

# Astral Dynamics The Complete Book Of Outofbody Experience

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Astral Dynamics is a personal narrative, a "how-to," a troubleshooting guide, and a theoretical perspective—and it is a treasure regardless of whether you are a skeptic, a veteran astral projector, a newbie, or an armchair traveler. It provides the intelligent and motivated reader with everything needed to put theory into practice.

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The Astral Dynamics Workbook is a work-in-progress. It began as an effort to create a way for me to learn the New Energy Ways program and Mr. Bruce has kindly offered to include it on his web site in the hopes that it might be helpful. Please personalize it for your needs. As with anything, use what works and

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