Robert Bruce’s
EVOLUTION
How To Succeed With Spirituality
Astral Dynamics
Evolution
What You Need To Know About How To Be Successful With Spirituality

By Robert Bruce & Timothy Donaghue

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...Or “How To Respect The Hard Work Of The Authors”

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Now let’s learn how to be more successful with spirituality...
TABLE OF CONTENTS

Introduction.....................................................8

Chapter 1: The Evolution Of Spirituality ........9
	Defining Spirituality ........................................10
	The Genesis Of Consciousness .............................11
	Multi-Dimensional Existence ................................13
	The Role Of The Higher Self .................................13
	The Meaning Of Life ..........................................14
	Life After Death ................................................16
	Practice Versus Intellectualism .............................17
	Developing Psychic Abilities ...............................18
	Be Careful What You Wish For ..............................20
	The History Of Mysticism ....................................21
	Society’s Disapproval of Psychic Abilities ...............21
	The Skeptic Scam ..............................................22
	Breaking Out Of The Left-Right Paradigm ..............23
	Why Humans Often Feel Sad And Lonely ...............26
	The Secret To Happiness .....................................28
	How I Discovered Spiritual Evolution ....................29
	Meeting Other Psychics ......................................29
	Practice, Practice, Practice .................................31
	Taking Feedback To Heart ..................................31

Chapter 2: Manifestation .................................34
	How Manifestation Works ..................................35
	Why Words Have Power ....................................36
	The Leverage Of Verbal Affirmations ....................37
	The Power Of Taking Action ................................40

©2012 All Rights Reserved. - Evolution - By Robert Bruce and Timothy Donaghue
Ending Bad Habits..............................................42
Improving Self-Esteem ........................................45
Attracting A Partner ...........................................48
Creating Wealth And Prosperity ..........................49

**Chapter 3: Healing ...........................................51**

- How Healing Works .......................................52
- Western VS Eastern Medicine ..............................53
- Combining The Best Of Both Worlds ......................54
- Harnessing The Power Of Your Heart Chakra ............54
- Hands-On Healing ...........................................55
- Remote Healing .............................................57

**Chapter 4: Astral Projection ..............................59**

- You Are Not Your Body .....................................60
- The “Mind Split” Effect ......................................62
- The Silver Cord ..............................................65
- Preparing Your Astral Body ................................74
- How To Get Out Of Body ....................................77
- Understanding Weird OBE Phenomena ..................80
- Maximizing Your Astral Recall ..............................82
- Exiting In Different Ways ...................................86
- How To Travel Inter-Dimensionally ........................87
- Other Helpful Tips, And Oddities ............................89
- Endless Possibilities ........................................92

**Chapter 5: The Energy Body: Kundalini And Chakras ........................................95**

- The Anatomy Of The Energy Body .........................96
- Feeling Energy Inside Your Body ..........................98

©2013 All Rights Reserved. - Evolution - By Robert Bruce and Timothy Donaghue
Chapter 6: Exorcism: Defense Against The Dark Arts .......................................................... 116

Does Evil Exist? .................................................. 117
We’re Exposed To Negative Forces 24/7 .......... 120
How To Protect Yourself.......................................... 124
How To Exorcise Harmful Energy From A Room .125
Performing A Pentagram Banishment ...............127
Reversing A Direct Attack .................................... 130
Micro Banishments .............................................. 131

Chapter 7: Clairvoyance: Opening Your Third Eye................................................................. 133

The 6 Psychic Senses......................................... 134
The Qualities Of Your Thoughts .................. 137
Partial List Of Qualities Of Each Sensory Format 139
Retrieving Accurate Information .................. 142
Past And Future Timelines ................................. 145
Meet Your Future Self ....................................... 145
Inter-Dimensional Information ...................... 146
How To See Auras ............................................. 146
Morality Of A Psychic .......................................... 150

Chapter 8: Magick: Controlling Reality ......153

Mind Over Matter .............................................. 154
What Is A Ritual? .............................................. 155
Rituals For Success ........................................ 157
Evoking Spirits .................................................. 159

Chapter 9: Love: The Energy Of Intimacy .. 163
What Love Is, How It Works ................................. 164
How To Use Energy To Attract More Partners ..... 167
How To Have A Long-Lasting Relationship ....... 170

Chapter 10: Advancing Your Evolution ....... 175
Overcoming Roadblocks To Success ............... 176
Laughing At Naysayers ....................................... 178
The Global Spiritual Awakening ....................... 178
Trusting The Guidance Of Your Higher Self .... 179
Becoming A Living Genius ................................. 180
Getting A Higher Spiritual Education .............. 181

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Introduction

I’ve been developing my spirituality for over 35 years now, and in the process have also helped many other people to advance their personal evolution.

If you have a working mind, then you meet the prerequisite for developing your intrinsic psychic gifts, and connecting more deeply with your Higher Self.

You may note that the style of this book is quite different from my other written works. Apart from being coauthored, I use a more conversational tone, like you’re talking with an old friend. My goal is to make the information as accessible as possible.

Treat this book as a reference guide, and workbook. It has exercises to practice, so by the end you will have a working competency in the skills presented.

To evolve your consciousness requires persistence and hard work, so take notes, meditate on the concepts, and do your best with the techniques.

And above all, embody your spirituality in your everyday life.

Evolutionary success is the highest pursuit a human being can undertake.

One last thing before we start... when you achieve success, take a moment to let us know. Write to us at: SuccessStories@AstralDynamics.com, and say how it went.
Chapter 1: The Evolution Of Spirituality
Defining Spirituality

Spirituality is the practice of evolution. This begs the question, what is evolution?

Evolution is forward growth. It is the optimization of the way something works. It is improvement.

So, taking that on board, we know that spirituality is the optimization of the way we evolve as consciousness.

Spirituality is the improvement of the way we live, think, feel, and act. This includes everything from how we spend our time, to how we eat, sleep, communicate, earn a living, and more.

Spirituality, and the way you evolve, pervades every aspect and area of your entire life, and beyond. It is how you EXIST.

Let’s just take a look at the root word, “spirit”, in order to get a clue as to what it means academically...

*Spirit* means the “true self or Soul”. It also means “vigor and strength of character”. And that makes sense in this context.

Spirituality is the practice of evolution. It is the strongest, most important part of who you are, and how you live. It’s the guiding light for your decision-making and the basis of your personal morality.

Your spirituality DEFINES YOU.

A famous philosopher (Plato) stated that the three most important questions a human being can ask are:

**What is true? What is good? What is beautiful?**
Spirituality is your key to answering these age-old questions.

**The Genesis Of Consciousness**

How did existence start?

How did it all come about?

How was everything created?

Did a source consciousness generate all of this? Or did it all happen by accident spontaneously, as the atheists and skeptics like to believe? Does anybody really know? And if so, how do they know? How do you prove something like the initial genesis of consciousness and existence?

To be totally honest, I cannot say with absolute certainty one way or the other- and I would be wary of anybody who claims they can.

But that being said, I’m going to lay out my working theory, nonetheless. And this is based on my firsthand experiences, conversations and communications with “advanced” beings, and my own logical observations and rationale.

Let me remind you once more, that this is a THEORY. I am not claiming to know for a FACT how existence started. It is unknowable from our level of reality, although is conjecturable, and WORTHY of postulation...if not just for the mental exercise you get from doing it.

So take my educated speculation to heart, AND with a grain of salt too.

To preface this, let me explain a very basic logical issue. That is, it’s not logically possible to have a pure beginning. Meaning, in order for something to start, it needs something to START it. So for example, if I were to
say “God” created everything, then a person could ask, “Well, what created God?” And then they could ask, “What created the thing that created the thing that created God?”

This is called an endless regression. And it makes it difficult to give any definitive “beginning” to the facts of our existence. So, the only thing we CAN do is say:

Source consciousness existed. We don’t know how it got there, we just know it was THERE. The details beyond that presupposition are outside the context of our existence, so it’s not possible to access directly. (Re-read this paragraph)

Source consciousness, we’ll call it, did what consciousness does naturally... it thought about itself.

By reflecting on itself, it realized that it wanted to improve upon its current state. So it decided to evolve.

So it began evolving as a single whole consciousness. But it wasn’t long before it realized that it could only go so far using that strategy. And before long, it devised a new strategy.

Source consciousness went on to generate countless units of consciousness, all in its likeness and essence, purely for the sake of continuing its evolutionary purpose. So now, source has an army of units of consciousness all existing in order to evolve.

It has zillions of tiny copies of itself all working for a common goal individually.

And this is where we are today. We are manifest consciousness, derived from the original source consciousness, endowed with intellect, and the essential purpose of fulfilling our own evolution, and thus, the greater evolution of source consciousness.
This my theory. Take it or leave it. But I think you’ll find, upon further mental examination, that it makes a GREAT DEAL of sense. And it explains a lot.

**Multi-Dimensional Existence**

In order for all of us units of consciousness to evolve, source consciousness designed and created a system of dimensions. Each dimension consisting of a unique universe, or reality. Each dimension being its own world.

This multi-dimensional existence is the tool with which we consciousness are to use, and interact with, in order to learn and evolve.

Reality is a tool for learning.

It is a feedback mechanism.

When you make a good decision, you are rewarded with an improvement in your reality, or life. And when you make a poor decision, so you’re disciplined with a decrease in the quality of your life.

In this way, we units of consciousness LEARN from both our successes AND failures and mistakes.

Reality is nothing more than a game for us to play with, in order to evolve. This is EXACTLY what source intended it to be.

**The Role Of The Higher Self**

Over time, things have gotten more interesting and the complexity increased.

The tiny units of consciousness eventually realized they too could benefit from a generative strategy, much like that of source consciousness. So, the copies copied themselves. They created smaller versions of themselves. And now, there are multiple levels of generated
consciousness. The source consciousness, the first copy, and now the second copy.

And this replication continued on.

I don’t know how many times. But I do know that all of us as units of consciousness, are derived from a higher unit of consciousness.

We call this the Higher Self. And this being has the primary goal of evolving itself, through our individual evolution.

When WE evolve, IT evolves.

It has a stake in our progress, so it provides unconscious, and sometimes conscious, guidance and influence on a deep level... to the point where it might literally alter our everyday experiences in order to ensure a particular outcome.

This is a serious over-simplification of how existence has unfolded, but it works.

Your Higher Self monitors, and can influence, every single thought, emotion, or impulse you have as a unit of consciousness, or human being.

It’s the equivalent of having a godlike parent.

It GENUINELY wants the best for you, as when good things happen for you, it happens for it, too.

You and your Higher Self have a win-win relationship.

The Meaning Of Life

From time immemorial, people have pondered the meaning of life.
But I think a better question is... what is the purpose of life?

The answer? To evolve, of course, through the experience of life itself.

The sole reason you are alive right now...is the same reason you are reading this book...and it is the same reason you even exist. To EVOLVE. There is nothing else.

The meaning of life is in your spirituality. Remember the 3 basic questions of philosophy? What is true? What is good? What is beautiful? Well, we’re starting to address them now.

The meaning of life is in the experiences you have while living. These experiences are enhanced when you are working on your spiritual development.

It is the moment you make a breakthrough...

It’s the RUSH of happiness you feel when you have an epiphany, or an “A-ha!” moment. It’s when you come up with a fantastic idea, and the light bulb of ingenuity turns on above your head. When you make the right choice, and you see the wonderful results you get.

Whether your life is lived as a cripple or an athlete, a pauper or a zillionaire, the life experience itself is what is valuable. It is not the outcome or end result. It is every moment of the journey that is lived that is important to your spiritual evolution, and to your Higher Self.

**The meaning of life is inside the moments you experience as you make evolutionary progress.**

You don’t need to be a member of an elite school of thought, or have a PhD in philosophy to grasp these basic, intuitive, human concepts. Understanding these truths comes naturally, and so will your spiritual and psychic development.
As a human being, you are MEANT to evolve. It’s WHY you are a conscious thinking being. Evolution will come more easily than you might think.

When something feels natural, it becomes ENJOYABLE because we’re good at it. And humans like doing things they’re good at doing.

Life After Death

If existence is multi-dimensional, then what happens when a human being, or any living creature for that matter, dies?

This touches on a psychic skill we’re going to explore later on, called “astral projection”.

You see, we are consciousness that inhabits a physical body. And when the physical shell expires, the consciousness continues, and assumes another form in another dimension.

This is what is called “crossing over”.

At the moment of death, the consciousness ejects from the physical corpse in its astral body, and picks up awareness in the next world...that is, the level of the astral plane closest to this physical plane. What I coined as the “Real Time Zone”.

I call it that because this level of reality on the “other side” is in synch time-wise with this physical reality. It’s in “real time” with the physical. So when you die, you wake up in your astral body in a corresponding location of the Real Time Zone that visually and temporally MATCHES this reality in the physical. But the difference being that you have “passed away” and are no longer incarnate in the physical.
The Real Time Zone is the beginning, a staging area if you like, for the afterlife experience.

You are immortal consciousness and thus you will NEVER expire or “blip” out of existence entirely. You may, however, change at some point. But even if you are absorbed into a higher level of your own spiritual collective, you do not become extinct. You simply take on a higher level of awareness.

So what does this mean on a practical, everyday level? STOP BEING AFRAID OF DEATH!

Death is a transition into a new reality. Do not fear it. This is like the popular quote “Every end is a new beginning.”

And what’s more, everybody who has ever lived on the physical plane passed on to the astral planes. And they are still alive.

All the friends and loved ones who’ve ‘crossed over’ before you are over there kicking around, doing whatever, and will likely be there to greet you when YOU pass away.

I regularly visit my parents and friends and family that have crossed over before me.

If there is ONE THING you should take away from this, it’s that you need to stop fearing death. Because people who are afraid of dying tend to ALSO be afraid of LIVING. And the MAJOR GOAL of spirituality is to LIVE YOUR LIFE WITH PASSION...to make the MOST of your life experience here in the physical universe. To evolve as MUCH as possible, before you slip off into another reality.

Practice Versus Intellectualism

In order to actively evolve...to grow...to do whatever it is that you have the potential to do in this life...you need to actively PRACTICE your spirituality.
One of the flaws many people have is that they over-intellectualize. They think they need to know EVERYTHING about something in order to do ANYTHING with it. And they couldn’t be further from the truth.

The truth is that you really don’t need to know about the genesis of consciousness, or know the fine details of your Higher Self, in order to get started with your psychic and spiritual development.

You don’t need to know much at all in order to do some daily energy work and meditation. A little intellectual grounding of how everything works is useful to provide context. But you only need to know a little to get going.

By the time you get some success with your own spiritual skills and evolution, you probably won’t CARE about the intellectual side of these things anymore. You’ll be too absorbed by your own progress.

I’ve spent my life exploring and PRACTICING spirituality. I’d rather roll up my sleeves and get my hands dirty than sit and debate. When people ask me how I’ve had the good fortune of raising my kundalini, gained clairvoyance and astral projection skills, I tell them that I worked hard and practiced a lot.

The only way to develop your own psychic abilities and to EVOLVE is to PRACTICE YOUR SPIRITUALITY.

Developing Psychic Abilities

I use the word “psychic” a lot here. What does it mean? And isn’t a psychic one of those people that will tell you your future for $3 a minute on the telephone?

Well... yes and no.
There ARE scammers and cold readers out there who will use nothing more than their ability to pick up on your voice, personality type, or body language in order to make it SEEM like they can “read” you on a psychic level.

But just because those types of people exist doesn’t mean there aren’t REAL psychics out there.

There are POWERFUL psychics out there, working their magic in privacy. These psychics are usually not for hire.

We also live in a world where, by and large, psychics are often thought to be mentally ill. They are often disrespected by ordinary people, to the point where they could risk losing their jobs or being shunned by family and friends. It’s not always easy for spiritual practitioners to “come out of the closet” with regards to psychic abilities.

That raises the questions: what ARE psychic abilities, and why should they concern you?

A psychic ability is the power to use your conscious mind to perform something generally considered to be a miracle; something impossible. Whether it’s gathering information remotely, from the past or the future, or healing diseases, a psychic ability is the power to cause change in reality by way of the mind. It’s also known as “mentalism” - mind over matter.

Psychic abilities, or what I’ll also refer to as mystical abilities, magical abilities, and spiritual abilities, are a natural development along the course of your personal evolution.

If the 5 basic senses of a normal human are seeing, hearing, feeling, smelling, and tasting... then the senses of a more EVOLVED human are those five PLUS the psychic version of each... namely clairvoyance, clairaudience, clairsentience, and so on.

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The natural “next step” in the evolutionary ladder of a human being is learning to use all the psychic senses, to astral project, and more.

By sharpening your mystical skills, you ARE EVOLVING.

When humans were cavemen, they developed language... and tools... and writing... and took EVOLUTIONARY STEPS FORWARD... now YOU are carrying the torch forward by taking the NEXT STEP in the evolutionary journey of humanity by gaining psychic abilities.

**Be Careful What You Wish For**

I want to offer a gentle caution before we go any further: BE CAREFUL WHAT YOU WISH FOR, as you might just get it.

Psychic abilities are fun, but they can also be LIFE-ALTERING. Learning to travel inter-dimensionally will RADICALLY change your perspective on the world. All of your values will shift, and you’ll see EVERYTHING in a new light. This will have a marked effect on your relationships with, and perceptions of, other people. They WILL NOTICE changes in you.

So before we go any further... have a think about how your life will change and how you will handle these changes?

Make it a personal RULE that you’ll always pace yourself, move one step at a time, and that you’ll STAY GROUNDED.

You are largely on your own when it comes to handling your own psychic development. There are no ‘special’ paramedics that will be able to help you.
Staying grounded is KEY to safe psychic and spiritual development.

The History Of Mysticism

In the last few sections I discussed how psychic and spiritual development is the “next step” in human evolution...

But didn’t the ancient mystics have psychic powers? And if so, then how could our evolution be the NEXT step if it happened in the past?

There were ancient mystics with AMAZING talents, yes, but they were rare. Back then they were one in a million. And most people, afraid of being singled out and burnt at the stake, or ostracized by society, kept what they had to themselves.

The modern today is vastly different. The Internet, and a more liberal society, has changed all this. Today, SPIRITUAL EDUCATION is READILY AVAILABLE.

Educational material on spirituality used to be transmitted orally, or on parchments, and now it’s everywhere. People used to have to travel across sweltering deserts and climb mountains to find real mystical teachers. But now all you have to do is watch my videos from the comfort of your home.

Society’s Disapproval of Psychic Abilities

When we look back at our heritage as spiritual practitioners, we see general fear and disapproval by society of those who have psychic abilities.

Our ideological ancestors were burned at the stake simply for thinking for themselves and following the guidance of their Higher Selves. And if there is ONE CENTRAL THEME to the plot of humanity’s story, it’s that our species has tried to snuff out psychic abilities since
the beginning of time. The ruling classes either control or suppress these things with force. Not much has changed.

That same deep-seated fear and distrust for people who are psychic is still rampant in our world today. I’m sure you can relate to that kind of social outcasting and persecution in SOME way.

The Skeptic Scam

You may be wondering at this point, if psychic abilities are becoming more prevalent and achievable, then why hasn’t anybody silenced the professional skeptics? Why hasn’t anybody proven them wrong?

Here’s the deal with the “million dollar” prize the skeptics offer to anyone who can prove real psychic or paranormal phenomena: The tests are rigged, of course. These things are scams designed to discredit psychics.

Built into the legal documents that challengers must sign before they can undertake these tests, are craftily-worded legalize that put psychics in NO WIN situations.

Psychics are made to sign legally binding agreements that assign FULL COPYRIGHT of all test data to the skeptic judge. And they also agree to accept AS FINAL the opinion of the skeptic judge.

This means that LEGALLY, any challenger must ACCEPT the opinion of their judge as final. And no disputes are possible, because of the contracts signed beforehand.

Everything comes down to the PERSONAL DECISION of the third-party judge. (Not a legitimate legal judge) So no matter what psychic abilities are demonstrated, or how clearly, the judge simply says “I don’t know how you fooled us, but you fail.”
The hard-nosed skeptics of today are closed-minded pessimists. Real scientists are “open minded skeptics” and this is a wise and honorable approach to life. But “closed-minded skeptics” have ALREADY made up their minds that psychic abilities are not “possible” according to their beliefs.

Here, I draw contrast with the famous argument between the Pope and Galileo... The Pope says ‘the earth is flat’ and Galileo says ‘the earth is round’. The more powerful Pope won, of course.

Such arguments have nothing to do with whom is right or wrong. It is how much money you have, or how much influence or TV time you can get. I repeat, this is nothing to do with truth and reality.

Breaking Out Of The Left-Right Paradigm

There are two main schools of thought today: Materialist Atheism Vs. Religious Mythology.

On one side we have the people who believe “the physical universe” is all there is, “God” doesn’t exist, and that when we die we go “extinct”.

Versus...

Those on the other side who believe “this world” is the center of the universe, a heaven and a hell exist, and “God” exists, and that when we die we face judgment for our sins.

Frankly, both are FAR from the truth.

TENETS OF MATERIALIST ATHEISM:

- Existence originated from a cosmic accident

This argument is impossible to prove either way. It’s just as impossible to validate as proving “God” exists.
- This physical universe is the only universe and it’s laws of physics are unbreakable.

Well, astral projection and clairvoyance KILL that argument immediately. The famous TWO SLIT EXPERIMENT that started Quantum Physics also bends that, and the laws of physics, completely out of shape.

Astral projection and clairvoyance, and remote viewing, also show that there is a little more to existence than meets the eye.

- Consciousness is a product of a sentient brain, and nothing more. So when the body dies, consciousness terminates.

Again, firsthand experience, paranormal phenomena and spirit communication contradict this theory.

- Seeing ghosts, hearing voices of spirits, seeing and feeling energy, and having prophetic dreams and visions, indicate mental illness.

What can anyone say to that? What we call a PHENOMENAL experience or skill, they call a delusion. The only way to approach this is through First Hand Personal Experience.

- There is no After-life, and when you die, you go extinct.

When you are out of your body, decide for yourself.

Now, let’s take a look at the other brand...

TENETS OF RELIGIOUS MYTHOLOGY:

- God created humans and the universe, and this is supported by the Bible and other “holy” books
This is also impossible to prove with any certainty, just like trying to prove what caused the BIG BANG. At best, we can develop a strong philosophical hypothesis to support the existence of an original source of consciousness. But it’s outside the realm of what is KNOWABLE.

- **This world is all there is. Except for heaven and hell**

  This is also unprovable. As there are many religions, there must be many heavens and hells.

- **God is tracking your behavior, and if you don’t act the way He wants, He’ll punish you**

  Again, this is unknowable and unprovable. Religious believers point to “books” and scriptures as evidence. But these things were written by “human beings” a very long time ago.

- **There is an antagonistic embodiment of evil, that opposes “God”, known in the West as the “devil”**.

  This, too, is unprovable either way. Although to be sure “negativity” exists. We’ll address that later.

- **People who have different philosophical and spiritual beliefs and practices are evil. They should be shunned and pitied, or openly persecuted**.

  This statement, of course, also depends upon whether anyone’s basic assumptions are true or false. There are many beliefs, and they all believe that they are right, despite the widespread lack of actual personal experience.

  We humans have A LOT of ground to cover before we can develop enough maturity to achieve – to be worthy of - the next phase of spiritual evolution... because both Materialist Atheism and Religious Mythology are
intellectually retardant and anti-truth. They are, however, both VERY influential in our modern world.

When comparing these two ideologies, religious mythology is clearly far more dangerous than materialistic atheism, because at least the latter attempt to base their thinking upon science and reason.

For humanity to evolve to the next level of its evolutionary progression, it MUST grow to surpass these two schools of thought. It must absorb them, digest them, and move on.

The only reasonable way to approach this debate, and the greater reality, is through PERSONAL EXPERIENCE. This is what it means to be a MYSTIC.

Why Humans Often Feel Sad And Lonely

There is something awry inside the hearts and minds of many of our fellow humans; you might’ve noticed.

Record numbers of people suffer from depression, need medication to function, and even commit suicide. These figures are growing rapidly.

Pharmaceuticals are heavily distributed in the modern world as happy drugs. This is CONTAINMENT and FUNCTIONALITY and not SOLUTION. Millions of people feel “lonely” even though the human population is several billion or more. The world is a crowded but lonely place.

Something is missing. So many people are vapid, empty, and lacking substance. People sleepwalk through the years of their lives, as everything of value, especially concerning spirituality, passes them by...

So what IS missing from people’s lives? Why DO they feel depressed, sad, and lonely, and suicidal, in record numbers?
What’s lacking is SPIRITUALITY. These poor folks have NO PURPOSE. They have no DRIVE to grow and EVOLVE.

Remember the meaning of life is inside the experiences you have while undergoing evolution. Well, if a human being is wasting away and NOT evolving, then their life is essentially meaningless. Now, they CAN GIVE it meaning, by taking hold of their existential purpose and GETTING FIRED UP about spirituality... but that’s up to them.

You see, the left-right paradigm I described has got a stranglehold on the minds of ordinary people. It has successfully sucked all the REAL FLAVOR and JUICE of TRUE SPIRITUALITY out of the everyday person’s livelihood.

TONS of people, in all major areas of the world, are bouncing between shallow celebrity gossip, apparent political corruption, and toxic lifestyles. They don’t read books, educate themselves, or practice ANYTHING even remotely close to a real spirituality.

The “fat” of our species is lagging behind, and they are slowing down the average speed of our evolution. But hope remains. They CAN change. And I believe they WILL, when spirituality inevitably becomes mainstream. Now I don’t know when that will happen EXACTLY, but spirituality as we know it, is the LAST TABOO on Earth.

And it’s day WILL come when it’s in the limelight of intellectual thought and debate. Then, and only then, when the celebrities and politicians are proclaiming the merits of psychic abilities... will the “sheeple” of our race finally catch on and embrace it.

This is because most people are followers. They would NEVER find themselves reading a book like this one- where they would need to be “outside the box” to appreciate it.
But YOU, YOU are different from them. YOU “get it”. You’re ascending the learning curve, and exploring the forefront of human evolution.

The Secret To Happiness

And by now, the answer to the infamous question, “What is the secret to happiness?” should be abundantly clear to you.

Dear reader, the secret to happiness is progress.

Evolutionary progress.

When you are working on your spirituality, and you’re making progress, and YOU KNOW IT, you FEEL HAPPY inside. You feel fulfilled.

The trick to understanding the secret to happiness, is hidden inside the very word itself.

The word “happy” has the same prefix as the word “happen”. The prefix is: “hap”

The prefix ‘hap’ means “to occur”.

So if you’re “happy” it means you have things HAPPENING in your life.

What things? Those things related to your SPIRITUAL PURPOSE.

The secret to happiness is spiritual evolutionary progress. So if you want to feel happy, then go make progress, and appreciate it, and you’ll feel happy.

Happiness is the cure for everybody’s depression, sadness, and loneliness. It’s really just this simple.
How I Discovered Spiritual Evolution

My family always had spiritual and metaphysical books lying around, so I found them at a young age.

I developed a fascination with this subject matter. I started having OBE’s around the age of 4. I began piecing it all together as I grew up.

What I’m best known for are my innovations in the field of astral projection, energy work, and practical psychic self-defense. And to this day, I’m still advancing the methods and models I teach.

I’ve had some amazing experiences. I’ve done things that I did not even know were possible, until I achieved them myself.

For example, I’ve raised my kundalini many times. I didn’t know a human could do that. I had always heard kundalini was dangerous and should be avoided, but I proved that wrong. And since then, I’ve helped many other people to raise kundalini.

Kundalini is not what it is thought to be. It is an evolutionary energy that exists in all human beings. It can be stimulated into activity by several things, including spiritual devotion, intellectual activity, and energy work.

When kundalini awakening is triggered into activity, it begins to evolve a human being to a higher level of consciousness. How far this ‘evolutionary energy’ can advance a human being depends upon that person’s potential and capacity.

I will discuss kundalini more, further into this book.

Meeting Other Psychics

I did not ALWAYS have this sort of success with my evolutionary and psychic work.
There was a long stretch where I was banging my head against the wall struggling to make ANY progress.

I’m NOT a Cinderella story by any means. And I was NOT born openly psychic like all of the mediums on television or in the movies. And I was not struck by lightning or anything like that. I always had OBE ability, and a bit of visual clairvoyance, but that was all.

Most people, truth be known, are born with full psychic abilities, including OBE. This is ‘knocked out of them’ by the programming of society. This is not normal so it is frowned upon. And if you remember what it was like to be a child, you did EVERYTHING you could to try to FIT IN and BE NORMAL….just like everyone else.

By and large, I learned to use my abilities in more meaningful ways through hard work and regular practice. This is what you’ll need to do, if you wish to realize your psychic abilities.

What kicked off my progress was when I started spending more time with OTHER PEOPLE who were psychic and mystic. By hanging out with people who were NATURALLY psychic, I was able to glean pointers and ask questions and watch them in action. This REALLY helped me- more than ANYTHING else- aside from my personal practice and stick-to-it-ness, of course.

If you don’t have friends who are psychic or spiritual, I suggest you try to find some. Because by being around them you pick it up. They drop clues and hints as to how they do what they do. So it helps to ABSORB THIS.

This is like having several tuning forks, and striking one and holding this near the others. Pretty soon, they are ALL ringing. You PICK UP psychic abilities by exposing yourself to psychic energy. This is a wonderful help when you are starting out on your own psychic journey of life and spirituality.
Athletes tend to hang out with other athletes. And musicians tend to hang out with other musicians. By doing that, they pick up on each others skills. It RUBS OFF. They learn from one another and INSPIRATIONALLY feed off each other.

The same goes with spirituality. Get some spiritually-minded friends and this will shorten your learning curve.

At the very least, gather a small study group of friends, and each of you read THIS book, and share what you learn.

**Practice, Practice, Practice**

The most important thing you can do... the one thing that if you do it enough, GUARANTEES your success with psychic development... is ALSO the one thing that if you do NOT do it, GUARANTEES your failure with psychic development...

It’s also the one thing that ALL self-help psychics have in common... and that’s REGULAR PRACTICE.

If there’s just “one” tip I could give you to change your life, it would be to PRACTICE, PRACTICE, PRACTICE. It does not really matter what you practice, as long as you do it regularly – daily – you’ll make progress. This includes any religious practice you might be inclined towards.

**Taking Feedback To Heart**

The last thing I want to discuss before moving on into the next part of this book is feedback.

One of the biggest discoveries I made so far are my “Body Awareness Tactile Imaging” techniques. These utilize “body awareness actions”
When I was first gaining notoriety as an astral projection trainer I would get emails from my readers asking for help. In one week, I received letters from two ‘unrelated’ people who had been ‘blind since birth’.

They could not do any of the traditional visualization techniques for getting out of body, or anything else. All Western spiritual methods DEPEND upon VISUALIZATION. They asked if there was anything else they could try.

The synchronicity of this was astounding. At this time, I had learned to LISTEN to synchronicities. They are communication from the higher self.

Weeks later, I came up with the idea for using the sense of touch – the tactile sense of feelings – for OBE. It came to me very strongly. My reasoning was: the only senses a blind person has are the senses of hearing and touch and smell and taste. And in a blind-since-birth person, all these are very keenly developed...way beyond what sighted people have.

I experimented and explored. I tried all four senses and the only sense I could make headway with was ‘the sense of touch’.

I continued experimenting and then one night it hit me. I had an idea that if I used my sense of touch and FELT myself performing OBE exit actions, it might just work.

This resulted in myself having major success using this technique. It was far more effective than anything I had ever used before. After I had the idea, I dived in and tried it out. About ten minutes later, I triggered a full-blown OBE. This lasted a few minutes. I repeated it several times in a row with consistent success.

I had discovered the HOLY GRAIL of OBE exit methods! This was far more effective and faster than any method I had ever used before.
I suggested the blind-since-birth people try doing the same...pretending and ‘feeling’ they were pulling themselves out of body by climbing a rope or a ladder, using the sense of touch.

It worked very well.

Since then, I have used and explored and refined my original idea. Now, THOUSANDS of people use it. It’s called the “Rope technique”, and it’s a STAPLE in the astral projection community globally.

Not only did we prove that Body Awareness Tactile Imaging techniques work... THEY WORK BETTER, FASTER, AND MORE EASILY than any visual techniques.

By paying attention to the feedback I got from the people around me, I made one of the most important innovations ever in the field of OBE.
Chapter 2: Manifestation
How Manifestation Works

Inside the physical universe, manifestation requires incremental change and effort, until the desired result takes hold in your world. You have to work for it, brick upon brick, until you have built what you are creating.

Physical manifestation, in academic terms, is known as “economics”. It’s the process of understanding how things are created, distributed, traded, and acquired by members of an economy.

ECONOMICS is the process of manifestation on the physical plane. Think about it... if you want to manifest something to eat... you get in your car and drive to the food store and buy it. The retailer of the food had to have it delivered from the local farm, which produced it.

On the astral level, manifestation happens in an instant. If you want to be on the other side of the planet, BANG! You’re transported there in the blink of an eye.

On the physical plane, if you want to get to the other side of the globe, you need to fly there on a jet.

Physical manifestation, for an ordinary person, is INCREMENTAL and costs money or effort. And that’s why people go to work every day, because it enables them to MANIFEST things by purchasing them.

But what about people who are able to manifest things out of thin air?

I’ve read accounts of mystics being able to literally manifest solid objects out of thin air. I’ve also seen this with my own eyes on a few occasions.

That’s a rare psychic skill that CAN be developed, called materialization. This allows people to MATERIALIZE things from the astral plane into the physical plane.
The way this works is the mystic visualizes what they want, and concentrate hard on rendering it into this reality. Since the astral manifests instantly, the object of desire is ALREADY manifested on the astral, but not on the physical. By focusing their intent hard, they actually bring forth the creation of the elementary particles necessary for the manifestation of the object in this physical dimension.

Can “anybody” do this right out the gate? Of course not. But I assure you that this is possible.

This can be related to what Spiritualists call “apports”. During materialization type group sessions, objects would just drop out of thin air. Potted plants from exotic locations, jewelry, flowers, etc.

**Why Words Have Power**

For manifestation to work, humans needs to “think” of what they want... they need to visualize it, hear it, feel it, smell it, taste it, and live it.

One of the easiest ways to get started consciously working on your ability to manifest is by doing affirmations. Why? Because words have power.

An affirmation is essentially a hypnotic command. It’s a string of words designed to carry specific significance. It is also a magical act.

Words have power, because they convey meaning.

Meaning IS your thoughts project. When I say “red ball”, you immediately picture a red ball in your mind. This is because the meaning of the words is what appears in your mind, and not just the words.

Your THOUGHTS are your MEANING. And words convey meaning. So, to manifest, you need to think of
what you want... then you say affirmations that have the same meaning as what you want to manifest.

So if I want to feel relaxed and happy, rather than sitting and picturing myself being relaxed and happy with visualization, I can just repeat the affirmation, “I feel relaxed and happy” and the meaning of this appears in my mind.

Affirmations are tools for manifestation, because words have the power to control thoughts. That’s the basic premise of hypnosis. A person goes to see a hypnotist to make a change in themselves, and the hypnotist speaks words which make that person THINK THE THOUGHTS necessary for the change to happen.

Hypnosis, affirmations, words of power, magic, and manifestation, are NOT complicated, when you understand the fundamentals.

The difficult parts of using affirmations is understanding and believing in them strongly enough to actually do them enough to get the desired results.

The Leverage Of Verbal Affirmations

By “thinking” of what you want and by focusing on it, you’re initiating the process of bringing about its manifestation into your life. By using affirmations, it can be easier to control the meaning and power of your thoughts.

There is a way to SUPERCHARGE the POWER of your manifestation, and SPEED UP the rate at which your desires will manifests?

This one thing will SIGNIFICANTLY increase your success with causing change in your reality, whether it’s refining a personality trait, or ending a bad habit, or gaining material things, or attracting wealth?
It’s your voice! The spoken WORD!

Leveraging the power of SOUND when doing affirmations, SERIOUSLY INCREASES THE POWER and SPEED of manifestation.

SAYING your affirmations OUT LOUD has a tremendous impact on the astral plane. This enhances the effect of the affirmation and speeds up the manifestation process.

When you use a vocal driver to deliver your affirmations to the universe, it’s like adding jet fuel to your manifestation. It SUPERCHARGES it.

Sitting and visualizing something pretty is nice. But if you REALLY want to create a significant change in your life, or reality, then you need to STATE YOUR AFFIRMATIONS OUT LOUD in a commanding tonality and volume.

Here, let me help you understand.

In a nutshell, when you speak WORDS the voice box in your throat vibrates. This vibration excites the Throat Chakra, which is attuned to the astral dimension.

The spoken word projects your affirmations onto the astral level. Your higher self is far more receptive and proactive on the astral level. This is how it works.

As I said, your thoughts are what initiate the manifestation process. But people have passing thoughts all day long... “I want to sit down... I want to stand up... I have to go to the store... I need to find my car keys... I need to bring my wallet... there’s my next-door neighbor...”

We are constantly thinking. We are addicted to thought. So if we are producing thoughts nonstop, then it greatly diminishes the power of each thought. Our
thoughts compete with each other to surface in our reality with any real power.

This is wisdom. The ability to manifest things has a time and intensity delay by default. If it were not for this, we’d be manifesting things continually. Life would be unlivable.

If you playfully imagined an elephant in your room, and one appeared there immediately, that would not be a good thing. If you told someone to ‘drop dead’ and they did, that would also not be a good thing. If you said “I wish I were dead” and you died...not good.

Fortunately, we have a buffer between thoughts and imagination, and manifestation, which protects us from harming ourselves.

This buffer can be described as BELIEF. And the level of BELIEF necessary for rapid manifestation can only come from PERSONAL EXPERIENCE.

Think about it...

By ENFLAMING the affirmation in a strong vocal delivery, you are ROCKET-CHARGING the affirmation to actually occur. You are saying to the universe: “THIS IS THE ONE I WANT. NOW MAKE IT HAPPEN!”

There is no doubt, or uncertainty. There is no competition. It’s just going to fire off into manifestation form straight away.

Whereas on the other hand, if you’re sitting there going: “Hmmm... I wouldn’t mind losing weight... but maybe I’ll have a meal... geez I’m so fat. I should go to the gym.” And you’re doing this in a weak and uncertain tonality.

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Then the universe isn’t going to do ANYTHING to help you out. Your affirmations are not STRONG and FOCUSED enough.

It’s a bit like hammering a nail into a piece of hardwood. You can’t just tap the nail gently and expect it to penetrate the wood. You need to POUND it into the wood with good firm whacks of the hammer.

The same applies to manifestation. By using a strong vocal delivery, you are EMPOWERING the manifestation to happen.

**The Power Of Taking Action**

Affirmations and vocals and thoughts are all wonderful and DO WORK. I’ve personally used them to bring about amazing results in my own practice, with everything from healing, to professional success, to psychic defense, to repairing my car.

But let’s be honest... isn’t there something MORE to succeeding in life and evolution than just repeating affirmations?

Don’t you need to take just one more step?

Isn’t there one more thing required?

“TAKING ACTION!”

In the physical world, you need to do more than just think about what you want... you need to do more than AFFIRMING your desires.

YOU NEED TO DO SOMETHING TO MAKE IT HAPPEN!

The benefits and results you’ll get from doing a day of work is STRONGER than the benefits and results you’ll get from doing a day of affirmations alone.
Nothing communicates to the universe more, nothing gets the gears of the mechanism of manifestation moving better than TAKING ACTION.

You can sit and think about losing weight all day long... but if you don’t get up and exercise and manage what you eat, it will probably not happen. Miracle results can happen, but this is a longer and more difficult process. For example, if the message gets through in the wrong way, you might get an illness that causes you to lose weight.

**Affirmations + Targeted Actions = Results**

So affirmations and actions for losing weight must be specific enough so there are no unpleasant misunderstandings and outcomes. They will include regular exercise and diet management and getting professional help from helpful specialists, joining a gym, and forming healthy habits.

See, the affirmations part is all about sending the right signals to the universe... to getting the wheels turning, to reprogramming your unconscious mind, and attracting the right opportunities.

The ACTION PART is all about BRINGING IT HOME to roost. It’s about taking action when opportunities arise.

The affirmations set it up, and action knocks it down.

Ask ANY highly successful person whether they’re a psychic or an investor... what’s the secret to success?

And most likely they’ll say, “There is no ‘secret’... it’s a matter of you just DOING IT.”

**The secret of success is action.**

I raised my Kundalini because I did energy work day in and day out for many hours per day.
I gained clairvoyance, because I did my visualization techniques and opened my Third Eye by doing specific energy and mental exercises.

I got proficient at astral projection, because I did my trance inductions and exit techniques regularly.

Are you seeing the trend here?

To evolve, you need to “do” evolution. You need to LIVE it. You need to DO the exercises regularly, the practices, and techniques.

“Reading” is only the first step to doing. It’s part of the affirmation stage. You’re “thinking” about it… intellectualizing it…trying new ideas of for size… and trying to convince yourself to take action.

The doing phase happens when you finally close the books and challenge yourself.

Taking action is the one step that ALL successful people do, but VERY FEW unsuccessful people do. And that’s why not EVERYBODY is a stand out success. Most people do close to nothing, except eat, sleep, work, breed, and watch TV.

Now sure, they may “succeed” on their job, or in their business… but not with their spiritual evolution.

Very few people on Earth actually sit down and think about how they can “spiritually evolve”.

Very few people do that kind of stuff except for you and I. We are a rare breed, my friend.

**Ending Bad Habits**

A habit is a behavior that you engage in on a regular basis. Let’s say this behavior is something you don’t want
to be “regular” anymore. In fact, you want to stop doing it altogether.

When it comes to changing your personal behavior, your thoughts are the seat of the action.

What you think is what you will do. In other words, in order to actually stand up, walk across the room, fill up a glass with yummy cool water and take a drink, you need to first THINK of doing those things.

(Did you just think of how nice it would be to get a yummy glass of water? If you did, this is the power of hypnotic suggestion at work.)

To undergo that sequence, you need to

1. Imagine standing up
2. Imagine walking across the room
3. Imagine filling up a yummy glass of water
4. Imagine drinking it
5. And feeling good about it

It’s by thinking in that sequence that you’re able to then propel your body in motion and complete that behavior.

Most people don’t have any idea of how behavior, emotions, and thought processes work or affect their lives. But they do in the most profound ways.

This is why I’m installing the idea of doing affirmations (thoughts) AND action oriented (behavior) into your subconscious mind in that sequence.

**Thoughts = Behaviors**

So if there is a habitual behavior that you want to change, then you ACTUALLY need to work on changing the habitual thinking that comes with it. That will alter your behavioral output.
Think about it this way, in terms of inputs and outputs. What you put in is what you get out.

How you THINK (input) is how you’ll behave (output). It’s really this “mechanistic”. The human mind is a super computer. And digital computers work in sequential lines of code. So does your brain and mind.

To change a habit, you need to change the way you are habitually thinking. And there’s one more trick to this. You can’t just “stop” doing something. You need to REPLACE that old bad habit, with a NEW GOOD HABIT.

It’s about behavioral replacement.

Here’s an exercise for replacing a bad behavior with a good behavior.

**EXERCISE: Ending A Bad Habit (And Starting A Good Habit Instead)**

- **Think of the moment just before going through with the undesirable behavior**

  This puts you back into the mental state of the bad habit, so we can change the way you are input-thinking, and thus change the output-behavior.

- **Imagine following through with BETTER, STRONGER, MORE DESIRABLE behavior instead**

  This inserts the thought of the new, desirable behavior in place of the thought that would generate undesirable behavior.

- **Repeat, inside your mind, thinking of what it’s like to be at the point just before doing the undesirable behavior, and REPLACE the content of the thought with the idea of you doing a NEW,**
**BETTER, MORE DESIRABLE behavior... repeat this 3 to 5 times.**

This deletes the old thought and installs a brand new thought sequence inside your unconscious mind, so when you arrive inside your mind at the point just before going through with an old habit, you INSTEAD find yourself motivated to do new, better and more desirable behavior.

- **Actually physically DO the new, desirable behavior now, as soon as you can. Do it several times, getting used to doing this new behavior habitually**

  This secures the new mental sequence of thought-behavior, and hard-wires it inside your brain for the future.

  When it comes to the time when the old behavior is triggered, your mind will remind you to carry out the new behavior instead. It will prompt you to choose between the old behavior or the new improved behavior.

  Choosing the new behavior will STRENGTHEN it dramatically. The more often you do this, the WEAKER the old behavior will become.

  The more you do this exercise, the easier it gets, and the more you’ll find yourself doing it to quickly change the way you used to think and act.

  You can install any positive, achievable thought-behavior into your subconscious mind, and you’re going to actually follow through on it when you do. This is something Olympic athletes use to enhance peak performance.

**Improving Self-Esteem**

Self-esteem is another way of saying, “this is how you think about yourself.”
The field of psychology has succeeded in making the topic of self-esteem unnecessarily complicated. I’m going to simplify this and make it easier to understand.

Self-esteem is, literally, your self-image. The way you see yourself in your mind. The way you look at yourself. The things you believe to be true about yourself.

When you think of yourself, what do you see?

Do you see a strong, healthy, attractive, capable individual? Or do you see a weak, unattractive, powerless and unlucky person? Or is it somewhere between these extremes?

If you want to immediately boost your self-esteem, you need to start changing the way you see yourself. I mean this literally. When we humans think to do things, part of our confidence for achieving them relies on how we think about ourselves.

We ask things like, “Do I look pretty or handsome enough to meet this person? Does my voice sound strong enough? Am I good enough to interact with this person?” and so on. We reflect on our own self-image to see whether we are “adequate” enough to achieve desired outcomes.

A tactic to help overcome this is to build a superhero version of yourself in your mind. Call it your “avatar”. I want you to equip this mental version of yourself with all the mental and physical qualities it needs to be able to do ANYTHING it wants. It’s highly intelligent, irresistibly attractive, and has the potential for UNLIMITED SUCCESS.

This is not egotistical. You will draw strength from your avatar.
No one is going to wave a magic wand and change you into a perfect being. You have to do this for yourself. You can do this! And you can start doing this right now!

**EXERCISE: Creating Your Avatar Self-Image**

- **In your mind, picture yourself as being highly intelligent and irresistibly attractive.** See yourself as tremendously strong and confident and capable of anything. See yourself dressed and done up in the most appealing way.

  This creates a self-image for your mind to reference as an example of what to become.

- **Listen to your avatar speak in a rich and expressive voice**

  This creates an auditory reference for how you’ll speak.

- **See your avatar effortlessly succeeding with things you personally want to accomplish**

  This reprograms your subconscious mind to believe it’s possible for you to achieve these goals. This will make it generate these behaviors and traits for you.

  Take time to design and polish your avatar. Give it a full-on personality.

  What you’re doing here is installing a new, higher-powered persona inside your subconscious mind. The exceptional qualities of this superhero character are going to generalize into YOUR personality. These qualities will reveal themselves in your everyday behavior, and you will feel more intelligent, attractive, positive and powerful.
Attracting A Partner

Whether you are single, or long married, who wouldn’t mind being a more enticing and dynamic person in the eyes of the people in your life?

What about manifesting more romance into your life? What about manifesting more dates, or more emotional love and physical intimacy in your relationship? You can do that, too.

EXERCISE: Becoming Irresistibly Attractive

- Imagine yourself in a comfortable social setting, whether on a date with a real partner, or in a lounge with a potential partner.

- See yourself smiling, having fun, and feeling good.

- Hear yourself talking confidently and amiably, and handling the interaction EFFORTLESSLY...

- See your partner becoming more and more attracted to you... hanging on your every word... looking deep into your eyes as if longing for you to kiss them. And if you like, lean forward, and give them a kiss, then lean back and return to talking confidently again... leaving them wanting even more...

By picturing yourself behaving in the most attractive ways in romantic settings, you program your subconscious mind to naturally generate this behavior when you’re actually in this sort of situation.

You can apply the principles of this exercise to ANY scenario, whether it’s a business meeting, a heart to heart talk with a friend, or standing tall and confident on stage delivering a compelling presentation.

Or, you could use it for something like...
Creating Wealth And Prosperity

We’re going to use the same concept, as I lead you through an exercise to create wealth and prosperity for yourself.

EXERCISE: Manifesting Wealth And Freedom

- Imagine yourself living the life of your dreams... doing whatever you like without any money problems. You are free to pick and choose as you please... to do as you wish without limitation.

This may take some thinking on your part. Be as specific and detailed as you can!

This programs the idea, the goal, into the code of your unconscious mind. It’s now going to work towards providing this reality for you.

- See yourself as financially astute, debt-free, and investing wisely... picture yourself making more money and feeling good about it, because you’re doing everything for the right reasons... understanding it is possible to build wealth in HONEST and MORAL ways...

This gets your mental motor moving toward becoming better at managing your own money, investing intelligently, and maybe starting a small business on the side for extra income.

One of the most important things you can to do create prosperity in your life is to realize that you can do it honestly, morally, and respectably. This is the beauty of economics. It’s about producing things for people who are asking for them. You’re satisfying a demand. Basically, you’re doing a favor.

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A friend of mine was working on manifesting wealth. She was a member of a club that couldn’t afford to pay for the artwork and designs they needed. My friend realized she could create the artwork herself at an affordable price, and went into business.

The club was thrilled that they could now get the designs needed affordably... and even happier that they could give their business to a club member.

Now my friend services several clubs, and makes a couple thousand bucks EXTRA each month. She is not only happy with this situation, it has transformed her life and things just keep getting better.

It’s important to keep your options open, and stop thinking “only” of being an employee for someone else. It’s certainly possible to start your own pet project doing something for people on the side to gain extra income. Remember, the business you now work for was probably started by someone just like you in the beginning. And there’s no reason why you can’t do what THEY do.

The above example shows how life can change in unexpected directions when opportunities knock. When you are manifesting, you need to take chances and grab these opportunities as they arise.

Now let’s move into discussing an area of spirituality where people could certainly use some assistance.
Chapter 3: Healing
How Healing Works

Most people don’t know that there is another entire body affecting the health of the physical body. This unseen influence is called The Energy Body.

In the makeup of physical reality, there is an energetic layer that can be perceived with psychic senses. One of the primary goals of psychic development is gaining access to these perceptions.

Everything that exists on the physical layer has a corresponding component on the energetic layer. This is something our physics community does not accept. They know “something” is going on, but don’t know what.

One of the major influences on the health of the physical body is the health of the energy body. Most people when they get sick consult a medical doctor, rather than approaching illnesses on the energetic level.

To be clear... modern medicine is very effective in the right circumstances... particularly in the emergency rooms of hospitals. But there are less invasive alternative ways of approaching chronic illness that can also be explored.

To truly cause healing, we must begin the healing process on the energetic level inside the energy body. So if there is an illness in a kidney, then you IMMEDIATELY want to begin healing energy work on that specific spot in the energy body. Chances are, there is an energy illness or imbalance affecting that kidney.

And of course, you could simply VIEW the energy body, to identify imbalances before they manifest in the physical body as dis-ease.

Energy body healing = Physical body healing
If a person damages the physical body in an accident, or if toxins, bacteria, dietary or environmental stressors are involved, then so, too, can the energy body be affected.

Chronic illness always appears first in the energy body, before manifesting in the physical body. The bad energy will become visible on the energy level, often long before manifesting as physical dis-ease.

An important note here is that all FORMS of healing essentially do the same thing.

ALL healing is SELF-healing. Even if there are drugs or herbs, or medical doctors and energy healers involved. All healing takes place on the cellular level, so all these methods stimulate healing on the cellular level. So the more you can do to stimulate the body’s own self repair mechanisms, the better will be the outcome.

**Western VS Eastern Medicine**

Western medicine has brought marvelous innovations by way of medicines and treatments and surgical procedures. If a person gets into a car accident, and needs to have their body repaired, then there is nowhere better in the world to go than a modern Western emergency hospital.

But when it comes to healing chronic disease, Western medicine often falls short. It treats the symptoms of diseases, while often not addressing the underlying causes.

If we’re talking about deep energetic healing, then there is nothing better than Eastern medicine. And I use that term “Eastern Medicine” in a broad sense. I’m referring to what’s known as Chinese Medicine, and many other forms of healing and Alternative Medicine.
Over thousands of years, the Eastern cultures developed powerful ways to target the energy body and heal the source of illness, by using meditation, touch-healing, energy work, acupuncture, and herbs, etcetera. To Western doctors, this often seems like witchcraft, using flowers and herbs and crystals and energy work. But Eastern Medicine also has an impressive track record for healing.

But when it comes to Emergency Medicine, Eastern and Alternative Medicine also falls short.

Combining The Best Of Both Worlds

We live in a global era, and there are both modern medical and holistic healers all over the planet. There’s no reason why we can’t enjoy the best of both worlds, East and West.

See modern Western doctors, and also doctors of Chinese Medicine, Acupuncture, Reiki healers, hands-on healers... do the gamut, because it’s YOUR BODY and you want the best outcome possible. There is no “one” school of healing that is best in every circumstance.

Harnessing The Power Of Your Heart Chakra

When it comes to energy healing, there is no “chakra” or energy center more powerful than the Heart Chakra. If I had to point to a part of my body that contained my Higher Self, I would point to my heart.

An energy center is to the energy body what a major organ is to the physical body. Energy Centers have pivotal roles in the regulation, production, storage, and flow of vital energies.

The Heart Chakra is the engine of love and healing energy in your energy body. It pumps out massive
amounts of energy and manages the overall health of your body on the energy and physical levels.

The key to harnessing your power to heal is in channeling and directing the energies produced by your heart center.

Turning through the pages of ancient Vedic manuscripts, and energy work literature, it’s clear that the old mystics recognized the power of the Heart Chakra. They KNEW that it had noble powers when it came to love and health.

As we get into learning about energy work (coming up in a later chapter) and how to apply it to your personal psychic development, you’ll learn how stimulate your heart center into higher activity.

**Hands-On Healing**

One of the most powerful energy techniques anyone can do is to place your hands on a person and drive the intense energy of your Heart Chakra down your arms, and deep inside that person’s physical-energy body.

The results of contact healing can be instantaneous, but progressive improvement is more typical.

Hands-on healing describes a healer placing their physical hands on the body of their client, then directing healing energy to that person to remedy a malady, or to restore balance.

It’s the most basic form of healing there is. During the healing act, it also creates profound connection between the two human beings involved.

And naturally, this form of hands-on healing can be applied to pets, animals, and plants as well.
All living creatures have an energy body. And they can all receive healing.

With hands-on healing, there are no limits. You can use the hands-on approach to healing and affecting ANY AREA of the body.

**EXERCISE: Hands-On Healing**

- **First**, stimulate your hands and feet, arms and legs, and Heart Chakra, with your body awareness

  Fine details on how to do this are in chapter 5, “The Energy Body”.

- **Place your hands on your client**

- **On the IN breath**, FEEL energy moving from your feet and legs up to your Heart Chakra, and hold it there for a moment until you complete the IN breath

- **As you breathe OUT**, FEEL your energy flowing from your Heart Chakra, out through your shoulders and down your arms and hands and into your patient

- **Repeat this over and over. Breathe energy up to your heart, then breathe it into your patient**

- **Keep your mind relaxed and focused on the healing intention. At the start, make a command** like “This person is strong and healthy” or “This spine is healing perfectly”

  Continue until you feel you’ve helped the body to heal sufficiently.
Remote Healing

It is possible to send remote healing to another person, without the healer being physically present. Healing can be sent across a room, or across the planet.

You can also send healing and loving energy to a person who has passed away, who may be confused and trying to recover from their life and recent death event.

Stop and think about these ideas... the more you ponder them, the more they will take root in your mind.

We CAN heal from any distance. Energy is not subject to the laws of this physical universe, because it exists on another level of this reality.

On the physical layer of reality, there is such a thing as diminishing returns. But in the Greater Spiritual Reality we are all connected and there is no distance between us.

Everyone can be healed with energy, with contact or distance healing, although some people are shielded from the healing energy. This shielding can come from them, or from their higher self.

The reasoning for this shielding can depend upon people’s beliefs, or disbeliefs, or upon immutable elements of their lives. They may, for example, need their diseases in order to grow and to evolve.

Life is full of lessons. Some we can see and work out, while others are hidden and mysterious.

As a healer with many years of experience, my advice is simple: do your best. Give the healing and move on to the next case. Do not get emotionally ATTACHED to outcomes.

Have the full intention of healing people, do your best, and then move on to the next case. The reasoning
why healing works or does not work in any particular case is generally beyond our understanding.

Getting attached to success, in this sense, is just as bad as getting attached to failure. Attachment clouds the issues and tends to block or reduce the healing energy.

Many healers start out well and perform many wonderful healings. But as they become more well known, they start to become attached to outcomes. Some care too much, and some also begin to unconsciously care about their reputations as healers.

This seems counterintuitive, but it is absolutely necessary to maintain your balance and effectiveness as a healer. Take your ‘self’ out of the way and just do the healing.

**EXERCISE: Remote Healing**

- Acquire a photograph of your distant client

- Gaze at the picture for a moment with the healing intention in mind. Then close your eyes and hold out your hands, imagining your patient is there before you in real life.

- Begin breathing the healing energy up to your heart and down your arms and hands and into your patient, in the same way as with contact healing

  Touching on the subject of inter-dimensional energy, this leads us to what I believe is the most interesting subject matter there is... astral projection.
Chapter 4: Astral Projection
You Are Not Your Body

The average person goes their entire life... without ever knowing the most PROFOUND truths about reality:

You are not your body.

That’s right, “you”... the self-identifying consciousness... the self-aware intellect... ARE NOT your physical body. You are not ANY physical body.

A body is only a vehicle... an organic shell that you control for the sake of participating in physical reality.

You are no more your body than you are your car, or the train you take to work each day.

So what if I told you that you can “park” this vehicle while you STEP OUTSIDE OF IT... to go beyond and travel around in ANOTHER DIMENSION.

As a unit of consciousness, you’re able to move between different bodies in order to perceive and experience entirely different realities.

Now, since you are reading this book, chances are that you already knew this. But if you didn’t... you might be struck by how extraordinary that sounds.

You’re about to learn secrets from me that most humans will go to their graves without ever knowing. They’ll go their whole life without knowing that astral projection is real, and achievable by anyone.

Most “normal” people don’t have a clue about astral projection. To them, we’re all space cadets.

As discussed earlier, this is the difference between closed-minded materialistic skepticism, and evolutionary open-mindedness.
The deeper you go into spiritual evolution and psychic abilities, the weirder things in ‘normal’ life become. There is no “doctor” or “therapist” that can help once you dive into the proverbial rabbit hole.

**The “Russian Doll” Theory**

There are a number of theories that attempt to describe how astral projection works...

These include “The Russian doll” and the “Onion Skin” theories...

These models say that we have multiple bodies nested inside of us - as if the astral body is inside the energy body and the energy body is inside the physical body, etc., like those stackable Russian dolls, or like the layers of skin that make an onion.

This is clearly an oversimplification of how it works, but it is simple enough to understand.

Under this model, the postulation is that to astral project, you need to “trigger” the mechanism inside your being to have your consciousness separate into its astral body... like stepping out of the driver’s seat of one car and getting into the driver’s seat of another car.

Until my “Treatise on Astral Projection” was released free on the Internet in 1995, it was commonly accepted that when you astral travelled, your mind and spirit came with you. It was believed that the physical body/mind was left behind empty, an empty shell, or husk.

This was called: THE EMPTY BODY ASSUMPTION!

This theory appeared to be logical, because how can you be in TWO PLACES AT ONCE? But my exhaustive exploration of the astral projection exit and reentry...
processes, and the subtle mechanisms involved, proved BEYOND DOUBT that this was an incorrect assumption.

This ASSUMPTION ruled for thousands of years, until I disproved it.

The “Mind Split” Effect

What really happens is that during an astral projection, or any kind of OBE, you generate an energy COPY of yourself, including your mind and memories, and this is what is projected OUT OF YOUR BODY.

Your mind SPLITS into two or more parts during sleep, and during any kind of OBE. The nature of mind and consciousness is that it is Ubiquitous. It can copy itself into many different bodies at the same time.

The dream body/mind is one such copy. This can become active while you are awake in your physical body/mind. If you also have an OBE at this time, that makes THREE copies of your consciousness functioning independently at the same time.

The nature of mind and spirit is that consciousness is ubiquitous! That means that a unit of consciousness can copy itself into numerous other locations simultaneously. Each copy is a fully functional thinking and living consciousness.

The amount of vital energy available to a unit of consciousness, however, defines not only how many copies are possible, but also the strength and clarity of mind experienced by each split.

Your original mind and memory and spirit never ever leave your physical body while you still live, with the temporary exception of Near Death Experience.

During an astral projection, your mind and memories and spirit are COPIED into your astral body.
The majority of unexplainable OBE phenomena are explained by understanding THE MIND SPLIT EFFECT.

Here are some examples of “mind split” phenomena...

You begin to induce an astral projection. Everything goes well and you experience all the right sensations: whole body vibrations, rapid heart rate sensations, and a continual falling sensation. You KNOW you are in the process of having a full blown ASTRAL PROJECTION.

Then it all stops. You lay in your bed, suddenly feeling extremely tired. You soon roll over and fall asleep.

Well, you THINK you roll over. But you actually roll over in your SECOND BODY (your etheric body, as it is often called). Your physical body is actually paralyzed, because an astral projection is now IN PROGRESS!

You roll over and try to sleep. But, you can see the room around you clearly, even though it’s dark and your physical body is under the covers facing the wall!

Then you see a being that looks a lot like you walking by – IT IS YOU! You are scared witless! This is super weird and scary! Your evil doppelganger just walked by.

With no other explanation, you panic!

The reason you are scared is because you have no idea what is happening. And the unknown IS scary.

What is actually happening above is that you had a successful astral projection, that’s all. This is what you intended and put so much work into making happen. But your physical body/mind remained conscious after the OBE exit. This happens a lot.

Here is what really happened...
You were consciously aware of making the astral projection attempt, and when it was all going perfectly, and you were actually getting out of body... it all STOPPED SUDDENLY!

The EXACT MOMENT when it all stopped, you succeeded and your MIND SPLIT. Two identical copies now exist: your physical body/mind and your astral body/mind. They are connected by energy cords, but are not generally aware of each other during an OBE.

You are conscious in BOTH OF YOUR BODIES at this time. You are AWARE AND CONSCIOUS in both bodies at the same time.

Think of the potential complexities here, especially if your dream mind ALSO becomes active at this time.

At the exact moment your MIND SPLITS and you PROJECT OUT OF BODY, your astral counterpart (your projected double) is only aware of a PERFECT ASTRAL PROJECTION! It’s conscious recall of events CARRIES ON because it experiences no break in consciousness.

Your astral body/mind experienced everything, the vibrations, rapid heart rate, continual falling sensation, the separation, and this continued as a perfect astral projection exit.

Reread the above... a few times! It’s mind blowing.

Your physical body/mind, however, the part left behind, was ONLY aware of these events up to the moment the Mind Split event occurred. It was not aware that the separation was successful!

The mind split effect is not only responsible for creating strange astral projection-related phenomena, but also for the CHALLENGE of the astral projection exit.
An astral projection exit out of body is actually quite easy to achieve. But it is very challenging to remember what happens after the mind split effect.

In most cases, after a successful OBE exit, the physical body/mind will sleep for hours. When it finally awakens, all it will remember is a failed OBE exit attempt, and maybe some dreams.

The above is why some teaching and training are required to do more than have random success at astral projection.

The Silver Cord

YOU CANNOT BREAK YOUR SILVER CORD!

The silver cord is somewhat of a metaphor. It’s a sometimes visual link between your bodies, where it acts as a visual representation of the connection between the astral and physical bodies.

When you astral project, you will be lucky to see your silver cord ‘occasionally’. It is there, and when you see it this cord looks very real. It usually takes deliberate intention to see it. But you may see it occasionally even if you do not intend this.

The silver cord looks like it is made out of silvery TV static, about as thick as your thumb.

Even if you intend to see it, you will still only occasionally see the silver cord.

The first time I saw the silver cord I was about seven years old. I had no idea what it was; not until much later in life when I read some books on astral travel.

I’ve heard from countless people that “Uh oh, if you break the silver cord you’ll die!”... so being the
experimenting mad scientist type that I am, I decided to test this out.

So I did everything I could think of to try to break this Silver Cord...

I stretched it.

I yanked it.

I tried to go so far away from my physical body that it would wear thin and break, but it persisted!

Needless to say, it did not break.

This is because the Silver Cord is IMMATERIAL, meaning that it is a type of ENERGY. It’s not anything like a physical cord, along with any physical world limitations.

After you astral project for a while, you’ll see it less and less! But it will sometimes show up randomly, or when you INTEND to see it.

IT may be that the visual aspect becomes redundant at a point and is no longer necessary. Astral Travel involves many ‘tests’ and ‘trials’ and ‘initiations’ and ‘anomalies’.

As far as I can tell, there are actually several connecting cords of subtle energy, one extending from each Major Chakra. But the silver cord, extending from the navel, is the easiest of these to see.

We do not fully understand these things, but we reach out for more understanding with every breath!

When I explain the Mind Split Effect, most people breathe a sigh of relief and happily go out and start experimenting. The truth of this is so obvious once you have a think about it. But, once in a while I’ll get an
armchair expert, going, “Oh, um, well, so-and-so said a person can die, so you’re wrong.”

This is total bullshit! (that’s an Aussie technical term, btw).

This cracks me up, because I know the person has probably never astral projected and they’re clinging to an old, obsolete belief, made by somebody hundreds of years ago.

Of course, occasionally you’ll come across the “empty body” argument from people who have had a few astral projections. But just because they have not seen the silver cord does not mean that it will never show up.

Only PERSONAL EXPERIENCE can show you the way. Indeed, only personal experience can OPEN the doors to your mind and change your REALITY.

It has been truly said that life here in the physical universe is only 1% of the Greater Spiritual reality. This is, according to my experience, fairly accurate.

I like to think that my contributions to spiritual knowledge in this world lift this to 5%.

The Virtual Reality Theory

The next theory is something I’ve been playing with recently, and I’ve had a friend of mine... a well-known guy who helped innovate the use of binaural beats... his name is Thomas Campbell, discuss this with me at length in a recent conversation.

The basic premise is that we as consciousness units are projecting this world around ourselves, like a virtual reality.

This is similar to the popular movie, “The Matrix”, where the hackers “plug in” to the virtual reality.
According to this model, consciousness would contain a “reality-rendering engine”, like a three-dimensional holographic generator, and your world is nothing more than content that your consciousness is manifesting around itself.

And within the context of this theory, it means that astral projection is nothing more than rendering a new world around you. With this, there is no traveling, per se, there is only changing the content that is being projected around you by the rendering engine... like changing the slide on a projector.

This also relates to how MANIFESTATION works.

To learn more about this, I recommend you check out Thomas Campbell’s book, “My Big TOE”. It doesn’t contain any practical exercises, or instructions, but it’s dense with sound theory for you theoreticians.

**Going Deeper Into Trance**

Let’s get into the “how” of astral projection.

The conventional sequence for going out of body is the following:

Induce deep trance > perform exit technique

Throughout time, mystics, magickians, and psychics always induced a trance, then performed a visualization exit technique to get out of body. Powerful herbal concoctions – shamanic drugs – are sometimes used to facilitate this process.

Chances are, you’ve heard the word “trance” used before, if you’ve been around the world of spirituality and psychic abilities for any length of time.
Trance is an internal state. So, if you’re inside your head, thinking, daydreaming, feeling, imagining, then you’re technically in level of trance. This is key.

The truth is, we humans are going in and out of trance all the time throughout our waking day. We are constantly going inside, then outside, then inside, then outside, over and over.

Daydreaming is a trance state.

For example, here’s a sequence of going in and out of trance... thinking internally, then acting externally, then thinking internally, etc.:

- INTERNAL: “I’d like to go grab a cup of coffee.”
- EXTERNAL: Walks over to car, opens door, steps in.
- INTERNAL: “I need to remember to clean my car.”
- EXTERNAL: Puts key in ignition, turns on car, backs out of driveway, and gets on to main road
- INTERNAL: “Hmm.. I wonder if the radio has any good music playing. I’ll check...”
- EXTERNAL: Flips through radio, sees car behind is tailgating
- INTERNAL: “Geez, this guy is tailgating me!”
- EXTERNAL: Arrives at coffee shop, parks car, goes inside, stares at menu on wall
- INTERNAL: “Mmm... a French roast would taste good. I’ll order that.”
- EXTERNAL: “Yes, I’ll take the French roast, please.”

And so on...

Human beings spend all day long going in and out of trance states. To succeed with astral projection, you need to practice going DEEPER INTO TRANCE, and not coming out until after you’ve projected and returned.

To actually DO the projecting, you need to be deeply physically and mentally relaxed.
If you read old literature on magick or psychic mediumship, they describe trance as a far out experience, where the medium is possessed by a spirit, or in some kind of somnambulistic state where a spirit speaks or communicates through them... but that’s way more than what is required for astral projection.

A deeply relaxed physical/mental state is all you need to have an out of body experience.

Have you ever been really tired, so tired that your eyelids droop and you can feel yourself falling asleep? The world around you becomes distant and voices become an indistinct murmur? When this happens, you have entered an altered state of consciousness for a short time. This is what I mean.

Now that you know what trance is, how do you go about “getting into one” yourself?

**EXERCISE: Bedtime Trance**

- When you go to bed, turn out the light and lay on your back.

- Hold your forearms vertical, balancing them with your elbows on the bed. Close your eyes and allow yourself to begin falling asleep.

- Every time you start to fall asleep, you’ll feel a sudden falling sensation (that’s why it’s called falling asleep) and your hands will drop and jerk you back awake.

- Keep doing this, over and over. Hover on the edge between being asleep and awake. Continue as long as you can.

This exercise will give you a taste of what it is like to be in a real trance state. The more you do this, the longer you will be able to experience one.
The next exercise is best done in a sitting position. This helps keep you awake. If you must use a bed, hold your hands off the bed, as we did in the previous exercise, to help keep yourself awake.

A level of ‘slight discomfort’ helps keep your mind awake. Adjust your level of comfort with all the exercises in this book, so you can stay awake while doing them, while also achieving deep physical and mental relaxation.

Slight discomfort can be achieved by things like: putting a piece of board under your heels or elbows, or sitting in a hard chair with no head support.

EXERCISE: Entering A Deeper Trance

- Sit in a comfortable posture and close your eyes. Imagine standing at the top of a long stair case, and begin walking down it, one step at a time, slowly and deliberately. With each downward step feel yourself going deeper inside yourself. Feel a downward motion as you step down deeper and deeper...

  This classic trance induction sequence effectively alters your state of consciousness.

- Once you’re absorbed into your internal experience... change the scene to where you’re relaxing on the most beautifully enchanting beach in the world. See the sights, hear the sounds, feel the environment, smell the scents... explore this fantasy for a while...

  By creating this vivid, sensory-rich experience internally, you become drawn even further inside your trance state. This imagination work also helps keep your mind active and consciousness focused.
The deeper into trance you go, the more the wave patterns of your brain change. Neurological studies show that with meditation, the rate at which the brain resonates changes, like how the rate of heart beats changes when you exercise or rest.

We are able to take control over our bodily functions through the mind, while in a trance state. Powerful mystics are known, during deep trance states, to be able to enter states of hibernation where their breathing is so low that it would not keep a mouse alive.

This ties into astral projection, in that by controlling our ability to achieve specific trance states, we can manage our brain wave patterns. Research shows that the optimal state for inducing out of body experiences is when the brain is resonating in a Theta state. Theta refers to the 4-7 Hz range, which is known as “the sweet spot” for astral projection.

One of the MAJOR GOALS for you here is to gain proficiency at lowering yourself down into the Theta range, so you can more easily slip out of body.

Over the last 30 years, binaural beat technology has been developed to assist this process. Binaural is a term that describes sounds that harmonize the two hemispheres of the brain for the purpose of inducing a targeted altered state.

To accomplish this feat, binaural beat sounds produce two different sounds, one for each ear. The brain only hears the difference, which in the case of the Theta state, is 4-7 Hz.

There is more to binaural beats than meets the eye, quite literally, because they also work on people who are profoundly deaf... which is peculiar. These sounds also appear to affect the energy body in some way that has not yet been identified.
We “consciousness explorers” have built sonic technology that can literally FORCE the brain into specific brain wave states, including the theta state. In other words, if you’re listening to a good binaural sound track, then you WILL enter the desired state, because your brain is HARD-WIRED to follow the binaural beats.

I’m a big supporter of binaural technology, because it is an enormous help. This can literally save years of hard work and practice. And with practice you’ll learn how to get into specific brainwave states (specific trance states) without binaural audio assistance.

An essential component of trance for OBE is deep physical relaxation. It’s a challenge to get into a trance state and stay there, unless the muscles and joints of your body are TOTALLY and UTTERLY RELAXED.

In all my years of teaching, Deep Physical Relaxation is the one skill that most people gloss over or do poorly. It must be THOROUGHLY done to get in the right state to allow an astral projection exit to occur.

You need to emulate being asleep, mentally and physically, in order to induce an astral projection exit. And this means Deep Physical AND Mental Relaxation.

For astral projection success, my best advice is to practice COMPLETELY relaxing every muscle in your body.

These tips will DRAMATICALLY improve your success.

Time and time again, I find the main problems that stop people from getting out of body are that they are not deep enough in trance, or not physically relaxed enough.

It cannot be stated enough that you need to put yourself into the Theta level trance state, and have your entire body so softened up with relaxation that you forget it exists. You also have to stay conscious while doing this. All natural talent aside, this takes regular practice.
EXERCISE: Softening Your Body

- Start at the top of your head, and simply say the word “Soften” at the location, and feel it relax. Then move down and say the word “Soften” inside the cheeks on your face, and feel them relax. Then say “Soften” inside your neck, and feel it relax. Do this throughout every major part of your body.

  Focus your body awareness in the body part you want to relax, and then silently think the word “Soften” there.

  By mentally repeating the word, “Soften”, you are delivering a verbal affirmation and hypnotic command to make the muscles of the body relax completely. You’ll find this very effective for loosening and lightening up your whole body.

  This process is very progressive. Your body will become entrained to obey your commands. In time, you will only need to scan your physical body, with your Body Awareness senses, and command it to relax, and it will in a very short time.

  I can achieve a deep Theta level in about ten seconds, while standing or walking. This is a very useful state, for healing, clairvoyance, etc. Anything works better in the Theta state, even sports.

Preparing Your Astral Body

  As mentioned, the conventional wisdom of how astral projection works, the typical sequence for OBEs, was:

  Induce Theta trance > perform OBE exit technique

  And while that works, I find that a lot of people are still having problems getting out of body.
As I’ll cover in more detail in a later chapter, one of my biggest discoveries in energy work is to use the sense of touch, rather than visualization, to stimulate the energy body. It’s literally MULTIPLE TIMES more effective.

After I discovered this method, I experimented with it at great length in my own energy work and astral projection practices. I quickly realized I was onto something big.

By using energy work as the second step in an astral projection sequence, I’ve significantly increased success rates, for myself and my students around the world.

So here’s my strategy for OBE:

Trance induction > energy work > exit technique

This is THE most EFFECTIVE sequence for inducing out of body experience.

When you are in a trance state, your energy body and its chakras are naturally more active. This has a tremendous impact on your ability to GENERATE and PROJECT your astral double. This pre-OBE energy work prepares you for astral projection.

By doing energy work before doing an OBE exit technique, you will get out of body more easily and frequently. You’ll also REMEMBER this more easily.

If you don’t prepare before heading out of body, you will have low-powered OBE’s with memory problems.

Regular energy work is KEY for developing astral projection ability, just as it is with all psychic abilities. This will get your energy body into tip-top shape.

People who regularly meditate and do energy work are generally more relaxed and ALIVE. They also live
longer and FEEL HAPPIER. These things help us to CONNECT with our spiritual roots.

As I will highlight in the next chapter, there are two ways to work with the energy body: with visualization, or kinesthetically. As with Western and Eastern medicine, a combination of both is optimal.

I’m famous for teaching people how to use Tactile and Visceral Body Awareness stimulation techniques to stimulate the energy body and its chakras. That does not mean that I don’t use any visualization.

Visualization is combined with Tactile imaging for best effect. Tactile Imaging stimulates the energy body and its chakras, the MIND adds INTENTION, AND VISUALIZATION SHAPES the energy.

Visualization is MASSIVELY useful, and in the next exercise we’ll practice this combination...

EXERCISE: Energizing Your Astral Body Visually

- Mentally see your physical body, from a third-person perspective (meaning, you are looking at yourself, as if in a mirror). Picture a white light entering in through the top of your head, and direct it to move throughout the entire body from one part to another until it circulates completely. Re-cycle the white light in the same pattern 3-5 times

- While moving the energy, affirm that you are influencing and enlivening your astral body for a successful astral projection

  We picture ourselves here to target our own body, instead of somebody else. We circulate it through the whole body to make sure we touch everything.
What’s happening, as you do this? There is a real movement of white energy throughout your energy body. This enlivens your astral body and strengthens your physical body.

Remember, the energy body CONNECTS to the physical body through its neurology on a subtle level.

This is why energy work on the head and brain helps to develop psychic abilities. We’ll get deeper into energy work later in this book.

**How To Get Out Of Body**

At this point in your practice, you should be gaining competency at deep relaxation, going deeper into Theta trance, and staying conscious, as well as energizing your astral body.

Now comes the OBE exit technique.

First let’s take a moment to think about how the “mechanics” of an astral projection work in more detail.

If we use the “Russian Doll” theory, then the astral body is, for all intents and purposes, waiting inside your physical body for you to energize it and take it out for a spin.

To trigger an OBE, you need to generate an energy copy of your self - your astral double - and EJECT this out of your physical body.

In order to do this you need to create the right conditions in order for the generation of your astral double to occur. And when you do this and trigger the process, it’ll happen automatically. This is the astral projection reflex.

As I explained in the section, “Taking Feedback To Heart” probably my most useful discovery is to base OBE
exit techniques on a combination of Tactile Imaging and Imagination. This led to one of my most effective OBE exit methods: the “Rope Technique”. This involves IMAGINING and FEELING yourself climbing a rope, or a ladder, to trigger the astral projection reflex.

The use of tactile or “touch” simulation has a stronger effect on the projection mechanism than visualization alone.

It does not matter if you cannot help but visualize things when you do energy work and OBE methods, so long as you ALSO feel them with your tactile senses.

Visualization IS pure Imagination. There is no real difference. When you imagine something, or have a fantasy, you don’t actually see anything visually, but it is like you almost can, down to the finest details.

If you do actually see visuals, then this is a mind’s eye vision ability, which is related to clairvoyance. But for this work, all that is required is normal Imagination, which everyone can do PERFECTLY.

As far back as people have astral projected, they always used visual techniques. They would visualize (imagine) themselves separating and floating out of body, or flying away, etcetera.

Body Awareness Tactile-Imaging based techniques, like climbing a rope or a ladder out of body, are easier to do and are more successful.

Climbing or pulling yourself out of body, or ‘feeling’ yourself viscerally rolling out of bed makes a lot of sense. This engages your normal intuitive ‘feelings’ and motor skills that are instinctively related to physical movement.

So, let’s give it trial run...
EXERCISE: Climbing Out of Body - The “Rope Technique”

- In a seated posture, after deep physical relaxation, and going into a Theta level trance, and doing some preparatory energy work

- You might like to do the chakra stimulation exercise at this point, from the Energy Work chapter further into this book

- Become aware of your hands and arms. Raise and rub and squeeze your imaginary “hands” together. Feel this action with your body awareness, your tactile sense of touch

- Imagine a thick, strong rope hanging down from above you, within easy reach of your “hands”

- Feel your “hands” taking hold of the rope. Feel and explore the texture of this rope with your imagination and tactile senses

- Reach out and climb hand over hand up the rope. Reach as far as your arm would normally, and pull the rope back to your chest. As one hand is reaching out, the other is pulling you up the rope

- Repeat, over and over, climbing the rope at a natural speed

- No matter what you physically weigh, you have unlimited strength. Continue climbing

- Keep your body relaxed, and keep your mind clear of “thought words”

Using a chair or sitting up in bed is, you will find, generally more successful for OBE than using a position normally used for sleep. This provides a little Slight
Discomfort to help keep you conscious. I suggest you experiment and discover this for yourself.

You are programmed to begin falling asleep once you get into your bed. Using another room for OBE practice is therefore optimal. Try the couch or a spare room.

BE PREPARED to trigger a full astral projection exit whenever you TRY this technique. And be ready to go through with it, come what may. If you try to stop an exit, it can cause a host of problems.

Trying to stop an OBE exit can prolong the exit stage and exaggerate OBE exit symptoms (rapid heart rate, vibrations, and falling sensation) to uncomfortable levels.

If you have a bad experience, aborting an OBE exit, this can cause a psychological ‘flinch’ reflex to occur during subsequent OBE exit attempts. This can make OBE more difficult than it needs to be.

The best way to overcome this is to make sure it never happens. So be prepared to go through with the OBE exit. Once you get out of body, you can immediately dive back into your body if you wish.

As you surely noticed, we’re doing everything we can to gain a strong awareness of the tactile sense of the rope. This helps to construct a richer experience. The more “real” it is for you, the faster you will trigger the astral projection reflex.

Practice the ROPE method now. Close your eyes, take a few relaxing breaths, and try it. You will feel a strange pressure in your torso as you do this.

Understanding Weird OBE Phenomena

The sensations and phenomena that can be experienced before and during an OBE exit attempt are harmless, but perplexing and sometimes a little scary.
Just before and during an OBE exit, you can be exposed to a host of weird sensations, and sounds.

Rapid Heart Rate: this feels like your physical heart is racing at 300 beats per minute. But this is your Heart Chakra only. Your physical heart rate does NOT increase, even though this ‘feels’ very real.

**Continual Falling:** this feels like you are falling continually, as if you had fallen out of an airplane. This relates to the sensation of ‘falling asleep’ but is more pronounced.

**Vibrations:** this feels like your body is vibrating, and it can be ‘whole body’ or ‘part body’ only. This can be a light but noticeable buzzing, or something like being strapped to an industrial concrete vibrator.

**Weird Noises:** You may hear weird noises around you, and even voices talking about you, or addressing you by name. These can be disturbing, even intimidating, but are best considered audio hallucinations and ignored.

Most of the weird phenomena relate to a TEST of courage, relating to conscious OBE exit, which is built into the collective consciousness. The rapid heart rate, vibrations, falling sensation, relate to the ‘energy mechanics’ of the generation of the astral body.

My best advice is to be prepared to IGNORE anything that might occur during your OBE exit. These phenomena ALWAYS cease the instant you finish separation.

These phenomena are hallucinations and best ignored. It is always peaceful once you get out of body. So be determined and stay focused on your goal of getting out of body...come what may.
Maximizing Your Astral Recall

The following advice will MAXIMIZE your chances of getting out of body and remembering it afterwards.

As said earlier, the mind split effect occurs when you project out of body. Your physical body/mind aspect will ONLY be aware of a projection attempt up to the moment the astral body splits away from it. For your physical body/mind aspect, everything stops here and it perceives a FAILED OBE exit attempt.

The physical body/mind will feel very tired, because most of its energy has just projected out of body. It will usually fall asleep shortly after its astral body projects.

The astral body, however, continues out of body with no break in its memory. It is totally unaware that its physical body/mind aspect is still conscious.

The physical body/mind aspect will nosedive into deeper and deeper levels of sleep. This is an important consideration for OBE success.

To allow OBE, the physical body/mind MUST be asleep or in the process of falling asleep. This allows the generation and projection of the Astral Body.

The reverse applies, in that for the astral double to return and REENTER, its physical body/mind must be in the process of awakening, or be capable of being awakened by the returning Astral Body.

If the physical body/mind falls too deeply asleep, it is NOT easily awakened by the gentle tingling that heralds the return of its astral projected double.

This means that when the physical body/mind enters sound sleep, its astral body is LOCKED OUT of body until its physical body/mind awakens. This is often several hours later.
Added to this, if the projected astral body is recalled during an OBE, and at the moment this happens it does not have powerful thoughts and emotions, the MEMORY of the OBE is usually lost during reentry, as the astral body reintegrates with its physical body/mind.

If you add all the above together, a logical solution is suggested... This is, to have a SHORT OBE that ends with a deliberate and PASSIONATE REENTRY.

Most of my students, who have early success with OBE follow this advice. They do the following...

They perform the OBE exit.

They speak a running commentary of the OBE, starting AFTER separation is complete. No thought words are allowed before this moment, or it will hinder the exit.

They explore the astral for a maximum of 30 seconds.

They then dive back into body PASSIONATELY shouting SUCCESS key words.

Key words comprise a few words from the experience that can be used to trigger memory associations. This GREATLY FACILITATES recall of OBE.

If you do not have the memory of an OBE, it’s as if it never happened. You will remember nothing but what your physical body experienced. You’ll remember a failed OBE exit, that’s all.

The OBE memory will then download into unconscious levels of memory.

Interestingly, time is STRETCHED during OBE, so 30 seconds in the Real Time Zone will seem like a few minutes, and much longer in the Astral Planes and

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Realms. You won’t have a watch, but remember to keep it very short.

Immediately upon return to their physical bodies, they VERBALIZE their Key Words, repeating them as they reach for pen and paper to write them down. Then they write out the full experience of the successful OBE. (Keep pen and paper close to hand during OBE attempts).

Many people have said, when offered this advice “No way! When I get out of body I’ll be off for hours exploring the astral!” And just like all their thousands of other OBE’s, this, too, will be forgotten.

The “mind split” effect and what happens during OBE is frustrating, but this is what we have to work with. The OBE exit is actually quite easy to do. Remembering an OBE, however, can be difficult.

If you read through thousands of OBE case histories, like I have, you’ll see consistent factors involved in successful OBE. One of these is a noise, a truck passing or a telephone ringing, that wakes the person up at just the right moment to facilitate successful reentry and download of OBE memory.

Key to MASTERING astral projection is to keep early OBE’s very short, and to deliberately reenter while savagely shouting your key words, then to verbalize them as you jot them down. Then write the full experience.

Keeping a running commentary after you complete the exit helps strengthen the memory of the entire OBE.

Passionate Reentry forms an even stronger OBE memory that will have enough IMPACT on your normal conscious memory to make it RECALLABLE.

Once you have the key words written down, your OBE is SAVED. Key words help form ASSOCIATIONS with
your OBE memory, to trigger the recall of the full experience.

Many people are surprised at finding scribbled notes that they don’t remember writing. They read the notes and the memory comes flooding back. This still happens to me occasionally.

Once you have conscious OBE success with this method, extend your time out of body 10 seconds longer each time. Reduce time out of body if you start losing the memory of your OBE’s.

In this way, you can ascertain your time limit for OBE. This limit is how long it takes your physical body/mind to fall into sound sleep after your OBE exit.

Remember this the next time you ‘think’ you have failed an OBE exit. When everything seems to be going well but it just stops, leaving you feeling very tired.

You have likely succeeded. Next time, do your best to stay awake a bit longer. Do some more energy work. Practice astral sight, as you may be able to see through closed eyelids at this time.

Having astral sight after an apparently failed OBE exit is a fair indicator that you have succeeded. So when this happens, keep yourself awake and relaxed for a few more minutes. Hopefully, your astral double will REMEMBER your plan and come back soon.

Have a PLAN for your first conscious OBE. For example, get out of body, move away and into the next room, put your hand into a wall or the floor, then look at both your hands and watch them melt. Then move back to where your physical body is and passionately reenter, diving back in while mentally shouting your key words.

If you wait a few minutes and nothing happens, try getting out of bed and standing up. If you can do this, the
OBE is ‘most likely’ over for the night. I say ‘most likely’ because even then you could be having a FALSE AWAKENING, and you could be standing up in your astral body.

A good way to test if you are having a false awakening is to flick some light switches. If you hear the “click” sound but no light comes on, then you are having a false awakening... a Real Time OBE. If this is the case, then immediately follow your plan.

Your first deliberate CONSCIOUS OBE and reentry back into your physical body with no break in consciousness is THE MOST IMPORTANT OBE you’ll ever have. This is life changing.

Please keep this in mind next time you have an OBE. Short OBE with PASSIONATE reentry is the most important advice you will ever get concerning OBE.

Exiting In Different Ways

There are different types of OBE exit.

The most common OBE type is where you feel whole body vibrations, rapid heart rate, and a continual falling sensation, as you buzz out of body into the Real Time zone.

The second most common type of OBE exit is where you project from your Brow Chakra. This skips many of the OBE exit sensations (sometimes there are no sensations at all), and you’ll find yourself accelerating rapidly down a tube-like structure. This will, after a wild ride, deposit you somewhere in the astral planes.

Combinations and variations of the above are also quite common. You may, for example, have the first type of OBE exit, and then a few seconds later find yourself propelled at great speed into and down a tube structure.
You may get out of body into the Real Time Zone in your room, and then at some point find a large vortex floating nearby. This is a portal to the astral planes. Just dive in and you’ll be in the tube-type OBE scenario, which is like a very fancy water slide.

My best advice here is to be prepared to work with whatever happens during the OBE exit, and whatever you find once you get out of body.

Adapt your plan to whatever happens so you keep it SHORT and have strong memories for a deliberate reentry. If you can’t see your body, imagine being back inside it and perceiving the room. Shout, “Take me back to my body!”

If it is dark, or your vision is blurry when you get out of body, issue the command, “Give me light” or “Give me clarity” and the lighting will change instantly.

How To Travel Inter-Dimensionally

When you get out of body a few times, you’ll find that learning to get around, to walk and to fly, and to NAVIGATE and TRAVEL in the astral, can be a little tricky.

Firstly, let me clarify something.

We use the word “astral” in a broad sense. But in reality there is the Real Time Zone, which is usually where you’ll be when you first get out of body. This will typically be in the same room with your physical body. Then there are “astral planes” and these contain “astral realms”.

The astral “planes” are named as such because they appear to be large “sheets” or layers stacked on top of each other. And each sheet consists of “realms” or worlds. As far as I can tell there are 7 major planes, with countless sub-planes, and each of these having an incalculable number of realms inside them.
In other words, there are more dimension, worlds, and realities than we could ever possibly experience in a lifetime of practicing astral projection, or even a million lifetimes.

Once out of your body, you’ll find that movement and traveling is controlled by your intentions and thoughts. So, to move forward, FEEL yourself moving forward. To move backward, FEEL yourself moving backward. It’s that literal and immediate. Your feelings propel your motor movements.

Flying can be tricky, too. Get outside and move as fast as you can and then leap into the air like a bird, flapping your wings to gain height. That’s how I did it.

You can also “feel” yourself levitating a couple of feet above the ground and then feel yourself sliding forward. Pick up speed and increase your height as you go. Keep your mind on moving and no “how” you’re moving.

Flying gets easier with practice. The trick is to keep your mind off the ground and off FALLING. There is no gravity, only the gravity habit which we all have because we are used to gravity 24/7.

Remember how I told you that this physical plane is “incremental” and has an “economy”. Well, the astral is totally IMMEDIATE and things happen INSTANTLY. It has a different set of “laws” governing how everything works.

We’ve reached the point where you just need to get out there and experiment for yourself. This is a LOT of FUN and completely safe.

You’ll pick it up intuitively and rapidly, because astral projection is NATURAL for consciousness, so it’ll COME NATURALLY to you. It feels like you’re “re-learning” how to do something… like when you get back onto a bike after not riding for several years. It’s a little jerky at first,
but your motions smooth out as muscle memory kicks back into effect. It’s the same with astral travel.

And to return to the physical body, when you’re done playing, just THINK about being back in your physical body to return to it, and BANG, you’re back there. Or, make a command “Take me back to my body” and you’ll be back there in an instant. It’s impossible to get lost forever.

Other Helpful Tips, And Oddities

There are a few odd things that can happen during the exit out of body, and just afterwards. This ebook would be incomplete without at least some discussion of this potential weirdness. These events are largely comprised of tests of courage and self-control and awareness of what is happening, provided courtesy of your own higher self and the collective consciousness.

When you are close to the exit and have all the symptoms and you KNOW it’s happening, someone you know will bang on your door LOUDLY and demand that you attend to some emergency immediately. You’ll think “Damn, what timing!” and fight to stop the OBE exit, only to find your house quiet and no one there when you go to the door to attend to the so-called emergency. This is a TEST of self-control and ‘awareness’ of what is happening.

Think about this... the odds of someone trying to wake you at the EXACT moment of a conscious OBE exit are ASTRONOMICAL! I have had this happen to me dozens of times and it is ALWAYS a hallucination.

It is the same with the thousands of people I have coached over the years. Not once has there ever been any substance to OBE exit type hallucinations.

In time and with experience you will learn to ignore such things. This is a part of the learning curve that leads you into AWARENESS of the Greater Reality. You may not
like this – who does – but if you look back upon it later you will see the WISDOM.

You are EXPECTED to KNOW that such events are hallucinations designed to distract or scare you. Also keep in mind that the weird and scary stuff forms VERY STRONG memories, which are needed to form RECALLABLE memories after OBE.

Another version of this type of astral weirdness during an OBE exit, is where a pet animal jumps on your bed and tries to get your attention. Or, a person may enter your room and start tickling you and trying to awaken you. Again the odds of this being real at the time of a conscious OBE exit are astronomical.

Another occasional weirdness during the lead up to an OBE exit, is feeling hands pulling at your feet, as if trying to pull you out of your body. These are generally misinterpreted as either some kind of attack, or some kind of help to get out of body. But they are just another test of courage, self-control, and conscious awareness.

Ignore EVERYTHING during an OBE exit, once it actually starts to happen. Anything that happens at that time is a hallucination test, of courage and self-control and awareness of what is happening, which is a conscious OBE exit.

If this worries you, when you get out of body a few seconds later, you can go and check the so-called emergency in your astral body, and dive back into your physical body immediately, if it is real – which it won’t be.

You may hear astral voices clearly around you, of one or more people talking to you, or about you, sometimes by name. These voices will be intimidating and undermining what you are doing by saying things like “Look at him, he’s playing with his Chakras again, the poor fool...doesn’t he know what will happen next! He’s dog meat. He’s history! He won’t survive this!”
This is a test of courage and self-control and AWARENESS of what is happening. These things are REQUIRED to consciously astral travel. Don’t wimp out!

This also applies to ASTRAL NOISES, which can be VERY REAL and VERY LOUD. You may hear a lawnmower or chainsaw start up in your room, dragging chains, a train going by close to your head, or a loud party starts up around you. You may hear ghost-like moaning and wailing. These are ALL hallucination tests of courage and self-control and awareness.

The following events are less common, and probably less than ten percent of regular astral projectors will experience these events at some time. Having such ASTRAL TESTS is a very good sign for one’s potential for spiritual development.

Once you get out of body into Real Time, you may find a few chimpanzee-like beings leering and clutching at you. This is all they will ever do. The correct way to proceed here is to tell them that you do not believe in them, order them to leave, and then turn and continue your OBE.

Once out of body, you may find a dark male figure on the far side of the room, in skintight black with glowing-red eyes – commonly called “The Dweller on the Threshold”. This figure will breathe heavily and make threatening noises and gestures, but this is all it will ever do. Stay calm. This is another test of courage, and, again, tell it you do not believe in it and ORDER it to leave, and then continue your OBE.

There are many variations of the above tests, but what you need to keep in mind here is that NOTHING CAN HURT YOU during OBE. But if you succumb to fear, then your OBE will end and the fear will continue to grow and make future OBEs much more difficult.
Courage is not the ability to feel NO FEAR. Courage is the ability to CONTROL FEAR and continue to function. This is all you have to do to PROVE YOURSELF and overcome these tests.

These tests will usually continue to appear until you face them and overcome them, and then they will stop. Ignore EVERYTHING during the exit out of body. You can dive back into your body any time you like!

During an OBE, keep your mind firmly OFF your physical body and the room it is in. If you think even briefly about your body you will start to shift back there, sometimes instantly. So keep your mind on what you are doing, and only think of your body when you want to end an OBE.

There is a tension between your physical and astral bodies that is strongest within 20 feet. (6 meters) This eases and makes things much easier if you move beyond that distance immediately after you complete the OBE exit.

A basic understanding of these things is very helpful to successfully astral projecting consciously. And this is just the beginning, as if you keep astral projecting, more Tests and Initiations will appear...on this journey of life and learning and evolution that never ends.

Endless Possibilities

You can construct entire worlds on an astral plane and fill in all the content as you desire. You could manifest a giant ice castle on a mountainside, with enchanted animals in the forest, while you paint the sky with pastel colors.

You are the “master” of your fantasy world and there are no rules or police force. The only limitations are your own beliefs, ethics, and repressed fears.
There is, however, a more serious side to OBE. There ARE advanced beings (and your own Higher Self) that could be observing and testing you at times. A master will often take a lowly form, say of an old cat.

It’s always best to be well behaved and not to take appearances at face value. But that being said, there’s NO REASON not to have fun occasionally.

Here’s a PARTIAL LIST of some MIND-BLOWING and LIFE-CHANGING ideas to get you started...

- Visit with deceased loved ones, friends and pets in the spirit worlds (heaven)
- Study the Akashic Records for the universe’s best history lessons and future probabilities
- Go back in time to experience history firsthand
- Visit friends who live a physical distance away from you
- Fly into outer space to explore other planets and find other life forms
- Journey to the ocean depths
- Travel into the center of the Earth
- Explore peculiar new worlds and cultures
- Contact your Higher Self, Advanced Masters, and loving angels. It’s also possible to interact with demons, although I STRONGLY advise against that
- Eliminate the fear of death permanently
- Regain an incredible enthusiasm and excitement for life in general... ending your boredom forever.

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You just need to get out of your body and you can do and experience all of this for yourself.
Chapter 5: The Energy Body: Kundalini And Chakras
The Anatomy Of The Energy Body

There is a level of reality that you may have never experienced. There’s an entire DYNAMIC to this world we live in, that is affecting you in PROFOUND ways.

Another set of NATURAL LAWS are at work beneath this physical reality. It’s the energetic layer. And this layer of energy permeates the physical universe.

This energetic level of reality has its own “laws and physics” that guide the way it works, and how it interacts with the physical universe. The physical and energetic aspects of reality influence each other profoundly.

Eastern philosophy and medicine offer us both ancient and modern perspectives on the human energy body. A significant base of information and cumulative wisdom already exists here.

But there is no substitute for personal experience. Everything we need to know about the anatomy and structure of the human energy body, we can find out for ourselves.

We CAN draw on our OWN senses to learn about the energy body and how it works, through firsthand exploration and observation.

The most basic level of the human energy body corresponds fairly closely with the physical human body. The major “organs” of the energy body are in proximity of the major organs of the physical body.

There are also subtle layers that represent SPIRITUAL development and differences that have little to do with the physical body.
We have significant knowledge of the energy body’s meridian system, thanks to TCM (Traditional Chinese Medicine) of which acupuncture is a part.

There are at least seven Major Chakras (major energy centers) in the human energy body, and hundreds of Secondary Chakras. These are interconnected with energy channels and meridians.

The Major Chakras are the functioning “organs” of the energy body. The vital energy of the body moves, like blood, between the chakras, where they are stored, used, and transformed, before moving to other areas and chakras.

The meridian pathways are the channels and vessels through which vital energy circulates. There is also one large core energy conduit, known as the “central channel” running up through the center of the energy body.

There are similarities between the general functionality of the energy body and the physical body. For example, they both require the circulation of nourishment (vitality) between the organs for healthy operation. And if that circulation is reduced, they are sure to weaken and sicken. Just like what happens when blood flow is reduced in the physical body.

Now there are more to the chakras than just their interconnectivity and physical life related processes. They also absorb and project subtle energies.

The human energy body “breathes” energy in and out of itself, much like it does air. It constantly has energy circulating throughout.

Chakras are complex energy organs. How each chakra functions, and the combinations of their functioning, directly affects how the human body and mind works. This includes everything from physical health, to personality type, to psychic abilities.
And then there is kundalini. The kundalini is a high-powered element of evolutionary energy stored deep inside the base chakra. Everyone has this. This special energy can become active under certain circumstances. Once released, it has a powerful evolutionary impact. We’ll cover this in more detail later in this chapter.

**Feeling Energy Inside Your Body**

The easiest way to perceive the energy body is through your feelings and tactile senses. Your energy body, as I’ve said, is DIRECTLY CONNECTED to your physical neurology.

The easiest way to get in touch with subtle energy, and your own energy body, is by learning how to feel it with your tactile senses.

Awareness of feelings and movement of the physical body is known as kinesthetics. I call this Body Awareness. And your kinesthetic awareness will put you in touch with your energy body.

The easiest way to learn energy work is by doing energy work. So let’s move into an exercise...

**EXERCISE: Feeling Energy #1**

- Sit quietly and hold out your hands. Focus your attention on them. Rub them together for a few seconds, then make fists, rapidly spreading fingers wide and closing a few times. Then hold up your hands with your elbows resting comfortably at your sides. Focus on the RESIDUAL SENSATIONS you just caused in your hands.

- FEEL and SENSE your hands as strongly as you can. Feel the air around your hands. Feel for every slight change in air temperature and every slight air movement.
- Continue ‘feeling’ your hands intensely and within a short time you will begin to feel some unusual sensations. These will get progressively stronger as you continue to focus on your hands.

You will feel a heaviness, pressure, warmth or cool, tingling, prickling, or a buzzing. This will get progressively stronger as your hands charge up.

What causes these sensations is focusing your body awareness on a specific part of your physical body strongly enough to affect it. When you do this, the nerves there charge up, ready for sudden movement. This causes increased bioelectrical activity in your hands, which causes these sensations.

Beneath your hand’s flesh and nerves, this has a direct impact upon your energy body, stimulating increased activity there.

Now, if you move your point of body awareness back and forth through a part of your body, this stimulation INCREASES DRAMATICALLY in both the physical body nerves and the energy body.

If you use this method at the site of a Major Chakra YOU WILL ACTIVATE IT.

EXERCISE: Feeling Energy #2

- Rub your hands together and make fists and spread fingers wide a few times, and then rest your hands on your lap or desktop, palms up. Look at your fingers and feel the residual sensations you just caused in them

- Move the feel of the residual sensations from your fingertips through your hands to your wrists, and then back to your fingertips, over and over, back
and forth through the whole of both hands, taking about half a second each way

- Continue this for a few minutes. Vary the speed, slower and faster, to find what causes the most sensations in your hands. The sensations in your hands will increase as you do this

- You have now stimulated your hands to a fairly high level of activity.

Move now into the next exercise.

EXERCISE: Feeling Energy #3

- Switch to FEELING your feet. Kick off your shoes and rub your feet on the floor for a few seconds, to create residual sensations in them. Then wiggle your toes. Now rest your feet on their heels, or on a cushion

- Just as you did with your hands, now focus on the residual sensations you just caused in your feet. Move this FEEL from toes to heels through the whole of both of your feet, back and forth repeatedly. Continue for several minutes or longer

The sensations these exercises cause are UNMISTAKABLE energy sensations.

Many people, after doing the above, will feel throbbing or tickling feelings in their brow center (third eye) or in the middle of the head (crown center) or even the heart or the throat. If you do feel odd sensations at these locations it is because the demonstration exercises have stimulated increased energy flow, which has activated these chakras.

If you don’t feel much of anything, repeat the exercises until you do.
Another idea is take a shower and try these exercises when you are more refreshed and relaxed.

Chances are, if you haven’t generated any feeling, it’s because you’re accidentally trying to visualize, rather than FEEL into the body part. It is okay to visualize if you can’t help it, so long as you also FEEL with your body awareness.

As you gain competency, you can begin moving your point of body awareness (what you moved through your hands and feet above) in patterns over and through your body, from one body part to the next. You can speed up the movement or slow it down. You can amp up the intensity of the feeling, or decrease the intensity. You are in control.

Another exercise here...

**EXERCISE: Feeling Energy #4**

- Continuing from the hand and feet exercises above, bounce your body awareness up and down both legs, from feet to hips, through the whole of both legs repeatedly. Take one to two seconds each direction, up and down.

- Bounce your awareness from fingertips to shoulders, through the whole of both arms repeatedly. Take one to two seconds in each direction, up and down.

- Bounce your awareness from your feet to your head, through the whole of your body, up and down repeatedly. Take two or three seconds each way.

- You have now stimulated your hands to a fairly high level of activity.
Continue these exercises for as long as you like. You cannot overdo them. However, it is best not to do energy work immediately before sleep, as this can energize your mind and cause insomnia.

**Turbocharging Your Chakras**

Taking what we’ve just learned, we now know how to DIRECTLY STIMULATE the energy body and its chakras.

Something I learned through my own personal experience, is that by doing prolonged amounts of energy work on chakras, I’ve caused parts of my energy body and its chakras to “upgrade”. They literally change shape and grow on the deeper levels.

The energy body and chakras of evolved and energetically advanced people, take on new patterns to reflect higher levels of activity.

To strengthen the activity of your chakras, take what you’ve learned in feeling energy and start TARGETING your Major Chakras.

Work on it, by MOVING your point of body awareness, outside, around, and through the desired chakra. Move your body awareness between chakras, and all over your energy body in distinct patterns.

**Strobing Your Chakras**

By putting some elbow grease into your energy movement and targeting, with regular work you can KICK your chakras into higher levels of activity.

Major Chakras are complex spiritual energy organs. They absorb, transform, and produce myriad different qualities of energies.

Major Chakras have a little-known ability, and this is to accumulate energy. This happens naturally during
high-level intellectual activity, meditation, relaxation, and other spiritual practices. This also happens when energy is being consciously raised to a chakra.

These analogies are to help you to understand...

A kitchen colander is similar to a Major Chakra. Energy, like water, flows through it and out of it through the many small holes. But when the volume of energy/water is increased, the colander begins to fill. Once it is full, it overflows...

A Major Chakra can also be likened to an electrical capacitor. When it becomes FULL, it will release all of its energy in one massive STROBE. This is like how an electronic camera flash will charge up, causing a high pitched whine, and when you press the shutter button it produces a massive flash of light.

When a chakra reaches its THRESHOLD, it will STROBE and explode energy in every direction. This has a major impact upon the energy body, activating parts of it to much higher levels of activity.

The increased chakra activity and related phenomena caused by a “chakra strobe” can be temporary or longer lasting. What happens depends upon the capacity and potential of the energy body and its chakras at that time.

When the Brow Chakra, or “Third Eye”, strobes, it causes a massive flash of light in the mind’s eye, which will be seen whether your eyes are open or closed. This also causes a feeling of mild concussion, a slight temporary numbness, over the whole facial area. This is like how it feels when you are temporarily blinded by a brilliant flash of light.

Each chakra strobes differently. Only the Brow Chakra will cause the brilliant white Mind’s Eye Flash. A Brow Chakra strobe will increase the power of your clairvoyance instantly and you will have visions. When the
Brow strobes, it upgrades to a higher quality of activity and energetic processing.

The Brow Chakra can also strobe purple, which is much less common than a white strobe. Purple indicates the release of creative genius.... Art, music, verse, science, etc. All Brow Chakra strobes are related to kundalini activity, although strobes can happen completely independently from any other kundalini related activity.

I’m probably the first person to really delve into the reality of chakra-strobing in any detail.

If the idea of strobing and enhancing your energy centers for the evolution of your spirituality excites you, get in the habit of daily energy work and meditation, with the intention of developing your chakras.

Here’s a list of Major Chakras and locations.

**List Of Chakras And Locations:**

1. **Base Chakra** – This is centered in the perineum, in the flat area between the anus and genitals. The perineum area is stimulated during energy work. This might appear to be an awkward area in which to work, but you’ll find it is actually quite easy.

2. **Navel Chakra** – The central point is the belly button. Stimulate the whole navel area.

3. **Solar Plexus Chakra** – The sternum area in the central point below the ribs in the middle of your chest. Imagine placing a softball there. This is the area to stimulate.

4. **Heart Chakra** - A central point between the V at the base of your throat and the sternum. Again, imagine a disk about softball size there, for the area to stimulate.
5. **Throat Chakra** – Feel the lowest part of your throat for the V between your collar bones. Imagine a tennis ball there and this is the area to stimulate.

6. **Brow Chakra** – The center of your forehead. Imagine a tennis ball centered there, and this is the area to stimulate.

7. **Crown Chakra** – The center of your crown. The whole top of your head is the area to stimulate.

   Note that the above descriptions include the areas to be stimulated during energy work.

**Stimulating Chakras**

   Chakras produce a variety of sensations. These include a tickling or tingling sensation on the skin, pulsing, throbbing, buzzing, tightening, heaviness, and warm or cool sensations.

**EXERCISE: Stimulating Your Chakras**

- Place your body-awareness in the location of your physical body that corresponds to the location of the chakra to be worked upon. If you need to, give this area a light scratch or rub with your fingertips to help target this area with your body awareness tactile senses.

- Intensify your tactile focus there, and move this feeling back and forth from one side of the energy center to the other, as if brushing it with a paintbrush. Brush side to side and then up and down. Feel this action penetrating there.

- Stir this same area with your point of body awareness. Imagine you are stirring it with a small paintbrush. After a minute, reverse the action and stir in the other direction.
- Imagine a ball of energy the same size as the chakra stimulation area. Move this into the chakra and through your body and out through the rear of your body, and then back through and out of the front of your body. Bounce the ball back and forth through your body.

- Spend a minute or two on each chakra, performing all the above stimulation actions. Then move to another one and repeat the process, until you have done all the major energy centers.

For best results, always start with the Base Chakra and work your way up, one chakra at a time. Spend an equal amount of time working on each chakra. Do not overwork any of the higher chakras, the Heart, Throat, Brow, or Crown. A balanced approach is best.

THE GOLDEN RULE: When doing energy work, if you feel pain or discomfort or anything worrying, stop what you are doing and take a break. Focus on grounding yourself. Take a shower, have a meal, do some gardening, whatever. Do not return to energy work until you feel completely normal again. Continue this break for an hour, a day, a week... as long as necessary. When you feel balanced again, continue your energy work practice.

Major chakra energy work can cause a large variety of issues and problems in some people. The Golden Rule will fix the vast majority of these.

Also, it’s literally not possible to “shut off” or “shut down” your chakra activity after energy work. There is a myth that exists saying you need to “close down” a chakra after working on it. That’s like saying you need to “shut down” your heart or brain. It would cause immediate death.

Misinformed practitioners often try to reverse the direction of their chakra movement in order to shut them down after a meditation. Reversing the movement only
further stimulates the chakras and INCREASES energy flow.

Your chakras will begin decelerating their activity naturally the moment you break relaxation.

That being said, if any of your chakras continue to be irregularly heightened after an energy work session, there will be good reason for this. For example, you may have removed an energy blockage and energy continues flowing to restore a part of your energy body, or healing your physical body. You must trust the intelligence of your energy body and Higher Self.

Chakras are ALWAYS active. They are like the major organs of your body. You don’t feel your liver and kidneys working, but they are always active. Chakra activity only becomes noticeable when chakras have been stimulated to a higher-than-usual level of activity.

The more you work on an energy center, the more enlivened it can become. And the more energy centers you work on, the more stimulated your energy body becomes in entirety. You’ll find that stimulating even just one chakra will peripherally stimulate other areas.

Please be careful using Body Awareness and Tactile Imaging chakra stimulation. This is far more powerful than other systems you might be used to performing.

**Remember The Golden Rule.**

Over the many years I have been doing and teaching energy work, this, I have found, solves the vast majority of energy work related issues.

I strongly advise anyone interested in practicing energy work to get a copy of my book, ENERGY WORK. This is available online and through all good bookstores.
Raising Your Kundalini

Kundalini is the most mysterious and secretive subject in all of spirituality. It is known by many names, and its secrets are always closely guarded. Knowledge is power!

Practical knowledge of kundalini is generally only passed on orally from teacher to student in the Eastern traditions. It is “forbidden” to share or write on this knowledge for public distribution.

Fortunately, I’ve raised my kundalini many times...that’s right TENS OF TIMES. I didn’t even know it was possible until I did it for myself. And that’s what I get for being a mad scientist type- I MAKE DISCOVERIES through direct exploration.

Because I worked it out for myself by doing, this means that I am not bound to any secret agreements. I can therefore share my knowledge and experience freely.

The kundalini is a special type of energy stored inside the SACRUM near the Base Chakra. It’s an enormously POTENT form of evolutionary energy that has a TREMENDOUS impact upon the quality and functionality of the energy body when it is activated.

There are many misconceptions about AWAKENING and RAISING kundalini, I have found. They’re mostly urban myths that have arisen through the profound lack of actual information on kundalini. The myths you will hear occasionally have been circulated by arm-chair mystics and intellectuals who’ve never awakened kundalini.

Here are some urban myths I’ve seen and heard:

1. You only can raise kundalini one time. It’s “one and done”.

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2. You need to have been “chosen” before being born to raise kundalini.

3. To raise kundalini you “need” to work under the personal guidance of a “guru” or “master”.

4. If you raise kundalini, you’ll go insane.

5. Kundalini can cause uncontrollable sexual appetite.

Again, the above are completely urban myth, although the last problem, insatiable sexual appetite is a very rare issue. In all the years I have been working in this field, I have encountered ONE person with this problem. And this person was a long term schizophrenic with many other problems.

Working with a true master would be wise, yes. But have you ever tried to find one? And could you afford to study with one if you did? They are rare as hen’s teeth.

Most people who want to follow this advice go to India and try to find a real guru while crowds of charlatans try to fleece them.

A decade ago, an Internet friend was working with a “master” who worked remotely. I exchanged a few emails with this master. He did not know who I was.

The master examined me from a distance, using a photograph. He told me that my chakras were all messed up and would require a lot of work to fix them. He quoted me $12,000 for this work.

I told this “internet master” that I wanted to raise kundalini in the future. He said that this would be possible after his initial work, but that to help me raise Kundalini would involve a lot more work. This would cost at least another $12,000, just for the email coaching.
Needless to say, I did not work with this person. My friend eventually paid him, but he received no positive results whatsoever. He was very disillusioned by this.

At this point on planet Earth, the only people fit to teach kundalini energy work, as far as I’m concerned, are those of us who’ve actually raised and harnessed kundalini.

There is a difference between AWAKENING kundalini and RAISING kundalini. Energy work and spiritual practices will often awaken Kundalini. Once awakened, a long process of developing the energy body and mind begins. This is a very natural process.

Kundalini, again, can become active naturally through intense intellectual activity, energy work, and spiritual practice.

People with awakened kundalini will progress spiritually and Psychically throughout their lives.

Raising kundalini, however, is very different. This is THE MAIN EVENT. This means to manually raise Kundalini through energy work.

When it’s fully raised, a major out of body experience involving a personality assessment and life examination by Advanced Masters may occur. This indeed happened to me.

Kundalini can manifest in five different ways, when it raises, and how it is for you depends on which energetic “element” is most active in your body: Fire, Earth, Air, Water, or Akasa.

I raised my kundalini on the akasa, meaning “spirit” or “aether”, level. So I got the full serpent cobra effect.

It always gets people’s attention, talking about kundalini, because it’s a topic that is so rarified and
revered- as it should be. It is, however, not quite what most people think it is.

Igniting your kundalini is a MASSIVE achievement, and it can be genuinely dangerous if done foolishly. Like I said earlier, there are no “kundalini” doctors. If you try to go to a hospital, they’ll just throw happy pills at you and send you to a psychiatrist.

Remember the Golden Rule. It is important to adhere to this rule. It solves the vast majority of potential kundalini-related problems.

I’ve personally helped student-practitioners of my energy work system to awaken and even to raise kundalini. I’ve actually held the hands of some as they underwent the process.

When kundalini is raised, the Base Chakra STROBES powerfully. This event flash-activates the energy body and its chakras to a whole new level. In this sense, when the Base Chakra strobes, kundalini is RELEASED.

When the Base Chakra strobes, either kundalini will raise, or kundalini-related phenomena will manifest. There are often unpleasant or even painful electrical surges that shoot up through the spine, called Kundalini Spikes, that feel like mains voltage.

It can be difficult, if not IMPOSSIBLE, to stop a full kundalini raising event once it starts. This is like trying to stop a sneeze from happening.

Here’s the anatomy of the kundalini. It’s brewing near the Base Chakra, in the sacrum, and it is contained by a buffer of shielding energy surrounding it. This SHIELDING also limits the activity of the Base Chakra. Similar shield energy surrounds all Major Chakras.

The key to liberating the kundalini is to charge the Base Chakra with such an intense amount of energy, that
the restrictive buffer burns away. This LIBERATES the kundalini, which then PUSHES ITS WAY up through the central channel and out through the top of the Crown Chakra. Then kundalini can be said to have RISEN.

When raised on the akasa level, kundalini will move 3.5 coils clockwise up through the torso and then up through the neck and head and out of the Crown Chakra. This will feel like a physical snake as thick as a man’s wrist is moving up through the physical body. This sensation is caused by an internal manifestation of ectoplasm, which is a semi-solid material produced by the energy body.

When kundalini raises, your reality becomes DRAMATICALLY enhanced by new psychic abilities. You can experience an indescribable sense of enlightenment, and a fountain of creative genius will erupt within you.

If that’s not enough, your whole energy body and its chakras will upgrade to a more advanced mode of functionality. Raising kundalini is the hair-trigger that sparks a complete remodeling of the energy body.

The first successful Kundalini Raising episode is only the beginning. This opens up a whole new level of progressive energy work and psycho-spiritual development.

The actualization of psychic abilities after raising kundalini varies from person to person. This depends a lot on what development has taken place previously. Natural abilities will be enhanced further than those which were not preexisting.

For example, if you are a natural visual clairvoyant and artistic, then these talents will dramatically improve. But you are unlikely to gain musical ability if you were previously tone deaf. This can, however, be changed if you work at new abilities.
During a kundalini raising event, ALL psychic abilities can be present, often at full strength.

A kundalini raising session is ENERGY DEPENDENT. This means that the phenomena associated with raised kundalini, including the instant manifestation of psychic abilities, is fueled by the massive amount of energy flowing through the energy body at this time.

A first Raised Kundalini event will last about thirty minutes, depending upon circumstances, and then end as energy reserves become exhausted.

The phenomena experienced during a raised kundalini session will reduce considerable after the event. This is a very good thing, as no one would like to live 24/7 with that level of perception. This is like not being able to close your eyes and ears and tactile senses. It would make normal life, and sleep, impossible.

It is found, however, that after the first kundalini raising experience that increased psychic perceptions do result. More kundalini raising sessions will enhance this further.

Over the years after the first kundalini raising event, even if there is only one such event, there will be more rapid and progressive development of psychic, artistic, and intellectual abilities.

The most noticeable result of raising kundalini is the advent of GENIUS. People who raise kundalini become geniuses.

This genius is directed into areas of natural inclination. So, an artist will become more artistic, a musician will become more inspirational, a scientist will get amazing ideas...etcetera.

The rate at which genius abilities develop and manifest can be enhanced with affirmations, regular
energy work, and meditation. So in this sense, what you are prepared to perceive by way of psychic abilities, is, to some extent, within your control. In opposition, it is also limited by your beliefs, programming, and expectations.

Even though I’ve raised my kundalini many times, and gained significant control, there is still SO MUCH that we don’t yet understand about kundalini and the role it plays in evolving the human energy body, and the human being.

What I think we need to do is to develop a thorough understanding of kundalini through DOING IT. As far as I can see, this is the only way we are going to gain sufficient knowledge to be useful. Hopefully, in time we will be able to build a solid MANUAL on kundalini…what to do and what not to do.

This will help the world in general. Every person who successfully RAISES kundalini adds one more GENIUS to the gene pool. We need every bit of GENIUS we can get if we are to move our world into a healthy direction.

I think that the GENIUS of kundalini comes from enhanced CONNECTION with the Higher Self. It is most truly said that ALL KNOWLEDGE rests within each of us. And this only becomes available through GENIUS.

Unfortunately, it’s HONESTLY way too big a topic for me to safely teach full-on kundalini awakening and raising techniques in this broad guide. So I am creating a program that WILL show you the how-to in finest detail.

Find my video program, “The Energy Body: Kundalini And The Chakras” when it’s available. This will be the first of its kind. Never before has anyone that actually raised kundalini provided a program that teaches how to do it from start to finish.

Again, if you are interested in higher energy work and kundalini, I refer you to my book, “Energy Work”. 

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I also recommend my video training program “Manifestation and Self-Healing” which will expand on the energy work we have introduced here, plus help you to understand and to connect with your Higher Self more powerfully.

The Amazing Benefits Of Energy Work

Energy work has truly exciting effects on your everyday world.

I’ve already covered how exercising the energy body can make you live better and longer, because the health of the energy body has a beneficial impact on physical health, and self-healing.

So with energy work, you can change your moods and emotions positively, and a lot more.

As you develop a closer connection with your physical body and neurology, this also improves your connection with your Higher Self, which is in every cell of your body.

But let’s say you’re living great and feeling good... what happens if negative thoughts, intentions and energy come your way?

Check out the next chapter to learn how to protect yourself against negative energies...
Chapter 6:
Exorcism: Defense Against The Dark Arts
Does Evil Exist?

One of the things we learn as we traverse the spiritual path is that there is no “good” and “evil” per se. These are labels that we put on things.

The concept of good and evil is entirely relative to the beliefs and judgments of the observer.

If there is a monotheistic god that created the universe and everything within it, then god created angels and good spirits, and it ALSO created demons and all the bad types of spirit beings. In this sense, everything in the universe has its opposite number. Everything serves a purpose and brings ‘balance’ to the universe.

In the end, everything is essentially “neutral”. But we cannot help but assign our moral judgments to everything we encounter. This tells us whether something is “right” or “wrong” in our opinion.

In this sense evil is something that, in my opinion, has bad or negative effects upon people.

Right at this moment there are BAD entities attacking people around the world. Negative (BAD) spirit beings attach to, influence, and drain people of vital energy.

These NASTY spirit beings attack and terrorize and drain people, if given the chance. These types of bad spirit beings have no concept of being “good”. They are mostly nonhuman, much like the myriad life-forms we find in our oceans.

Most ocean life forms are neutral, but some will eat you, bite you, or harm you in some way. They do this just because they are surviving and acting according to their nature.
For example, sharks eat people when they are hungry and have the opportunity. Step on a Stone Fish and you will probably die from its poison...etcetera.

As I have said, everything is basically “neutral”... but we DO consider nonphysical beings that assail humans to be EVIL entities.

I like to call these “negs”. (Short for negatives) This downplays the scary nature inherent in the names we give these things. For example, the word DEMON has a generally bad effect on people today.

In fact, this word DEMON has all but been banned from the New Age dictionary today. Most people say, “Demons do not exist. It’s all in your imagination. They are just thought forms.”

But... Angels and Masters exist... and everything has its opposite...

This situation gives demons and evil spirits massive advantages. No one believes that they even exist! So they can do whatever they like without interference.

And whether these things are thought forms or actual beings, they exist and are no less evil and dangerous just because they are given a less scary classification. Call them MONSTERS FROM THE ID and that would be just as accurate. But to say that these things do not exist is both naive and dangerous.

Even with our best intentions of thinking only positive thoughts and strenuously denying evil, these things still exist. And if they exit, then someone has to deal with them eventually, no matter what beliefs are popular.

Whether you believe in them or not depends largely on your personal experience, which will differ noticeably from the personal experience of other people.
Remember, the average person does no energy work, and no psychic protection work, so their auras and energy bodies are weak and vulnerable. They have no knowledge or protection besides what they might have been born with by default.

Most “love and light” people totally avoid this topic, because their mindset cannot handle that real threats of this type might exist. They think “God wouldn’t let it happen” or similar, as if there were an astral police force of some kind in force.

For far too long, these people have denied a big part of the greater reality. They even condemn people like me for trying to educate and help people.

Sometimes I feel like Galileo arguing against the Pope. The Pope says the world is flat, but Galileo knows it is round. The Pope’s dogma and pet scientists, against Galileo’s scientific observations and logic.

Be sure to research my video training program, “Exorcism: Defense Against The Dark Arts” for a masterclass in psychic self-defense, when it’s available.

There is a maxim regularly quoted to me when the subject of psychic self-defense arises. That is, “What you resist, persists” as stated by Carl Jung. But this is taken totally out of context when applied to psychic security and self-defense.

This does not even acknowledge the existence of negative beings and forces, and suggests that we do nothing to interfere with these.

No sane person would adopt this maxim when dealing with termites, crime, or any other real life problem. And bad spirits are a kind of a pest problem...

I don’t know how you’re thinking right now, but I am authoritatively telling you from personal experience that
this is a serious issue. And most people in the spiritual community are too afraid to even discuss these problems, let alone TACKLE them head on.

YOU NEED TO LEARN TO DEFEND YOURSELF AND YOUR LOVED ONES.

To make matters worse, there are entire schools of magick, that is, covens and lodges and fraternities who work in private to create chaos for OTHER people whose ideologies might disagree with theirs.

I’ve PERSONALLY been subject to attacks by many occult practitioners over the years. And you better believe that I stopped turning the other cheek a long time ago.

“Turning the other cheek”, or pretending something is not happening, will not restore peace and health. You need to use good countermeasures to protect yourself, and tried and tested ways to fight back.

Keep in mind that magick in itself is not a “bad” thing. This is a useful tool in your arsenal of spiritual techniques and ideas. I’ll be teaching you some of the basics soon.

Again, there is no “psychic police force”... so ANYTHING goes. And that’s EXACTLY why you need to know the staples of psychic self-defense.

We’re Exposed To Negative Forces 24/7

There are ‘species’ of ‘nonphysical wildlife’ that feed on the life energy of living physical beings, including people. So, obviously, these opportunists go for the easy pickings first. People with holes in their auras and poor shielding are more vulnerable to these types of entities.

People with a strong potential for spiritual development that could help the world are premium targets for negative entities. Such people earn strong
negative resistance by default. Overcoming this resistance is also KEY to their spiritual development, and without this resistance serious spiritual development would not occur.

I’ve found there are four general categories of negative energetic predators...

There are demons; a variety of negative entity types; X-human ghosts; and physical human psychic attackers.

Demons are of the same strength level as angels. This means that if a demon wants to mess with you, then you better know how to cleanse your space and do a banishment ritual.

Yes, angels do exist. These can be helpful if you ask in the right way. The trick here is that you must ‘ask’ for help before any will be given.

This knowledge has saved my life many times... until I finally GOT IT. I suggest you take advantage of this.

Never try to grapple with demons directly. You’ll lose. They are too powerful and you cannot go mind to mind with them. We need to use formal magick rituals to banish them, as well as cleansing countermeasures like fumigation and electrical earthing.

A ritual banishment connects with and activates forces, through your Higher Self, that are specific to banishing demons and evil spirits. I do not know how this mechanism was created, but it exists.

If you encounter a demon, you BANISH it and then RUN if you have to. Banishments are very powerful and this will usually do the trick. That’s the best most people can do in this situation.

Demons are beings that are so far in the direction of evil that there is absolutely nothing you could say or do to
try to convince them to “be nice”. Sending loving energy to a Demon will do ABSOLUTELY NOTHING, except make them sneer at you in contempt.

This also applies to PEOPLE that are magickally contracting demons and sending them your way. Turning the other cheek does NOT work. You need to use effective countermeasures and reversals.

Demons have the same level of power as angels... with the power to manipulate events and to turn your world upside down.

As for the run-of-the-mill negative entity, these are garden variety annoyances that are attracted to human energy fields, like moths are attracted to light. They can be harmful and will drain life energy. But you can protect yourself against these types with simple shielding and other basic countermeasures.

As for attacks carried out by natural psychics and occult practitioners, the way to defend against them is again, through shielding and countermeasures and banishments. It is a good idea to make it VERY CLEAR that if anyone messes with you, they’re going to get hurt.

You can deal with a direct psychic attack by reflecting it back onto the attacker. This is fairly simple to do. I’m going to repeat myself one more time: turning the other cheek does NOT work and will harm you.

Some of the tactics that may be involved include hex spells. Typically, you will be sent a gift, like a book, a stone, a carved bone, or a feather, etc. By “receiving” the gift, you are accepting the energetic hex... and it takes effect immediately.

Magickally speaking, PERMISSION is a big issue. All demons and evil spirits and occult practitioners will make attempts to gain some form of permission from victims.

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Permission does not mean that demons and evil spirits are obedient to rules. The permission that is sought after comes from the victim’s higher self.

Always be careful when receiving gifts from occult practitioners with which you have had disagreements. As a general rule, you need to politely return such items to sender. No explanation is necessary.

Another technique attackers employ is to astral project into a person’s room while they sleep, and either syphon vital energy (energy vampire), or interfere with them in some way.

Nocturnal attacks can involve sexual interference. This is the behavior of incubus or succubus type demons, which typically feed on sexual energy.

Demons and evil spirits will always attempt to further their hold on victims by telepathic dream manipulation. They’ll give their victims nightmares and night terrors, bad sexual experiences, and through this build a network of energetic connections.

Poltergeist activity is also a common part of attacks. Poltergeist means ‘Noisy Ghost’. Houses and people can become haunted, creating chaos.

A typical symptom of psychic attack is Bad Luck. The first question I ask a person, when they present with this type of problem, is, “How is your luck holding?” When a person is under attack, luck will be bad, and everything that could go wrong, goes wrong.

And last but not least, there is the worst of all kinds of evil attack. This is called, POSSESSION.

Possession is an entire topic in itself, but let me assure you that it’s occurring everyday all over the world.
If a bad spirit or demon gains enough access to a person’s energy body and mind, it can assume control. The level of control is variable, depending on how strongly connected the demon is with the energy body and mind of its victim. This also depends upon how much PERMISSION has been gained by a spirit, and how much control the victim’s higher self will allow.

Most demons will not take full control, though, because they cannot function in our society. They can’t do things like: holding down a job, driving, social activities, relationships, etc. So they usually sit back, exert influences, and enjoy the human ride.

Full demonic possession is AWFUL and literally crippling. It truly is the stuff of nightmares and horror movies. A demon wearing a human suit... that’s as nasty as it gets.

You may now understand why I suggest regular energy and spiritual development work and shielding. This makes a BIG difference.

How To Protect Yourself

Now let’s get into some exercises and techniques for SHIELDING your energy body...

EXERCISE: Shielding Against Negativity

- Firstly, you need to know that being optimistic and having a positive attitude will ALREADY shield against a lot of negativity. Remember, your aura and energy body reflect your emotional state. So simply being strongly positive will make your natural energy shielding tougher.

- Secondly, regular energy work and meditation will strengthen your mind and chakras and energy body and improve natural shielding.
- Imagine a 360-degree shield around your body, like as if you’re inside a cube, or a sphere, or an egg shape. In your imagination, construct this shield out of whatever material you think is indestructible and impenetrable

- Choose a strong substance like steel or glass or concrete...anything that is strong

- Having multiple layers of different strong substances works even better.

- Creating a layered shield out of Fire, Earth, Air, Water, Steel, or Glass will help enormously.

- Reinforce this shield with your will so that you feel with total certainty that it is impregnable.

- Reinforce this shield every day for a month. Then repeat this exercise once a week thereafter, to top it up. A daily top up is even better!

   If a passing negative spirit entity sees that you’re shielded, it will move on in search of lower-hanging fruit.

   When it comes to protection, it’s all about using the imagination. Call it visualization, if you like. Your imagination is your personal MANIFESTATION MACHINE.

   It’s through the empowered use of imagination that you can accomplish astral projection, clairvoyance and psychic perception, and also psychic self-defense.

How To Exorcise Harmful Energy From A Room

   Not all attacks and threats come in the form of direct personal attack. There can be energetic haunting and spoiling going on in your home, or in your personal space, and this erodes your energy health over time.
If you have a house, or a room, or some “area” in which there is negative energy festering, or interfering with the overall positivity, then do this exercise...

EXERCISE: Purging Negativity From A Room

- Clean any extraneous dirt from the room... tidy it up and remove clutter
- Play some spiritual music while you do this
- Get a censer, for burning incense and other smokeables. Just lighting an incense stick will not do the trick. To fumigate a room or a house you need a LOT of smoke
- Obtain frankincense granules, and burn them inside the space to be cleared (red hot chili powder also works, but be very careful as this will burn eyes and lungs)
- Fumigate the room thoroughly by swinging the censer to produce a LOT of smoke as you walk through the area
- Leave area with doors and windows shut for half an hour or so
- Lastly, air out the space. Then fill the environment with pleasant scents. Then preserve a positive and uplifting emotional mood in the room

These are tried and true methods for clearing away negative energy. And the key is to keep a positive energy flowing inside the room at all times. Repeat the above procedure after an argument that has left an atmosphere in a home.

Negative entities are repelled by certain scents and smokes and sounds. Keep a room smelling and sounding nice and it will stay positive.
This exercise will drive away negative spirits, and attract good spirits. As good spirits build up in a place, they also repel negative spirits.

This is ESPECIALLY effective if you do it regularly to ensure the quality of energy in a space is strongly positive. Repeat this fumigation as often as necessary.

Performing A Pentagram Banishment

There are two words often used in the area of psychic self-defense, and they are: banish, and exorcise. Conventionally, banishment refers to eradicating energy and spirits from your personal space, while exorcise means to force a demon out of a possessed body.

In this ebook, when I use the words “banish” or “banishment” I generally mean a Pentagram Banishment.

What follows is a simple but effective banishment ritual that anyone can perform with ease.

The LBRP (Lesser Banishment Ritual of the Pentagram) is the most secure banishment ritual. This banishes creatures of the EARTH element, of which the most troublesome negative spirits are related.

The nature of a banishment pentagram depends upon at which point it is started. Signing it clockwise banishes an element. Signing it counter-clockwise evokes an element. There is a BIG difference.

The banishment word used is the sacred Hebrew primary godname, the “Tetragrammaton”. This is, I have found, the most effective to use for banishment. There is nothing I know of that comes close to the effectiveness of the Tetragrammaton.
I have used this simple banishment for many years and it has saved my life many times. I have tried just about everything else, and nothing compares.

An earth banishment pentagram is started at the lower left point, and finished at the same point. (A diagram is coming up).

To do an earth banishment pentagram is fairly simple, as opposed to the more complex LBRP.

A 5 pointed banishment pentagram must be signed by hand and not just imagined. The words must be spoken ALOUD with a firm and commanding tone. Deepen and vibrate your voice when you speak the words, for best effect.

The spoken word projects the voice onto the astral level. This is why ritual words must be spoken. Everything is more powerful on the astral level.

Always face the direction from which you perceive the negative energy or presence. If you cannot ascertain this, perform the banishment in all four cardinal directions.

An earth banishment pentagram is performed as follows...

**EXERCISE: Performing A Pentagram Banishment**

- **Stand up, relax and center yourself for a moment.**
  Take two fingers of your right hand (the index and next finger) and point them together. This is your pointer, with which you will sign the banishment pentagram

- **Start with pointer fingers touching your left hip**

- **Sweep upwards to a point directly above your head**
- Sweep down to touch your right hip

- Sweep up to the left to a point adjacent your left shoulder

- Sweep straight across to the right to a point adjacent your right shoulder

- Sweep down to touch your left hip again

- As you sign the banishment pentagram, visualize that gas-blue flame comes from your pointer fingers and hangs in space. This color forms the pentagram you are signing. Then, after you have signed it, imagine it hanging there in space before you

  Practice signing the pentagram with the gas-blue flame until you can do it smoothly, then add the following...

  The Hebrew sacred primary Godname given below is spelt phonetically, as it is to be spoken.
As you sign the banishment pentagram in gas-blue flame, in total sincerity with a firm commanding voice say the words...

- **Command these words, “I banish you in the name of Yude Heh Vauv Heh!”**

Now this phrase may mean absolutely nothing to you if you’re not practicing magician, and that’s perfectly OK. As long as the intention with which you perform the banishment is clear in your mind, it will drive out all negative and evil forces.

The banishment can be repeated as often as necessary, if you need to keep getting a desired result.

And if you astral project, and then do it, it will be FAR more powerful. This is because you’re no longer using the physical plane as a medium. You’re going right to the source of power... the astral.

**Reversing A Direct Attack**

When you perceive the symptoms of an attack, a reversal is done using the banishment pentagram and words, as given above.

An attack can be detected in many ways... sharp pains that come and go, sudden weakness, seeing ugly energy, hearing unpleasant sounds, nasty smells, an uncomfortable feeling, polluted thoughts, and etcetera.

When an attack is detected, immediately sign a banishment pentagram and speak the banishment words. Then repeat this and add, **“I send this back from whence it came. I send it back double - Tetragrammaton!”**

Repeat this a few times and you are done. If you get this right, your attacker will literally get ‘double’ whatever
malady they were inflicting upon you. If they sent you ‘pneumonia' they will get ‘double pneumonia’ and etc.

   Remember, you must hold a clear intention when you do a reversal. This is to reflect an attack back double onto whomever sent it. You do not need to know whom it is.

   I think reflecting an attack back double strength is a very fair practice. It can also identify the attacker.

   I was attacked a couple of years ago with ugly energy and pneumonia. I caught it as it came in and reflected it back double. This stopped most of it, but I was a bit slow in my response.

   I INSTANTLY got pneumonia. It was mild and I recovered in a few days. The attacker, however, was hospitalized with double pneumonia for weeks.

   This person, an occult practitioner, tried this several times over a few months and they almost died in the process. Needless to say, they finally caught on, gave up, and never bothered me again.

   The full LBRP is a powerful banishment and cleansing ritual. This is outside the scope of this book, because it requires a foundation in Western magick. This is something to put on your “to do” list.

   If you have regular or serious negative entity problems, you are well advised to learn the full LBRP.

Micro Banishments

   Once you learn the banishment pentagram, this can be used to banish uncomfortable feelings and pains in the body, including “tones” heard in the ears. Typically, negative entity interference causes sharp pains in the feet, like stepping on thumb tacks, as well as other pains and discomforts throughout the body that have unnatural causes.
So, when you feel an unusual pain or sensation that does not have a rational explanation, say in a foot... sign a pentagram in the direction of the foot and speak the banishment words, and then press this into that area. Just imagine you are pressing the pentagram in the direction of the affected body part.

There’s another skill that will GREATLY improve your ability to defend yourself, as well as MANY other things... it’s called “clairvoyance.” Let’s learn how to see energy and gather psychic information in the next chapter...
Chapter 7: Clairvoyance: Opening Your Third Eye
The 6 Psychic Senses

Did you know that humans have six psychic senses? I’m sure you’ve heard that we have a “sixth sense”, but did you know you actually have a full six?

As you learned when you were a child, the human physical body has 5 external senses:

1. Seeing (visual)
2. Hearing (auditory)
3. Feeling (tactile)
4. Smelling (olfactory)
5. Tasting (gustatory)

But for some reason, when you were a child, they never taught you that you also have 6 internal senses:

1. Seeing (visual)
2. Hearing (auditory)
3. Feeling (tactile)
4. Feeling (visceral-kinesthetic)
5. Smelling (olfactory)
6. Tasting (gustatory)

In bold, is the extra sense that you have internally. Your “visceral-kinesthetic” sense is your ability to feel emotions inside your neurology. This is different from your tactile sense, which is your ability to feel things on the surface of your skin.

Your internal perception is not only more powerful, but it’s richer and more versatile. The problem is that very few people know how to take control over their ability to create vivid, dynamic experiences inside their minds.

The seat of psychic perception is inside your mind.
When a clairvoyant receives psychic imagery or movies, they see them “in their head”. When a clairaudient hears the voice of a spirit, they usually hear it inside their mind. It’s INTERNAL, not external.

Your INTERNAL sensory perception is your psychic perception.

Why aren’t you clairvoyant yet? Why don’t you hear spirit voices yet? Why aren’t you empathic and feeling what others feel?

Here I’ll give you a hint...

Because you’ve not learned to use your mind for gathering psychic information yet!

Here’s a list of psychic abilities, and their correspondence to the senses:

1. Seeing (clairvoyance)
2. Hearing (clairaudience)
3. Feeling (clairtangency)
4. Feeling (clairempathy)
5. Smelling (clairsentience)
6. Tasting (clairgustance)
7. Smelling (clairsentience)

Do you see, above, how the French prefix “clair” is attached to the front of each word? “Clair” means clear. A suffix of each faculty is appended to each word.

Clairvoyance means clear seeing. And in this case, the “clear” is a reference to the fact that the information is psychically-received in a visual format.

Never before have I seen so many books, tapes, videos, websites, and forums, devoted to teaching psychic abilities, with SO LITTLE actual tutorial content on HOW TO DEVELOP THEM included.
So if you’re somebody who has wanted to be psychic for a long time...

Or if you feel frustrated by the lack of useful training information out there...

Or if you’re confused by what’s possible, or what can be done...

Then I’m here to help. And just so you know, I was NOT BORN psychically “gifted” or anything, like so many people you read about these days.

I DEVELOPED my psychic abilities by doing regular EXERCISES. And if I can do it, then you can too.

The key here is to use your imagination. And no, I’m not saying that all the information you’ll get psychically is “made up” in your imagination... I’m saying that you’ll RECEIVE information IN and THROUGH your imagination... from any number of internal senses.

Here’s an example...

You sit down with a clairvoyant... they ask what you want to know... then they close their eyes... go inside their mind (imagination) and ask the information to appear to them in some way... SUDDENLY the visuals... imagery... movie clips... start showing up and playing inside their mind... they observe them... then report to you what they saw!

All psychic information is pure energy. Psychics receive this energy and then translate this according to their psychic abilities and learned mental associations. A clairvoyant will see images, a clairaudient will hear words, etc.

It can be fairly said that psychic information is picked up by psychics tuning into the Akashic Records. We
discussed this earlier. The Akashic Records contain all information, past, present, and future probabilities.

Whether you visit the Akashic Records during an astral projection, or tune into them with psychic means, or perform a Remote Viewing, the source of the information remains the same.

That’s psychic information retrieval in a nutshell.

Psychic abilities are “black box” phenomena to most people. Scientists, psychologist, and mystics themselves usually don’t have a clue how it works...

Most people are actually getting psychic information all the time, but they don’t know it. This is because they don’t consciously monitor what’s going on inside their heads.

The Qualities Of Your Thoughts

This section will help you to understand how your mind works...

Each of your six internal senses have “qualities” or attributes to the way they are rendering information for you.

For example, if your visual center is rendering an image inside your mind, then that image has qualities, or properties about it.

And rather than concerning myself with WHAT I see, I focus on HOW I see it. (For now)

Is the image big or small? What size is it? Is it bright, or dark? Is it clear or blurry? See how I’m noticing HOW the images appear, rather than WHAT they are?

This is the difference between perceptual context and content.
The key to developing your ability to control your mind, so you can retrieve psychic data, STARTS with you practicing controlling HOW you render data inside your mind!

This means, sit in meditation and practice making a picture of something, and making the picture bigger... then making it smaller... then move it from side to side... make it three-dimensional rather than two-dimensional... increase the brightness of it... then dim it down to darkness... This gives your mind’s eye a good workout.

Here’s a good introductory exercise for developing this talent...

**EXERCISE: Candle Afterimage**

- Sit in a dim room with a single candle lit in front of you...

- Relax and gaze steadily at the candle for a few minutes. Then close your eyes and observe the afterimage that has been created.

- Play with the afterimage. When it starts to fade, brighten it. Try to keep it there longer each time you do this.

- Another way to do this is to stare at a bright window for a few minutes. Then close your eyes and observe the afterimage of the window in your mind’s eye. Try to keep the details clear so they do not fade away. Try to move through the window to see what is outside.

By nurturing this awareness, you’ll ALSO be developing your ability to receive PSYCHIC data when you ask for it. And, to shut this ability off when you wish.
Your Higher Self is largely in control of your psychic perceptions, but you need to work with it. Exercising your abilities with these exercises can be likened to attuning your energy receiving and processing mechanisms to that of the energies you will be receiving.

This also gets the message across to your Higher Self that you desire the development of your psychic abilities. To that effect, regular affirmations will help enormously.

Here’s one I use...

“I am clairvoyant. I see visions. I see spirits. I see energy. I see into the astral dimension. I am clairvoyant.”

The reason why so few people can just sit and get good psychic information is because most people are not skilled at controlling their minds. This is largely because they haven’t practiced enough to become good at it.

**Partial List Of Qualities Of Each Sensory Format**

**Visual**
- Size
- Brightness/darkness
- Color/black and white
- Clarity
- Location in front/behind/above/below/around you
- Three dimensional/two-dimensional
- Still picture/motion picture (movie)
- Duration
- And so on...

**Auditory**
- Volume
- Location of source
- Pitch
- Duration
- Timbre
- Rhythm
- And more...
Tactile
- Hardness/softness
- Sharpness/dullness
- Temperature
- Size
- Pressure
- Location on body
- Duration
- Etc.

Visceral-Kinesthetic
- Location in body
- Intensity
- Size
- Duration
- Etc...

Olfactory
- Pungency
- Location
- Duration
- More...

Gustatory
- Sweet/sour/salty/spicy, etc.
- Pungency
- Duration
- Etc...

I want you to understand that by taking time to practice rendering sensory experiences internally, in each of the six sensory formats, and changing their qualities or attributes, you are learning to use your mind. And when it comes time to actually gather psychic information, you’ll be able to do it.

Here is an exercise for you to practice to develop your psychic ability in each format...
EXERCISE: Learning To Use Your Mind

- Make a picture in your mind’s eye. Make it big... then small... make it bright... then dark... make it a movie... then make it a still photo... make it clear... then make it blurry... do the rest of the qualities...

- Imagine a voice talking inside your mind... your voice, or somebody else’s... change the accent... turn up the volume... turn down the volume... make them speak faster... then slower... hear it on the left side of your head... then your right... finish the rest of the qualities

- Feel your hands holding something in your mind. Have the object feel sharp... then dull... then hot... then cold... then soft and furry... then grainy and course... cycle through the rest of the qualities...

- Continue through the next 3 formats, cycling through each quality...

  The above exercise is a good training workout to prepare your mind for receiving psychic information.

  With time and practice, your psychic abilities will “awaken” and become easier to use.

  By cycling through each quality, of each sensory faculty, you will train your mind to render and display psychic information in a variety of formats.

  This work will also DRAMATICALLY improve your ability to astral project, and everything else on the psychic menu.

  When you were a child... you spent a lot of time inside yourself... in your imagination... creating fantasy realities... having imaginary friends... and it was all so lucid and realistic... that it was truly REAL to you...
But the adults in your life might have criticized you for daydreaming... as if it was a bad thing to use your mind in such a way.

Life also gets very busy and demands your attention more and more.

These things ROBBED you of much precious psychic development that would have taken place naturally.

Now you are an adult and, in a way, you need to restart developing your internal senses from there.

The greatest geniuses of our world have all had TREMENDOUS imaginations. The mind is the seat of creation and psychic power. And your imagination is another word for your mind. This is where everything psychic and inspirational happens.

**Retrieving Accurate Information**

It’s not enough to just gather psychic information. You need to fine-tune your skills until they begin giving you ACCURATE information consistently. This is like dialing into a radio station. It’ll take practice. But the more you’re willing to...

- Get new information
- Test accuracy
- Get new information
- Test accuracy
- Get new information
- Test accuracy

...over and over, the more your mental “muscles” will start delivering accurate psychic data to your internal senses.

Key to this process is to not be attached to outcomes, to whether you are right or wrong. This is a
difficult but necessary aspect of using psychic abilities. Become a ‘detached observer’ in all things psychic.

To the uneducated spiritual aspirant, becoming psychic may appear to be a “sacred” thing... but really it’s not... no more than regular sight. It requires the investment of time and effort. Regular practice and persistence pays off.

We should ALL be psychics.

You don’t need special genetics.

You don’t need any special incense.

You don’t need any special rituals.

YOU JUST NEED TO PRACTICE.

To begin receiving psychic information, do this exercise. You can cut pictures from magazines for use as targets.

EXERCISE: Retrieving Psychic Information

- To prepare, have a partner take a picture or an object of their choice, without telling you what it is, and place it inside a box, or envelope.

- Sit comfortably, close your eyes, and relax for a minute. Look into your mind’s eye, behind your closed eyelids. Make commands to be shown what the object is.

- “Show me the object!” or affirm “I see the object clearly!”

- Observe what appears, and check the accuracy by reporting it to your partner.
- If it’s correct, then congratulations, you’ve made a “hit”. And if it’s not, then ask them to keep the object a secret, and take another shot at it, until you get it.

They key here is to LET your mind reveal the item. You will have to fight off guesswork. Guessing will kill psychic information. As said, it will require practice to develop consistency and accuracy.

Trying to analyze what the target is will kill your results. We all tend to do this and you will feel it happening automatically in your mind. For example, in a situation where another person chooses a target, your mind will try to guess what that person might choose.

Guesswork needs to be suppressed in order to get a clean psychic hit. In Remote Viewing terms this is called AOL, Analytical Overlay.

Here’s a tip: the FIRST or CLEAREST image you get during a target session often is the most important, and the most likely to be correct.

This is a SKILL, and like any skill it needs refining.

Another variation on the exercise to simply go inside your mind, look through your mind’s eye, and ask it to show you information about a person of your choice. Observe the imagery it shows, or movies that start playing. View it with emotional detachment, and remember what you see. Try not to guess anything.

Then, later, ask the person if what you saw describes them. You may have received movies and pictures about that person, or symbols, depicting the personality of the subject, of events in their life. Some of the information you receive will be abstract, symbolic or metaphorical.

To develop clairvoyance and other psychic perceptions, you must use the “Learning To Use Your
Mind” exercise to get a handle on how your mental machinery works. It will make the “Retrieving Psychic Information” exercise MUCH EASIER, and you’ll get results more quickly.

Past And Future Timelines

Let’s discuss timeliness and how they work. After all, if we’re able to get information about the future, then we can also affect the future?

You CAN find out what MIGHT happen in the future, and either do things to increase the chances of it happening, or decrease them.

For example, you look into your future and see yourself in hospital having a cardiac bypass.

Hmmm, now what do you think we could do NOW that will affect that future in a positive way?

Regular exercise, a healthy diet, lower stress!

As soon as you start altering your behavior in the present, the future probability you saw CHANGES.

There are no certainties in the future... only probabilities based on the sum of the past and the present.

How much time should we spend studying the future and trying to sway it in our favor? That’s really up to you.

Meet Your Future Self

It is possible to contact your future self and get advice. Who better to advise you than YOU?

To accomplish this, you will need to start a habit now. This is to go back in your mind to past events in your life and try to communicate with and help your past self. Pick
events that you can clearly render and relive in your mind’s eye.

When you establish this as say a once a month habit, this will translate into your Future Self also having the habit of visiting you.

As your psychic abilities develop, there will come a point where you will be able to receive communications from your future self. If you are a visual clairvoyant, you will even be able to see your future self at these times.

I suggest you try this out for yourself. You have the strongest possible psychic connection with your self throughout your entire timeline. This makes YOU a great target for psychic practice. It’s also fascinating, and a whole lot of fun, too!

**Inter-Dimensional Information**

You can access information across worlds and dimensions too. Meaning, you could go into meditation, request psychic data about someone or something in another world, say in the spirit world, and get it.

**How To See Auras**

An excellent way to get your visual clairvoyance juices flowing, and to gain priceless personal experience, is to learn how to see auras.

At my live workshops, this usually takes about 30 minutes, and in this time about 90% of my group will see their first aura. The other 10% just takes a bit more practice. Occasionally, I’ll get a couple of people whose beliefs are so set against allowing them to see auras, it takes more work. But my methods eventually get through even the most solid subconscious anti-aura beliefs.
EXERCISE: Seeing Auras

- Get some large brightly-colored objects, say a beach ball, or some large pieces of colored card you can stick to a wall. These should be single, bright, primary colors, like blue, red, green, yellow, orange. They must be bright and solid colors.

- The wall must be a single light pastel color, or plain white.

- Have the light coming from behind you, so no light or window is in your eyes. Stand several feet or more away. Point your eyes a few inches to the side of the object and then defocus your gaze, so you are gazing in a very relaxed way. This ‘unfocused’ gaze is like daydreaming. Just relax and gaze into space in that general direction.

- Continue gazing for a few minutes. Then move your eyes slightly towards and then to the side of the object. You’ll see an afterimage appear that is the opposite color to the prop, i.e. blue will produce yellow, red produces green, etc.

  Blink normally and do not think about it.

  Gaining the ability to see the afterimage of the colored objects tricks your unconscious mind into enabling you so see real auras and energy fields. And this happens very quickly.

  Practice until you can do this easily. Over time auras will appear to you faster and easier when you get used to this.

  With a little practice, you’ll be able to look directly at the subject, with a relaxed unfocused gaze, and the aura of the color will just appear.
Next, do the same exercise with a person.

You need BARE SKIN to see the human aura, as colored clothing grossly interferes with how a living aura appears. For example, if a person wears a red shirt, then you will only see green around this area of their body, and not the real human aura.

Do exactly the same thing you did with the colored props, gazing just to the side of an area of bare skin or hair, with a relaxed unfocused gaze.

The human aura will appear in much the same way as with the colored props, but this time there is no color in the subject to generate the aura colors you will see.

First off, you will see a thin band of creamy color about half an inch thick close to the skin of your subject. Do not look at it. Keep gazing and the aura color will appear and extend from this. Do not change your gaze. Auras must be observed with peripheral vision.

The human aura will appear, extending from the creamy color. The depth of color that appears will surprise you. First the color will appear as a thin line. If you do not look directly at it and keep your relaxed gaze steady, this will GROW thicker and thicker.

If you observe different parts of your subject’s body, you'll find different colors appearing. With practice, you will also begin to see textures and features, and later, symbols and even pictures will start to appear in your subject’s aura.

In the beginning, you will need to spend at least ten minutes or so on average, gazing, to see human aura colors appear. This gets faster with practice. Just keep at it, stay relaxed, and the colors will appear.
Try not to strain your eyes. You just need a relaxed gaze, not an intense stare. Intensity will work against the process and delay things.

Experiment with different levels of light. This should always come from behind you.

How does the above work? First off, this method gives you PERSONAL EXPERIENCE with seeing a type of aura, the auras of colors. This ‘tweaks’ your belief system filters and allows you to see other types of auras

Practice makes perfect. Observe auras every day as you go about day to day your life. Use the people around you as props when they are not looking.

For example… you sit on a bus, or in an office, and there is a woman several feet away facing the other way. Her neck and shoulder and arm are bare. Focus to the side and gaze until the aura appears.

You can also practice viewing the auras of trees, plants, and animals.

Doing this regularly will stimulate your Third Eye and cause it to develop. This is like working out every day. Your muscles steadily become fitter and stronger.

In the early days it is normal to get tension headaches in the brow and eyes from doing this. Remember the Golden Rule and take a break if this starts to happen.

Viewing auras regularly will stimulate your Third Eye into developing VISUAL CLAIRVOYANCE, and other psychic abilities.

At all my workshops students make RAPID progress. Complete novices achieve deep states of meditation, see auras, and have out of body experiences in class, etc.
I have even had students (novices and advanced) undergo full kundalini rising. This is because they work every day on altered state meditation, energy work, psychic exercises, aura viewing, etc.

Added to this is the group energy, and this shows how just hanging out with other psychics rubs off energetically... as in the tuning fork analogy, where if you have several tuning forks close together and strike one of them, pretty soon they will all be vibrating in the same tone.

So, get some buddies with similar interests and share and practice together. Join a meditation or psychic development group, etc...

Morality Of A Psychic

If you’re the new recipient of these wonderful psychic talents... how should you use them? How should you handle them? What should you never do?

To be honest, it’s none of my business. They’re YOUR skills. So it’s entirely up to you.

For example, you’ll often hear people say that you should “never read a person unless they give you permission”. This is just an ethical argument according to them. But there are no rules when it comes to psychic abilities beyond that of common sense.

This is like another so-called ethical argument you’ll hear a lot today: “You must never give healing to anyone without their permission.” I have had this “debate” many times. I do not consider this a genuine limitation, and I’ll tell you why...

What if a baby needs healing and they are pre-language age? Should we ask the parents? What if there are no parents? Should we ask the legal guardians?
As you can see here, this is becoming more of a legal argument than a spiritual issue.

What if the baby, or adult, is unconscious, and desperately in need of any help they can get?

This may be a friend, or just someone you know, and it does not matter. There is no spiritual law that says you cannot give or send them healing. This is not any different from praying for people that need help.

I have had people go nuts trying to defend this argument. After the above statements, they say “Then you must contact them spiritually... psychically or astrally to seek permission.” Even this, with a baby, would not work, for obvious reasons, if they are pre language age.

This argument is illogical. So here is my rule-of-thumb when it comes to healing and prayers:

If the healing helps, then it was ACCEPTED.

Whether or not a person can receive healing because of their life path, or whether it is their time to die or not, this is fully under the control of that person’s Higher Self. So if healing gets through and helps, it was accepted by the only authority there is that really matters.

The same thing applies to psychically reading other people. If you can do this, then it has been ALLOWED.

There are a lot of strange beliefs and urban myths out there. And that’s exactly what they are...beliefs and opinions and myths. Everyone is entitled to hold different opinions, so long as we can all agree to differ.

We should all develop our psychic abilities and begin using them for our own personal evolution. This would lead to better communications in general, and through this, better relationships, too.
And lastly, it’s perfectly acceptable to study YOURSELF psychically. It always strikes me as odd when people gain clairvoyance and they are against learning about themselves. The FIRST PERSON you should study with your new abilities is YOURSELF!

“Know Thyself.” Wise words from Socrates.

Psychic perception deserves a lifetime of study, and so does this next topic. What if I told you that there’s a way for you to gain control over your personal reality, and even to change it?

Well, there is a way! It’s called magick. Check it out in the next chapter...
Chapter 8: Magick: Controlling Reality
Mind Over Matter

If you’re a practicing magickian already, then you probably feel at home with the title of this chapter. Or, if you’ve been meaning to delve into this subject, then this is your opportunity for a taste of magick.

The biggest benefit you’ll get from this introduction to magick will come from UNDERSTANDING some of the basic concepts. These will help to tie all the other psychic skills and phenomena we’ve discussed together.

In all seriousness, when you explore the world of magick you will find some of the world’s greatest minds. Mastering formal magick requires years of study and guidance under a mentor, with a lot of practice.

What I AM going to do in this chapter is to provide some basic information and exercises, so you can apply this to your astral projection, energy work, psychic perception, and other metaphysical pursuits. What I’m NOT going to do, is try to cram a pathworking of intricate rituals and symbolic explanation into one chapter. For that you’ll need to consult a lengthy magickal reference guide.

Magick, in the greatest sense, is an over-arching framework for ALL of spirituality. It is the practice of controlling and changing your reality.

Whether that means making important changes inside your personality, divining a prophecy, attracting a life partner, or setting up another financial stream of income... it doesn’t matter. You can do all of these things with magick.

Magick is the art of change.

A lot of people are turned off by magick, because all they see are images of old witches on broom sticks, or
naked people dancing around a fire. The media has done a great injustice to magick in this sense over the years.

What matters here is that the better you get at magick, the better you become at changing and manifesting your reality in the way you want it to be.

You’ll find that with the right mindset, the right emotional state, and the right rituals... the notion of “mind over matter” becomes quite NORMAL.

**What Is A Ritual?**

A ritual is a combination of actions and words and other elements, designed to bring about a specific effect.

The essence of ritual can be found in The Law of Attraction and the practice of AFFIRMATIONS.

Affirmations are words and phrases and actions loaded with intention, designed to cause change.

When you do spoken affirmations, which is the most powerful way to do them, your words vibrate your voice box and Throat Chakra and project your words onto the astral level. Your Higher Self is far more receptive and proactive on the astral level.

This is how affirmations work to cause change.

When you do affirmations, you do not just parrot off the words. You try to say them more meaningfully and more powerfully with each repetition. If you get it ‘just right’, what you are aiming to manifest can appear IMMEDIATELY.

But it is challenging to know exactly what this “just right” is. It’s about combining your intentions and meaning with your tonality and delivery.
It works like magick when you get it right, because this IS magick!

Affirmations are about the closest most people will ever get to the practice of magick. This is because their beliefs, by and large, are not open to the concept of magick. Today, it is hard enough to get people to perform a few simple affirmations...

Prayer is also related to magick. Think about it... sitting quietly focusing your intention and thoughts on bringing about a specific change. Sound familiar?

No matter how you explain or justify prayer, or how it is done, the essential ingredients of magick are there.

If you sit and think about all the similarities I raise above, it becomes obvious that these things, magick and affirmations and prayer, have very similar principles.

Magickal rituals are designed to do a whole lot more of the ‘just right’ stuff than affirmations and prayer. Rituals are designed to work with the forces of the universe more directly, through the laws of Attraction and Analogy.

Magick works with and through your Higher Self, as well as other forces of the Greater Reality.

Working with the elements is also a magical practice. Traditional Chinese Medicine, Taoism, Pranic Healing, Qi Gong, to name but a few practices, all sprouted from ancient ritual magickal traditions. In this sense, magick can be said to be extremely practical.

Great care and attention to details are needed for successful magickal rituals. The more perfect a ritual is prepared and carried out, the more powerful it will be, and the faster will be the change that is intended.
A simple formula explains how ritual magick works. If the operator $A$ and the operation $B$ agree, then the result will always be $C$. This means that if the operator $A$ is in the perfect state of mind, and performs the ritual $B$ perfectly, the result of $C$ will ALWAYS appear. In this sense, magick is an exact science, like mathematics.

The simple pentagram banishment we learned earlier is a good example RITUAL. This ritual combines the signing of a pentagram, done specifically to banish Earth Element type beings and forces, with a visualization of gas-blue fire, and the Hebrew primary Godname. When performed correctly, this is very powerful.

**Rituals For Success**

There are some core essential rituals that you can apply into your normal life. These are components that will be part and parcel of ANY ritual, no matter how simple or advanced.

**Clear Outcome:**

The practitioner must practice using their mind, so that they have the power to control their ability to visualize (imagine) and FEEL.

The most important part of taking “mind over matter” and applying it for control over your spiritual world... is the ability to create a BIG, CLEAR, image of what you want to happen in your mind.

This is the single most important part of magick. If you are working a ritual, the OUTCOME must be so big, clear, and VIVID inside your mind... you see it, hear it, FEEL it so strongly... that it becomes REAL to you.

**The Right Attitude:**

When you are about to do something, whether it’s a formal magickal ritual, or a sales presentation, or going
on a date... you need to be in the right state of mind. This means having the right ATTITUDE and intention.

Aside from having a clear outcome planned in your subconscious, you MUST maintain the right attitude from start to finish and beyond.

Attitude means how you think about something. So, if you’re about to PERFORM, because you WANT to get good results... then HOW you think is EVERYTHING.

If you walk onto a stage as a presenter, and you are thinking of yourself as a GREAT trainer, then you’re going to perform excellently. On the other hand, if you walk on stage, shivering with fear, and worrying about failing, then you are likely to fail.

Again, HOW YOU THINK is everything. So when you get into doing a ritual, or manifesting something in your everyday life, you NEED to have a strong, positive attitude and INTENTION that is focused on getting the outcome you desire. You absolutely must think of yourself as being “greater than” whatever you’re doing.

Tell yourself: “I’m greater than this little task. I can handle this easily. No sweat. Let’s get it done!”

Internal dialog is a very HELPFUL TOOL for getting you into the right state of mind needed to succeed with whatever you’re doing. And this is ESPECIALLY the case with magick- where it’s all about your mind.

If you do a ritual and play around and half-ass it, then it simply won’t work. It will not change reality according to your will. It’ll just be a waste of time and energy.

Coach yourself and talk to yourself inside your head. Motivate yourself and carve out the right attitude by telling yourself how good you are at getting things done. Then when it comes time to act you will ace it.
Responding To Results:

After you do a ritual, or attempt whatever you’re trying to do... whether it’s score a goal in a sport, or pitch an idea at a meeting, go on a date, etcetera, you MUST observe what happens as a result.

If what you did works, then BINGO, you nailed it. Take note of what you did and jot it down into your journal so you’ll have a reference of what worked.

If your strategy or actions did NOT work, then ALSO take note of it, and CHANGE your tactic or strategy accordingly. It’s only by seeing the results, and RESPONDING to them, that we can adjust our thoughts and behavior to bring about better outcomes.

Evoking Spirits

The most classical aspect of magick is the evocation of spirits. You do not, of course, have to do this, but knowing about this helps provide context for some of the other things we discuss in this book.

To be sure, working with elements, clairvoyance, astral projection, and psychic self-defense, technically ALL fit under the category of “magick”. But one skill that DISTINCTLY deserves the label “magick” is evocation.

Evocation is the practice of inviting and enabling a being from a remote astral realm to materialize and communicate with you.

Do these beings REALLY appear? Yes, if you do the evocations correctly.

Are these beings REAL? Yes.

Can they REALLY do what they say? Yes.
Generally, the spirits that magickians evoke are advanced and powerful spirit beings that possess the power to directly influence and change your reality FOR YOU. The spirits that can be evoked include angels, masters, deities, and demons.

Will these beings do ANYTHING for you? No.

Do they have a sense of morality? Yes.

How do you know what they will and won’t do? Do your research beforehand.

I know people who have used evocation for ALL SORTS of outcomes... spiritual gain, monetary gain, etcetera.

You have to select just the right being to help you based on what the being is willing to do for you. Again, some research beforehand is advised.

There exist books called “grimoires” in which a catalog of spirits are listed with their characteristics, respective powers and willingness to help. If evocation is a subject you’d like to pursue, there are a few good books to get started with.

To work with angels, I recommend Lon Milo DuQuette’s “Enochian Vision Magick”.

To work with demons, I suggest “Ceremonial Magick” by Christopher Hyatt. (Note, they use the word “demons” in a traditional sense. These are not necessarily the same beings I warned about in the Self-Defense chapter)

And to read accounts by a seasoned magickian, check out “Evoking Eternity” by E.A. Koetting.

You might also like to check out the works of Franz Bardon, including “Initiation Into Hermetics”, and “The Practice of Magical Evocation.”
The beings you might evoke reside in astral realms. They are real conscious beings, just like you and I, except that these beings have specific powers and abilities, and are bound to comply with the forces of an effective evocation ritual.

You could also describe these beings as discrete conscious programs that exist in the Greater Reality.

If evocation is not your thing, another strategy is to simply astral project to their realm and communicate with them there. This can be a viable strategy for establishing rapport and working relationship with some spirit beings.

Beyond gaining any sort of Earthly material possessions, evocation is something that can have remarkable effects on your spiritual evolution.

These advanced beings will teach you and test you, and even take you on journeys to provide life-changing experiences. They can reveal secrets about yourself that you could never know in any other way.

Depending on which spirits you choose to evoke, they can also endow you with enhanced psychic abilities.

There are specific deities that are masters of clairvoyance... and if you evoke them and win their good graces, they’ll help you to develop your clairvoyance.

These beings are there to help people who ask them for help in the right way. This is their purpose. And since our goal is evolution, it can be wise to take them up on this. Evocation is a tremendous tool for growth, and it is also a fascinating journey in and of itself.

Now, there are a few caveats to evocation. It’s not always a one-way street, with them just “giving” you their energy and assistance for free.
SOME spirits will want you to perform certain tasks, or even to “worship” them. They will want to make a deal with you. They may want you to do regular rituals in honor of them, or in memorial of their service.

But not all spirits will ask for a “deal”. Some will simply help you out of love and good will. There are a lot of good and loving spirits and angels out there that are only too willing to help for free.

Needless to say, you SHOULD be sure to know what you’re getting into, because the worst thing would be to insult or make a faux pas with any of these spirits.

Evocation is a double-edged sword. Again, some research beforehand is advised.

Think about this from a real world perspective. If somebody on the street asked you for help, you might help them and you might want something in return, if only gas money. But if they don’t repay you for your efforts, then you might get upset…

Magick in and of itself is amazing. It’ll increase your love of spirituality and evolution, definitely. And love is a key part of growth.

So let’s take a look at love and relationships in the next chapter…
Chapter 9: Love: The Energy Of Intimacy
What Love Is, How It Works

The most mysterious part of normal human life is love. People are constantly falling in and out of love, and to the casual observer, it seems as if it’s all happening randomly.

But, I assure you that there is an underlying reality, even SCIENCE, to how love works both emotionally and energetically.

A major part of love, is attraction. People WILL NOT be in love romantically unless they are attracted to one another.

Now, they could be in love as FRIENDS... but that’s different...whereas REAL love, that is, falling in love and staying in love with somebody, requires the element of ATTRACTION.

So to have romantic love, two people must be attracted to one another... this is called “sexual chemistry”... it’s what makes the sparks fly.

If you know what it’s like to fall in love, you know what I’m discussing.

How does attraction work? Human, and energetic attraction, works the same way metallic magnetism works. If you take two magnets, a strong one, and a weak one, and place them within magnetic range, the weak one will actually MOVE like magic toward the strong one until they touch.

Human attraction is the SAME WAY.

The human mind and emotions, tend to be IRREPRESSIBLY DRAWN toward other people who are more mentally and emotionally intelligent, or energetically stronger than them.
We FALL IN LOVE with people who challenge us to grow.

And the opposite is true. human beings are energetically and sexually TURNED OFF by people who they consciously and unconsciously consider to be grossly “less intelligent” than them.

We are designed to be attracted to people who are smarter, better, and more effective than we are in certain ways. This EMOTIONALLY COMPELS us to MOVE TOWARD evolution, and improve ourselves. By feeling drawn to be AROUND and MORE LIKE higher quality people, we naturally increase our own quality through their influence.

Think of the last time you fell in love, or were STRONGLY ATTRACTED to somebody in your life...

I bet there was something “mysterious” and “challenging” in their personality and their behavior toward you... some of the things they did were FASCINATING to you...

And if you had the pleasure of them falling in love WITH YOU, then I guarantee something about YOUR personality and style was beyond interesting to them... so they were turned on to you...

So if that’s the case, then why do people fall OUT of love? Because the person they were attracted to, STOPPED doing those “mysterious” and “challenging” and “fascinating” things! Over time, that person became predictable... and you discovered their deeper flaws... and they became less “amazing” in your mind... and they stopped flirting with you... stopped seducing you... and became BORING.

So the magnetism wore off... and you lost interest... and fell out of love... and maybe somebody ELSE started
doing all those “attractive” things, and you felt yourself falling for this NEW person...

If you want to set up a relationship that lasts forever, what’s the secret to making somebody STAY attracted to you?

Keep being mysterious, challenging, and fun throughout the length of your whole relationship. Never stop flirting with, and seducing each other. And FOCUS ON THEIR *STRONGEST* QUALITIES, not their weaknesses.

Remember, an energy body is attracted, like a magnet, to any other energy body that is ENERGETICALLY STRONGER than it. And this energetic attraction quickly turns into EMOTIONAL LOVE.

It’s simple science.

Now, for TWO people to love each other, they EACH must have qualities in their personalities that attract, and challenge, and entice one another.

There can be parts of one person that are “greater” than the parts of the other, and vice versa. So in this way, two people can attract EACH OTHER.

See, the conventional wisdom on love is all wrong. It says that when two people have things in common, that they fall in love. But I believe that’s completely false.

If that’s the case, then why aren’t you in love with everybody at your gym? Or in your class? Or at your job? Or why aren’t you in romantic love with your family members? Or why do people fall out of live with those who have things in common with them.
Because it’s not the things in COMMON that cause attraction and love... it’s also the DIFFERENCES we see in each other that are attractive.

When we encounter a *difference* in somebody... we go... “Wow, they’re *DIFFERENT*. They don’t make me FEEL like everybody else...”

We’ll often hear people who are falling in love say to their best friends...

“When I’m with him, he makes me FEEL DIFFERENT. I’ve never felt this way before.”

And this also explains why we always find “confident” people so attractive... it’s because they are emotionally STRONGER.

Your energy body is like a giant magnet, and it will PULL YOU toward any other magnet that is STRONGER than you.

When you see two people in love, you’ll find their energies tend to blend. But not equally. Whichever partner has stronger energy, will overtake the weaker person’s energy. And that weaker person’s energy body will start harmonizing with the stronger person’s energy body, like a musical instrument.

So how do we apply this in the real world?

**How To Use Energy To Attract More Partners**

When it comes to going on dates, so you can find the love of your life... which will boost your spiritual evolution... it’s all about communicating who you REALLY ARE in the best way you can.

In other words, not only do I want you to do “be yourself”... I want you to BE YOUR *BEST* SELF.
When people are getting to know one another... the BIGGEST fear that one might develop is that they are “inadequate” for the other person.

“Oh no, she would never like me... she’s so successful and pretty...”

That kind of attitude shows low self-esteem... and this type of person will surely have an energy body with a weak magnetic pull. This weakness has no affect on strong people.

But by CONVINCING yourself emotionally that you are MORE THAN ADEQUATE for ANYONE... you’ll TURBOCHARGE your energy body’s magnetism. By believing you can have ANYONE you choose, you will CHARGE your energy body with IRRESISTIBLY ATTRACTIVE energy.

When you use this kind of positive self-affirmation, and combine with being your absolute very best self, you will be more successful romantically.

And since you’re being your HONEST self toward people... saying what you mean, and meaning what you say... you’ll FEEL GOOD about your success, rather than feeling manipulative or coercive.

Your own self-confidence in who you really are will attract the right partner to you. And then you will find that you have so much in common to make it easy, and enough differences to make it interesting.

If you do this right, at this point, it’s simply a matter of inviting them to share a meal or have a drink with you, and they’ll JUMP at the chance to spend more time with you.

Key here is to be honest in the best possible way. If you create a false character that you can’t live up to long term, then nothing long term will happen.
Again, key here is to be honest in the best possibly way that you can be...aggressively so at times.

Here’s some ideas to help make this work...

EXERCISE: Attracting More Dates

- First, get yourself into a confident state by BELIEVING you DESERVE anyone’s attention and respect

- Smile at the person you like and approach them

- Tell them they look like fun and introduce yourself

- At this point, they’ll either be open and receptive and engage you for more, or they’ll close off and reject you

- If they accept you, then be friendly and receptive of them, and if it feels right, exchange contact information.

- Follow up soon after and invite them to meet up with you

- If they’re uninterested, then remind yourself it’s THEIR loss, and they don’t realize what they’re missing, and move on to meet somebody else who WILL appreciate you

The ability to approach somebody, honestly tell them that they look cool, and introduce yourself, shows TREMENDOUS CONFIDENCE, and will make you stand out immediately from everybody else.

Most people, when they’re attracted to somebody, won’t even CONSIDER walking up to them and say something as simple as, “Hello. I’m Nancy. Your name is John, right? We work in the same office. How are you?”
Only those among us with the magnetic power to attract people would have the self-confidence to put themselves on the line and introduce themselves to a stranger or distant acquaintance.

**How To Have A Long-Lasting Relationship**

Beyond exciting dates, what everyone wants – whether they know it or not – is an enjoyable, long-term, stable and loving relationship. Someone with whom to have fun, bond, and grow old.

Human beings naturally seek stable and intimate long-term companionship.

There is an energy and a wave form to relationships. The different elements that make up a relationship, that keep both people interested, wax and wane. Interesting conversations come and go. Sometimes you’ll talk a lot, and at other times you’ll not have much to say.

This same thing applies to the desire to cuddle and be intimate. This will also come and go, wax and wane. Being sensitive to this wave will help you to understand the energy dynamics of your relationship.

Sometimes when you cuddle your partner, you will feel this totally yummy and cuddly energy that makes their body feel like a part of your own.

At other times, you will want a little more space and cuddling will not feel quite the same. It may even feel uncomfortable.

If you do not realize the astrological and energetic wave forms of your life, and the energy at work in your relationship, then you could be forgiven for thinking that the “magic” has gone away, and that you have “fallen out of love”.

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But love always comes back, if you give it time, because of how it started. It waxes and wanes like the Moon. Sometimes it’s dark and cold, and sometimes it’s bright and hot and romantic, along with all the bits of life in between these extremes.

Understanding the love wave form is pure wisdom. It makes for happy and fulfilling relationships that last.

To be clear... everything we all know about what affects relationships is real. Stress, family problems, work issues, etc., can all have their toll on relationships.

Typically, early in a relationship the energy wave form SURGES and stays at HIGH TIDE for extended periods of time. During this surge you cannot stop touching and cuddling and being together in all ways.

But at some point, as time goes by, you’ll start to notice the wave form. It waxes and wanes like the Moon.

So please do not feel sad just because the tide is low.

This is normal and it is just a part of life.

Take advantage of “low tide” to get some work done, to do things on your own, or to develop other parts of your relationship together.

The wave form of a romantic tide may not be perfectly synchronized between a couple at the start of a relationship. But given time, the energies at work will harmonize and synchronize more closely.

KEY to success with long-term love is to focus on your partner’s strengths.

Remember what caused you to fall in love with your partner. And make sure YOU continue to show the qualities that YOU have that attracted YOUR partner in the beginning.
Never stop flirting with one another. A relationship needs to stay fun and exciting and challenging.

Put your relationship FIRST. Never let life and work get in the way of being happy and fulfilled.

Think back to when you and your partner were MADLY IN LOVE...

NOTHING could’ve torn your apart. You were INSEPARABLE and HATED being apart, because you missed each other unbearably.

Having a long-term happy relationship is about constantly REKINDLING your appreciation for your companion’s good qualities. This re-ignites passion.

When you make your partner feel good about their life, even if it is not particularly good, they will naturally reciprocate these feelings. This will make YOU feel good about life. And then, nature will take its course and your life will transform.

Making someone feel good about life is much like the ‘glass half empty’ versus the ‘glass half full’ analogy. Life is most truly as FULL as it can be and needs to be.

Sadly, as people spend more and more time together, attraction can turn into boredom, and a couple grows apart with each passing disagreement. Resentment builds, until one day it’s all over.

That does NOT need to happen.

Resentment is like a cancer in any relationship. This is accumulated gradually. When each resentment is born, it is upsetting but does not seem like a big deal at the time.
A resentment may only affect one side of a relationship. The other side may be clueless. So be alert and COMMUNICATE about such things.

If you bury a resentment and give it time to fester, it will grow steadily in power and in significance.

It is only months or years later that these resentments will surface and reveal their true power.

If you accumulate enough resentment, eventually your relationship will break down. The energy wave form of intimacy will get longer. If nothing is done to fix this, your relationship may terminate and you will not really know what happened.

“The feeling just went away...we just fell out of love” many people say. These are excuses for failure and not facts.

Added to this, many people in the modern world are ADDICTED to the IN LOVE feeling. That’s all they know. We learn this BEHAVIOR from media, TV and movies, and from other people’s WELL INTENTIONED advice. This is also based upon mass media learned behavior.

When resentment builds and communication starts breaking down, the wave form staggers and wanes badly. The tide can go out completely, and months or even years may pass without any cuddly energy.

When this happens, many people start searching for this IN LOVE feeling with other people.

The IN LOVE FEELING is as addictive as any drug.

The more resentment there is, the longer and lower will be the tides of this wave form, and the longer will be the gaps in between periods of cuddly, intimate energy.
Communication is KEY to reducing the accumulation of resentment and restoring the yummy cuddly energy.

Do not let any issue pass by a day without resolving it to the satisfaction of both parties. You can ‘at least’ agree to differ. This can be a LOT of work at the time, but it is well worth it if you want to have a long-term romantic relationship that WORKS.

If you have accumulated a lot of resentment, and find it difficult to talk about issues peacefully, it’s time to seek the advice of a wise and loving psychologist. This is an enormous help to any relationship.

EXERCISE: Staying In Love Forever

- Remember what made you IRRESISTIBLY attracted to your partner

- Think of what makes your lover a truly unique and special person... somebody WORTH being with

- Remind yourself of this frequently, and focus on their positive achievements and qualities on a regular basis. Drop your baggage and resentment and LET YOURSELF fall back into love.

- Stop taking your partner for granted, and appreciate that you have someone who loves you for being you...

Now what do you do if you want to advance your evolution to the next level? How do you make sure you never fall behind?

Let’s get into the next chapter and find out...
Chapter 10: Advancing Your Evolution
Overcoming Roadblocks To Success

So you’re doing well and covering a lot of territory... learning new things and understanding your spirituality on a deeper and more profound level.

Surely it’s not ALL smooth-sailing, right? Surely there must be SOMETHING that could try to get in your way?

Believe or not, the BIGGEST problem most people face is their inability to actually TAKE action.

This is called SPIRITUAL INERTIA.

You’ll recall the distinction I made between intellectualizing, and practicing? It’s worth repeating.

The term is, “spiritual practice”, not “spiritual intellectualism”.

Logic dictates that you need to drill exercises to get the results and develop the abilities. But if that’s so obvious, how come some people don’t do it?

Here’s why.

I explained earlier that people make choices based on their feelings. If something feels wrong, or too difficult, then they often won’t do it.

This is mostly unconscious behavior. We do not even notice. We just FEEL, then CHOOSE to do or to not do. And it needs to FEEL EASY or at least manageable.

How does this relate to spiritual practice?

When a lot of newcomers try an exercise, it doesn’t work. So they feel like a failure. Maybe they try it a second and a third time, and it still doesn’t work, so they
feel even worse. They feel like something is wrong with them... and they become frustrated.

And guess what?

It feels better to NOT try it again, than it is to undergo the frustration of failing.

These people will instead go on reading every book, watching every program, and listening to every tape, becoming a master arm-chair intellectual expert, while never having done ANYTHING at all.

They rationalize their intellectualism by saying that “if they just learn a little bit more, then can probably get it and DO IT”.

But of course, that never happens because as they learn more, they want to learn more. And on it goes.

You must realize this is what is occurring in order to stop it. And you must change the way you think.

Realize that it’s MORE PAINFUL to miss out on ALL of your psychic abilities, than it is to handle some initial failures as a beginner.

When you first rode a bicycle, you probably fell off a few times. But did you give up completely on ever riding a bicycle? Probably not.

You ARE GOING to succeed at evolving your spirituality, if you keep working on it.

A journey of ten thousand miles begins with one step, and then another, and then another. Keep walking and you will eventually arrive at your destination.
Laughing At Naysayers

People are often scared of spirituality, because others may not approve of it. Or, maybe “the guys at work” will laugh at it. Instead of being proud of themselves, they try to hide it. And clearly, this eventually has a negative effect on their spiritual progress.

You need to be able to speak openly about your life and your personal philosophy and beliefs.

And the best way to handle people, who laugh at you for seeking spiritual truth, is to laugh back at them for their closed-minded materialistic beliefs.

We all need to realize that spirituality is something worth sharing and being excited about.

The Global Spiritual Awakening

Right now on planet Earth, people are waking up, and searching for truth, in the MILLIONS.

They’re waking up to everything from political corruption, to corporate corruption, to personal wellness and positive thinking.

The HOTTEST topic right now is “conspiracy theory”. And I think it’s popular for good reason. There are very real problems that we have to stand up and fight against for our own personal freedom.

But beyond that... there is a BIGGER topic that is going to change the face of humanity FOREVER...

This WORLD-CHANGING thing is SPIRITUALITY and PSYCHIC development.

I predict that when spirituality and psychic abilities become “normal”, the Earth will change in ways beyond our wildest imagination.
When will it happen? I do not know…but it WILL happen. And like many people today, I am doing my best to help speed things up.

How? Because I’m personally making the truth MORE ACCESSIBLE than ever before. And there are more people like me, teaching the truth, than ever before.

Momentum is growing fast and it will soon reach a tipping point. And when this happens, humanity will collectively enter a new age of existence.

If you’re reading this, chances are you’ll be alive to both witness and participate in it.

There is a reason why you’re reading this book now, and learning to develop your metaphysical abilities. There is a REASON why you’re ATTRACTED to this type of subject matter.

It’s because you were BORN to help with this global awakening.

**Trusting The Guidance Of Your Higher Self**

The most powerful influence in your life is your Higher Self. It’s literally monitoring and guiding every single thought you have... from what you drink and eat, to what books you read, to the teachers with which you choose to study.

Your Higher Self is guiding you at this very moment. It has brought you this book, and all other similar resources, into your reality.

Everything happens for a reason and nothing is a coincidence. So when a coincidence or synchronicity happens, stop and listen to what life and your Higher Self are trying to communicate.
Synchronicities ABOUND and you’re one of the privileged spiritual practitioners who are attracting the truth into their lives NOW.

**Becoming A Living Genius**

People who are clairvoyant, who can astral project, who are highly creative, and who are actively evolving themselves, are tapping into what ancient mystics called GENIUS.

Now, I’m not using the word genius in the technical sense... like a person’s IQ rating.

What I’m talking about is the CREATIVE SPARK, and EVOLUTIONARY DRIVE that is the mark of a REAL genius. I’m talking about the PASSION FOR EXCELLENCE and originality and inspiration... the artistry and TRAILBLAZING that makes us SPECIAL.

The GENIUS within all of us.

**You can become a living genius.**

It doesn’t matter what age you are.

It doesn’t matter what race you are.

It doesn’t matter what sex you are.

It doesn’t matter if you’re “pretty” or “cool”.

It doesn’t matter how much money you have.

It doesn’t matter how popular you are.

It doesn’t matter if you’re single or married.

It doesn’t matter if you are fashionable.

It doesn’t matter where you live.

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You don’t need to be born psychic.
You don’t need to be highly educated.

NOTHING EXTERNAL MATTERS.

All you need is a mind and the desire to evolve.

And YOU can become a living genius. YOU can seriously help the global spiritual awakening in some way, shape, or form.

Because something deep inside of you ALREADY knows this. You are DIFFERENT from other people.

I’VE ALWAYS BEEN DIFFERENT, too. So you’re not alone.

Now it’s time to take action and let this “difference” count where it matters... in real life, today.

The key to spiritual success is practice. And the ONLY way to get ahead is to EDUCATE yourself. I offer the BEST information tools available for your personal spiritual and psychic evolution.

Getting A Higher Spiritual Education

When I first started my own spiritual journey towards enlightenment, I was not a gifted psychic. I started out as a regular kid. I struggled for many YEARS trying to understand life and to develop myself.

My underlying motivation has always been the desire to make this world a better place.

And eventually I started to make progress.
I tried everything I could find on how to consciously induce astral projection, to develop my clairvoyance, and to spiritually evolve.

I read all the books, listened to all the tapes, and went to every seminar I could. I did EVERY exercise, and tried EVERY technique.

A lot of what I learned was bunk. Some of it worked a little. And a few things worked GREAT.

I took what worked and practiced hard until I started getting results. Then I began to innovate and mix and match what I had learned to create BETTER techniques that got MORE CONSISTENT results.

This activated my INNER GENIUS and opened communication with my Higher Self.

Then my Higher Self spoke to me directly and instructed me to proceed from this point through PERSONAL EXPERIENCE ONLY.

I was told that this is the only way I could build a solid-enough spiritual foundation to accomplish my goals. BY DOING IT AND WORKING IT OUT FOR MYSELF.

I am still doing this today, and it will never end. Now, I have the best techniques for astral projection, energy work, clairvoyance, and psychic self-defense in the world.

I originally developed these things for myself. But life had other ideas, and now I am sharing them widely.

I’ve taken 35 YEARS of my life’s work, ALL THE STUFF THAT WORKS, and packed it into my educational training programs.

I ONLY care about WHAT WORKS, and what gets RESULTS... because “what works, works”. And if someone
had better techniques to offer, I would immediately change to and teach that, and fully reference the source.

My programs have the BEST tools and models for helping ANYONE succeed with spirituality and psychic development. I KNOW this from my own personal experimentation and experience.

If I wasn’t so busy teaching and helping people, I could easily sit back and be content with my life accomplishments. But I’m on a MISSION to change this world for the better. So I’ll continue doing what I am doing.

If you’re ready now to take your education to the next level, then you need to explore my educational programs. They’ll take the foundations we have established here and expand on them. They’ll show you all the tips and tricks for everything from Astral Projection to Energy Work, and even to raising Kundalini.

**Interviews With Spiritual Gurus**

This program features me interviewing a different Spiritual “Guru” every month. When you subscribe, you get a FREE trial period, yours for just for checking out the program. All the details, plus some great free sample are all at:

www.AstralDynamics.com/InterviewSeries

**Astral Projection Mastery**

This Astral Projection program is a “boot camp style” personal training that teaches you the most advanced Astral Projection techniques and concepts. Once you learn my patented tools, and how to use them effectively, you’ll begin to get out of body faster and more often than you ever thought possible. You’ll understand things about the astral planes and the universe that you never knew, and
learn how to make Astral Projection a normal part of your life. This program is a MUST for the serious student of spirituality. ALL the details are here:

www.AstralDynamics.com/AstralProjectionMastery

Manifestation And Self-Healing

If you’re ready for SUCCESS with manifesting health and wellness in your life, then you need to invest in my Manifestation And Self Healing program. This contains 10 hours of high quality video training, available “on-demand” for your immediate viewing. In it, I’m teaching all my personal secrets to working with your Higher Self, and harnessing your creative power for the life of your dreams. This program is literally PACKED with live demos and new concepts to help and exercises, for you take control over your health and wellness NOW. All the details, plus some great free videos are here:

www.AstralDynamics.com/Manifestation

I really hope you’ve enjoyed the information I’ve shared with you in this eBook. I’d appreciate it if you’d drop me a line to let me know what you think. Write to me at: SuccessStories@astraldynamics.com

I wish you well, and I hope you commit yourself to reaching your goals to success with spirituality.