal practice time.

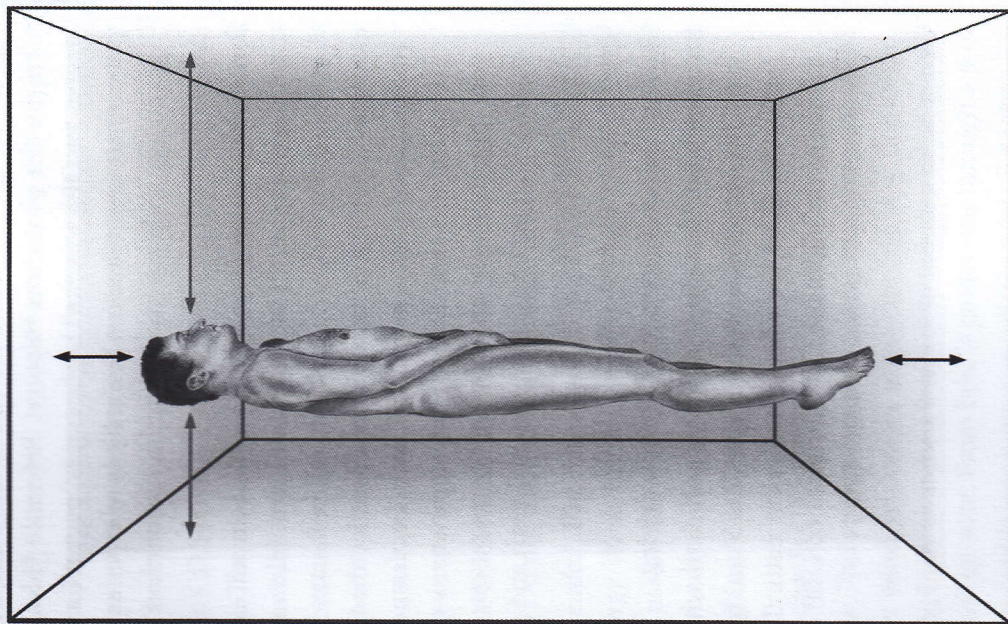


Figure 3 shows part 1 of the projectable body loosening technique, where you're bouncing awareness through your body, past your feet to the wall, then back through your body to the wall above your head. Part 2 of the technique demonstrates bouncing energy from floor to ceiling.

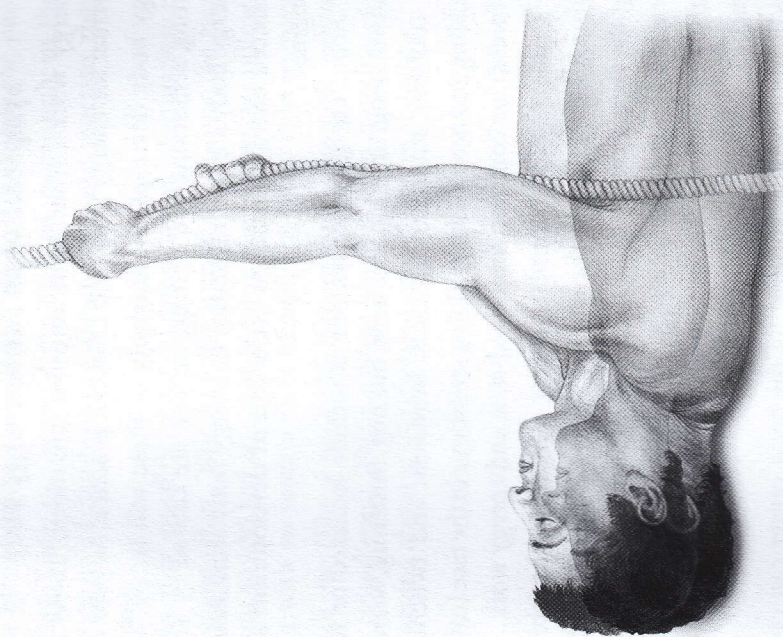


Figure 4 demonstrates the rope exit technique. (Tip: If you have difficulty with the rope method, imagine you are climbing a ladder instead.)

Symptoms of an Active Energy Body

Energy work causes some unusual sensations. These are normal for energy work and OBE exit practice. As your energy body develops, the intensity of these will lessen. The strong sensations you first experience are caused by your energy body's initial resistance to energy body stimulation. Reduced energy sensations are a sign of development and progress.

Active energy body symptoms include localized or full-body tickling, tingling, heaviness, buzzing, fluttering, warmth or coolness, muscular tightness, heaviness, and twitching. Tickling and needle-like prickling sensations in the face (called cobwebs) are common for altered-state and energy work.

Primary center stimulation may also cause throbbing, pulsing, or tingling at the site of energy centers. Stimulating the throat center can cause mild tightness in the throat area, mild choking sensations, or the feeling that you are not getting enough air. These feelings will lessen with regular practice.

In some people, stimulating the brow center can cause localized pressure in the middle of the forehead, across the whole brow, or even around the top of the head. This is usually mild. In a small percentage of people it can be quite strong and even painful at times. Headaches can also occur in the early stages of practice. These arise from stimulating previously dormant energy body structures. Treat head-

aches as you normally would, and see a doctor if the pain persists. These problems, if experienced, occur only in the early stages of development. Given time and practice, they will pass.

Another possible result of brow center stimulation is the strobe effect. This feels like a mild shock over the face (as you would feel after being hit in the face with a pillow) along with an intense flash of brilliant white light in your mind's eye (like a powerful camera flash going off before your closed eyes). This harmless phenomenon is nothing to be alarmed about and indicates latent clairvoyant abilities.

OBE Exit Sensations and Phenomena

The moments leading up to an OBE exit can involve intense energy body sensations. You may experience a sense of swaying, spinning, sudden acceleration, or a sudden falling sensation. You may feel greatly increased heart center activity, as if your heart is beating *very* rapidly and *very* strongly, sometimes impossibly fast and hard. This very common sensation is not your actual heart beating but your heart energy center working overtime to generate your astral body. Please trust us on this and do your best to ignore the sensation if it happens.

While most people will experience quite bearable rapid heartbeat-like sensations during early OBE exits, in some people this can be extreme and even traumatic. Be prepared to weather this, in case it happens to you. Trust that this is caused not by your physical heart but by your heart energy center, and continue on with your OBE exit. Fighting to stop an OBE exit once it has started will prolong and intensify the sensations.

OBE exit "vibrations" are extremely variable. They can be patchy or whole body, mild or intense. While some people will feel very little, most will experience noticeable OBE exit vibrations. These can range from a gentle shimmering to a powerful electrical-like flow, as if someone has attached live wires of voltage to your head and feet. Again, please trust us that these are not real physical vibrations. While they can be intense, they will not hurt you in any way.

You may also hear "astral noise," such as bells, gongs, roaring sounds, crashing furniture, knocking, footsteps, rattling chains, chain saws, or even something like a train rushing by at very close range. You may hear strange voices, or friends or relatives banging on your door demanding attention, even calling you by name. OBE-related noises and voices are common, and most projectors will experience mild audio phenomena at some time. About 10 percent will occasionally experience more intense audio phenomena. These are best considered as auditory hallucinations. Ignore anything you might hear prior to and during an OBE exit.

Some projectors feel only mild sensations and pop out of body with ease, but it is important to be aware of the possibilities. If you're not careful, OBE exit sensations and phenomena will regularly ruin what would otherwise be successful projections. If these are uncomfortable or frightening, the quickest way to get past them is to complete the OBE exit. Then, if you are still worried, you can dive back into your body. Stay focused and make it happen. Exit sensations lessen with every successful OBE.

Please trust us and totally ignore *anything* you might feel, hear, or see during an OBE exit. Focus completely on getting out of your body. While these experiences can be startling and disquieting, they also indicate that you are on the brink of OBE success. Think about this beforehand and be prepared to go through with your OBE exit come what may.

The Mind-Split Effect

The original copy of your mind, spirit, and memory never leaves your body while it lives. During an OBE, an energy *copy* of you is generated and projected out of your body. This stays connected to your body by an unbreakable energy filament, often called "the silver cord." The moment an OBE exit begins, your mind splits into two parts. Some projectors hear a distinct "click" near their heads when this happens. From the moment separation occurs, each of these aspects operates independently—one in your physical body/mind and one in your out-of-body/mind copy. These usually remain completely unaware of each other. After an OBE, as you awaken, these two aspects reintegrate.

Memories gained out of body must download into your physical brain/mind in order to be recalled. If this download fails, these memories disappear into the vaults of the subconscious mind. A big part of successful conscious-exit OBE involves improving your ability to recall the experience afterward.

OBE memory download is improved by using *strong emotion* during reentry. Projectors should enthusiastically *shout* success *during* reentry. Strong experience memories overwrite weaker memories. The stronger you make an OBE memory during reentry, the easier it will be to remember.

To maximize success, keep early OBEs very short, then reenter your body with strong emotion. Shout something

about the experience to help download a strong OBE memory, for example, "I got out of body" or "I walked through a wall" or "I flew over the house."

Remembering OBEs

OBEs can seem as real as waking physical reality, even more real at times. Memories of them, however, can be shadowy and dreamlike. You may have dozens of OBE successes, but if you don't remember them, it's as if they never happened.

The most important factors for remembering OBEs are keeping first projections very short, then reentering your body with strong emotion. Once you're out of body, take a few moments to look around. Look at your energy body hands and watch them melt, then dive back into your physical body (or reach out and "feel" for your body if it's not visible, and will yourself to return). Before and during this moment, think to yourself repeatedly, "I will remember this!" as strongly as you can. Then get up *immediately* and log some key words about it in your notebook or voice recorder. The time spent out of body can be extended with each experience: first 30 seconds, then 1 minute, then 2, 5, 7, and so on. A short conscious OBE remembered is worth more than all the others that were forgotten.

You may have only a few seconds to capture the memory after you reenter your body, so act immediately. OBE memories tend to vanish without warning. One moment you remember a powerful experience, and the next you're wondering what happened.

The longer an OBE continues, the more deeply your physical body will fall asleep. Your dream mind can become

active at this time. An active dream mind can cause dream imagery to intermix with or even overwrite your OBE memories. It can also cause loss of lucidity during an OBE.

Practicing skills for remembering dreams also helps to improve OBE memory recall. Keep a notepad near your bed. When you awaken, spend a few minutes recalling and reviewing your dreams. If you remember nothing, put your mind on search, as if you have lost an item and are trying to remember its location. When you trigger a dream memory fragment, write down a few key words about it and then relive it in your imagination. This will trigger more dream details. Start keeping a dream journal tonight and continue through the weeks of learning to project out of body.

You can use the same procedure after returning from an OBE. Run OBE-related scenarios through your mind to help trigger memories. For example, "I was flying over the town and . . ." "I walked through the wall and . . ." "I looked at my hands and they melted . . ." Make up more phrases of your own—anything you might do during an OBE. After you have recalled as much as you can, use the key words to write a more detailed account.

OBE Exit Energy Rush Sensation

When your projectable double starts separating, a great deal of activity occurs in your energy body. In particular, a strong visceral flow of tingling adrenaline-like energy will surge up through your stomach and chest. This is a crucial time. Any break in concentration can interrupt the OBE exit process. Our best advice is to persevere and be prepared to ignore this sensation and stay relaxed. This distraction will lessen with practice and experience.

Sight and Weakness Issues

Sight issues are common during an OBE. Once out of body, you might find your visual perception blurred or distorted, or you could be blind in one or both astral eyes. Movement problems are also common. After an OBE exit, you may feel so weak that you slide to the floor, unable to move. Sometimes an invisible force may seem to be trying to pull you back into your physical body (this is your own physical body trying to reel you back in).

The above conditions can be remedied by demanding more light or more clarity or more energy. To do this, make strong commands with force and intention. Say, "Give me light, NOW!" or "Give me clarity, NOW!" or "Give me energy, NOW!" Expect your commands to be instantly obeyed. Repeat as necessary. (This works by influencing your subconscious mind and higher self.)

These issues can also be lessened by moving away from your physical body. This is usually achieved by willing yourself to move. Your energy body will respond accordingly. Occasionally, when weakness issues are present, this may require more effort. Once you get a dozen feet or more from your physical body, sight and weakness issues should severely lessen or dissipate altogether.

Overcoming Fear

One huge roadblock to successful conscious-exit OBEs is fear. No matter how much people have heard or read about it, they are usually unprepared for how *strong* and *real* an OBE exit can be. It can be truly astounding. Projectors will often panic and fight to abort an OBE exit during separation, seconds before success.

Fighting to abort an OBE exit can produce further hurdles, especially if this causes trauma. This can cause psychological scarring, conditioning you to subconsciously abort OBE exits when they start. Completing your first OBE exit can be a true test of courage.

OBE-related fear comes in many forms, but its core is a natural fear of the unfamiliar out-of-body environment. Before you begin making OBE exit attempts, firmly resolve to go through with it, regardless of fear or strong sensations or anything else you might experience. Go for the exit and finish it! Realize that you project out of body every night. The only difference here is that you'll be doing it while you're awake, which causes far stronger sensations.

Natural fear of the unknown is increased by darkness. As most people tend to project at night, darkness is a significant problem. This can be alleviated by having a lamp lit in a nearby room or by projecting in daylight hours.

Whatever your fear, know that you can instantly return to your body at any time. Coming back rarely involves more

than thinking about your physical body. Even if your body has slipped into deep sleep or is not visible, you can return just by thinking about it and "feeling" for its presence.

Resolve to go through with your OBE exit as an objective observer. Firsthand experience is the best remedy for fear of the unknown. With repeated success, your confidence will increase and any worries you might have will ease.

New Energy Ways Overview

The OBE exit is a profound act of consciousness, but the nuts and bolts of this are entirely the department of the energy body. Subtle mechanisms within your energy body are what generate and project you out of body. New Energy Ways is a method of stimulating the energy body with the remembered sense of touch, using focused body awareness actions. This excites the human body's spiritual energy fields into activity. Body awareness actions are used to activate your primary energy centers, to raise and store energy, and to perform OBE exit techniques.

When a body awareness action is used beyond the limits of your physical body, say with the rope projection technique, a part of your consciousness is exteriorized. This exerts pressure on the OBE projection mechanism, encouraging it to activate. If you are in a deeply relaxed state with a clear mind, this can result in an OBE exit.

The easiest way to learn body awareness energy work is by doing it yourself. This is easy to do, and most people will feel noticeable energy movement sensations in the first session. CD 1 will talk you through the learning process. The following explanations will help you understand body awareness energy work.

Body Awareness Actions

When your attention is focused on a specific part of your body, that part becomes energetically stimulated. When this focal point of attention is given motion—when you move that focal point through your body—the underlying energy structure (your energy body) is stimulated. Body awareness actions can be performed on the surface of the physical body, inside the physical body (including primary energy centers, or chakras), and beyond the limits of the physical body (for example, while performing OBE exit techniques).

Body awareness actions cause some unusual sensations. While the type and intensity vary from person to person, the most common include tingling, buzzing, fluttering, tightness, heaviness, fuzziness, or warm or cool sensations. These are caused primarily by resistance to energy flow, which affects the nerves and flesh of the physical body.

One side of your body will usually be more sensitive to energy movement. Which side varies from person to person, depending on the individual's energetic makeup. It's rare to feel nothing. If you don't feel anything to start with, please persevere with these exercises. You will eventually feel something. A faint sensation of heaviness and tightness in the flesh, a kind of thick, fuzzy feeling, is the first thing most people feel. Sensations will increase from there on.

Strong energy sensations will lessen as the energy body is cleared of blockages and conditioned to a higher energy

flow. A lack of sensations can indicate three things: an already healthy energy body, sluggish energy and energy blockages, or an ineffective focus of body awareness attention.

First Practice

This section provides instructions on how to perform basic body awareness actions. Grasping these techniques is essential for all the energy work and OBE exit methods you'll learn in this program.

The key to making body awareness actions work is to move your sense of *touch* and *feel* through specific areas of your body. In the early stages, especially with hand/arm and foot/leg actions, some people find it helps to follow the body awareness actions with their eyes. You can imagine that a beam of light is coming from your eyes and following your focal point of body awareness as it moves. (Keeping your eyes open is optional. Once you become proficient at doing energy work exercises, always perform them with eyes closed.)

You'll start by re-creating a habitual action—combing hair—with body awareness.

Preparation: Sit in a chair, loosen tight clothing, and kick off your shoes. Tight shoes and clothing interfere with energy flow and body awareness targeting. Place a cushion under your feet and do not cross your legs. Close your eyes and take a few deep breaths to settle yourself. Only light relaxation is needed.

Exercise 1. Combing Hair: Begin by closing your eyes and combing your fingers through your hair, imagining what those physical sensations feel like. When you have a good sense of this, place your arms in your lap, take a deep breath, and relax. Now imagine that you are combing your hair, but without physically moving. Carry out these movements in real time, as if you were actually combing your hair. *Imagine* and *feel* yourself lifting your hand to your head. *Feel* your arm raising and moving your hand to touch your head. Focus on the feel of your fingers slowly combing your hair, moving over your scalp and across your head. Vary the speed of the combing. Continue until you have combed the whole surface of your scalp and hair length several times. Finish by using both your imaginary hands to massage your scalp, face, neck, and shoulders.

Sensations: The above exercise can cause a tingling, a prickling, in your scalp. It can also cause light throbbing and/or a mild heaviness or tight feeling in the top of the head and in the middle of the brow.

Exercise 2. Brushing Hands: Rest your left hand on your desk or lap with the palm up. With the fingertips of your right hand, stroke the whole surface of your left hand from wrist to fingertips and back, repeatedly. Take about one second each way. While doing this, *memorize the feel* of the *touch* this produces on your left hand. Continue stroking for thirty seconds or so, until you can reproduce

the *feel* and *movement* of this action in your left hand from memory, *with your body awareness alone*. When you can do this, stop physically stroking and continue moving the *feel* of this touch across the palms and fingers of your left hand, back and forth. If it helps, imagine that a soft paintbrush is stroking your hand. Take about a half to one second either way. Continue for a minute or two, until sensations are felt, then repeat this exercise with your right hand. Finally, try both hands simultaneously. This exercise can be repeated on the soles of your feet, for extra practice.

Sensations: This exercise can cause a faint feeling of thickness or fuzziness, heaviness, pressure, tingling, buzzing, tickling, warmth or coolness, or light throbbing. Hand sensations can be intense in some people. The hands are directly connected to the flow of air energy into the higher primary centers. Hand stimulation increases this flow. This is normal and a good general sign.

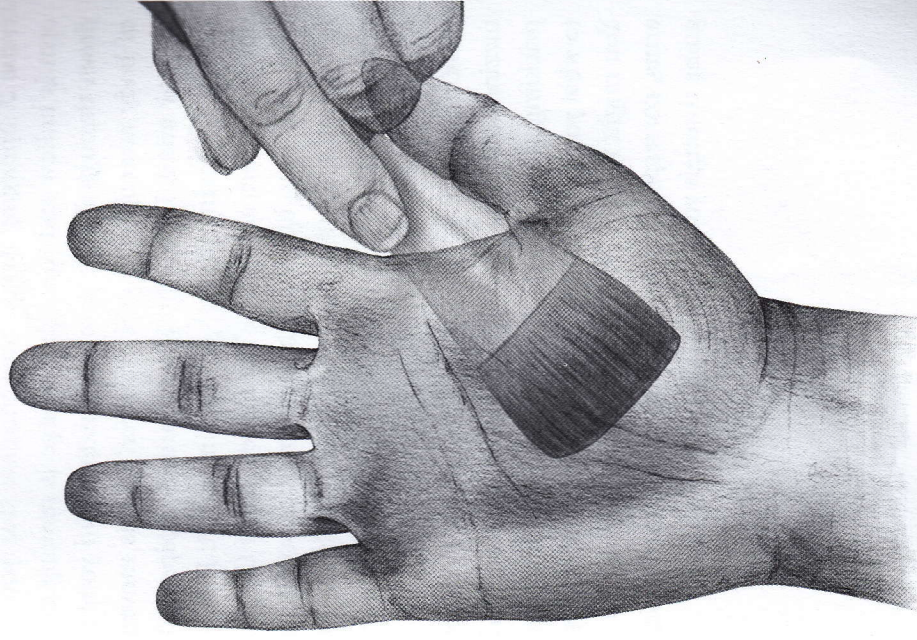


Figure 5, the brushing technique, involves imagining a soft paintbrush being brushed across the skin.

Exercise 3. *Sponging Arms:* Now imagine that your right arm is hollow and that a big sponge is moving up and down through it. Use your imagination and your sense of body awareness to create the *feel* of this movement in your mind. Imagine that your arm is a pipe and the sponge is moving through it, cleaning it out. If it helps, open your eyes and follow the movement of the sponge with your eyes, but close them again once you begin to feel sensations and carry on with just your body awareness actions. This exercise can be repeated on your legs for extra practice.

Sensations: With this exercise you'll feel a faint thickness or fuzziness, heaviness, pressure, tingling, buzzing, tickling, prickling, warmth or coolness, or light throbbing, similar to what you felt with the previous exercise with the palms. You might feel a "wave" of energy moving through your arms, corresponding to where your imagined sponge is going through your body.



Figure 6, the sponging technique (sometimes referred to as "sweeping energy"), entails imagining a sponge moving through different parts of the body.

Exercise 4. Energy Balls: To cause sensation in your hands, clap, rub your hands together, and wiggle your fingers. Now, with eyes closed, hold your hands in front of your chest, palms facing about five inches apart, as if praying with a tennis ball held between your hands. Focus on the sensations in your hands, and *feel* them with body awareness. *Feel* with your hands as if you were feeling for a faint change in air temperature. Imagine and feel an electric-blue energy ball the size of a tennis ball forming between your hands. Imagine and feel the ball spinning slowly in your hands, becoming more and more solid. Continue for a minute or so, until you get a good sense of this.

Tip: Electric blue is a good all-around color for energy balls. Other colors can also be used, and these will have different effects on the energy body. Experiment and find what works best for you.

Hand Bounce: Continuing from above, move your hands one to two feet apart. *Imagine* and *feel* the energy ball spinning and hovering in the space between your hands. Then *imagine* and *feel* the energy ball moving, bouncing, from hand to hand, about half a second each way. *Feel* the ball touching each hand as strongly as you can, as it bounces back and forth. Continue for a few minutes or longer. You cannot overdo this.

Hug Circuit: Continuing on, hold out your arms in front, fingers linked, as if you were hugging someone. *Imagine*

and *feel* an energy ball forming over your linked fingers. *Imagine* and *feel* this ball moving up your right arm to the shoulder, then through your chest and down your left arm to your hands. Move the energy ball in a continual loop, around and around through your arms and chest. Take one or two seconds for each loop. Continue for a few minutes.

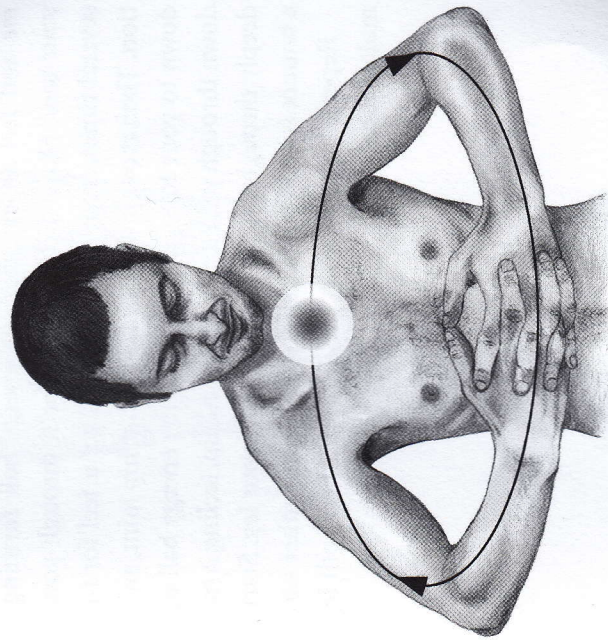


Figure 7 shows the energy hug circuit.

Energy Bounce Actions: Bouncing energy through your body is an effective way to stimulate large areas with a simple body awareness action. With all bounce actions, increase the speed until you start to lose body awareness contact, then slow down to a more comfortable pace. Find a speed that works best for you.

Leg Bounce: Focus your awareness in your left foot. *Imagine and feel* an electric-blue energy ball forming over your toes. Move this back and forth through your foot several times, from toes to heel, to get a feel for this action. Then move it up your leg to your hip joint, and back down to your foot again. Bounce the energy ball up and down through your leg from foot to hip, feeling it moving deeply through the flesh and bone of your leg. Start with a bounce speed from a half to one second either way.

Repeat the above with the right leg, then both legs simultaneously.

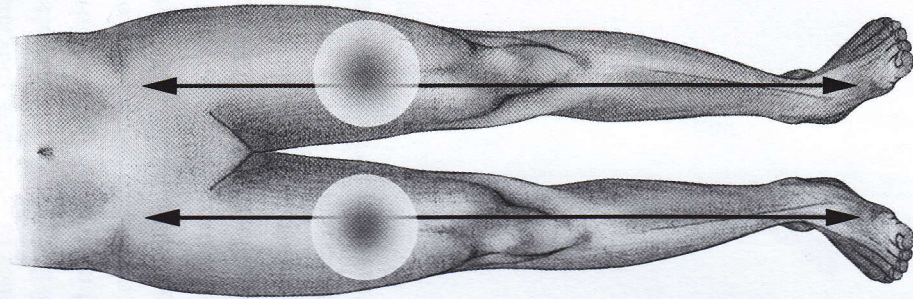


Figure 8 illustrates the leg energy bounce.

Arm Bounce: Focus your awareness in your left hand. *Imagine and feel* an electric-blue energy ball forming over your fingers. Move this back and forth from fingertips to wrist several times to get a feel for this action. Then move it up your arm to your shoulder joint, and back down to your hand. Bounce the energy ball up and down through your arm from fingers to shoulder, feeling it moving deeply through the flesh and bone of your arm. Start with a bounce speed from a half to one second either way.

Repeat the above with your right arm, then both arms simultaneously.

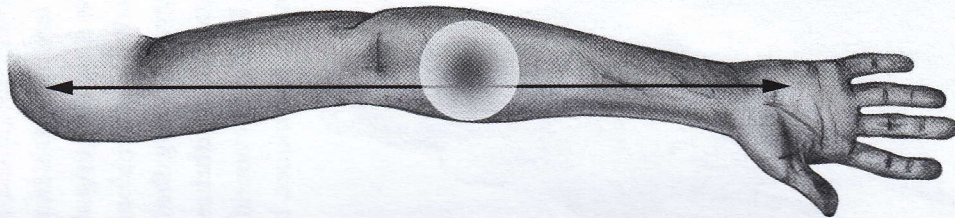


Figure 9 illustrates the arm energy bounce.

Spinal Bounce: Focus your awareness at the base of your spine. *Imagine and feel* an electric-blue energy ball forming there, then move it up along your spine to the top of your head and back down again. Move this up and down, bouncing the energy ball along the spine. Start with a bounce of one to two seconds either way and then make it go faster. This may be slightly more difficult than the leg and arm energy bounce techniques, but it will get easier with practice.

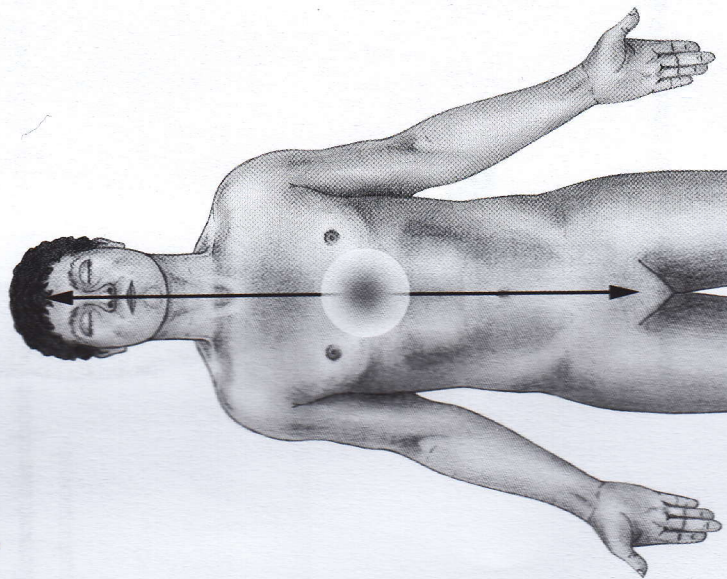


Figure 10 demonstrates the spinal energy bounce.

Full-Body Bounce: Focus your awareness in your feet. *Imagine and feel* an electric-blue energy ball the size of a large beach ball forming over your feet and lower legs. This should be large enough to slide over your torso when you move it up your body. Move the energy ball up your body to above your head and then back to your feet. Bounce speed should be about one second either way.

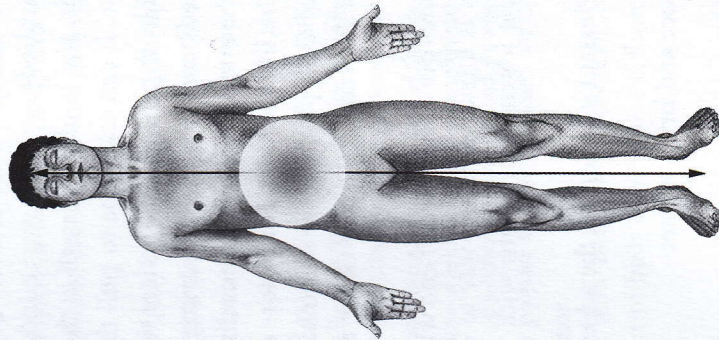


Figure 11 shows the full-body energy bounce.

Good Luck!

Your perceptions of reality are about to grow. But experiencing out-of-body projection results in more than just a better understanding of your place in the universe. It also provides firsthand evidence that consciousness can exist without a physical body.

The keys to OBE success are practice and perseverance. Take gradual steps and focus on mastering the fundamentals: relaxing your body, quieting your mind, strengthening your energy body, and holding yourself in the mind-awake/body-asleep state. It can take time to pull this all together, but it is achievable. Experiment. Be patient with yourself.

We've outlined here the basics of learning conscious-exit projection, but the information we have available far exceeds the capacity of this little booklet. For a more comprehensive understanding of OBE practice, we recommend our book, *Mastering Astral Projection: 90-Day Guide to Out-of-Body Experience*.

Your adventures out of body won't end with just the first experience. This is a truly amazing way to explore reality. And, like all great journeys, it begins with those first few steps.

Good luck. Pleasant journey. Let the adventures begin!

—Robert Bruce and Brian Mercer



Mastering Astral Projection

90-Day Guide to Out-of-Body Experience

ROBERT BRUCE & BRIAN MERCER

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