

About Robert Bruce

Biography & Achievements



Robert Bruce is an internationally respected author, mystic, and speaker. A true spiritual pioneer, the experiential depth and scope of his knowledge is remarkable. For over 30 years, Robert has explored the mechanics, energetics and dynamics of paranormal and spiritual phenomena (how things work); especially Out-of-Body Experience, the human energy body, healing and self-healing, spiritual and psychic development, practical psychic self-defense, higher-self communication, and Universal Law (what Robert calls Bee Following). His firsthand experience allows him to make sense of these things on a whole new level. Robert is a man who lives in the greater reality and invites others to join him. Born in England in the year of the Sheep, Robert resides in The Land Down Under, Sunny Australia. Robert lectures internationally and considers his life to be a work in progress.

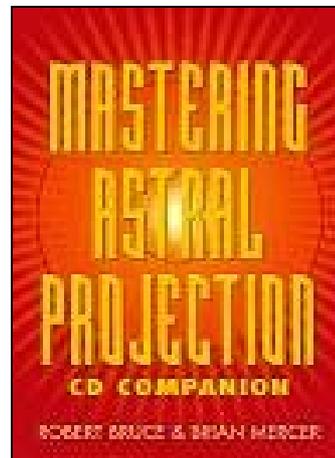
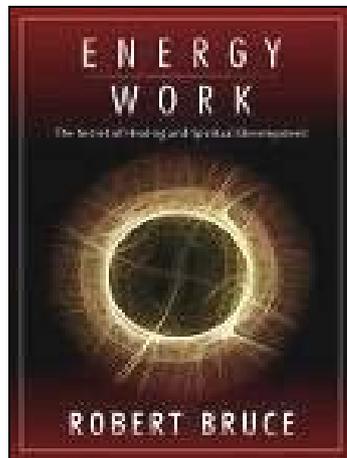
Cornerstone of Robert's work is his groundbreaking *Body Awareness Tactile Imaging* direct energy work system. This is a revolutionary method of directly stimulating the energy body and its chakras. This system utilizes the sense of touch, the perception of body image awareness. Robert's system is so simple that anyone can do it effectively after only a few minutes instruction. This energy work system has universal applications. It can be used as a stand alone energy body stimulation and development system, for spiritual and psychic development, healing and self-healing. It can also be used to empower any traditional system or practice that utilizes subtle energy, including Yoga, Tai Chi, Reiki, Qi Gong, Martial Arts, etc. Robert's methods are very easy to learn and to do, but they are more effective at stimulating the energy body than any other system. Students typically feel noticeable subtle energy activity after only a few minutes practice. This level of energy body activation is something that usually takes years of dedicated practice to achieve using other systems.

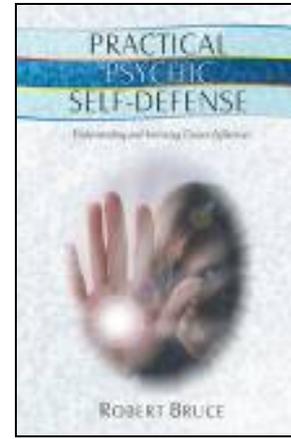
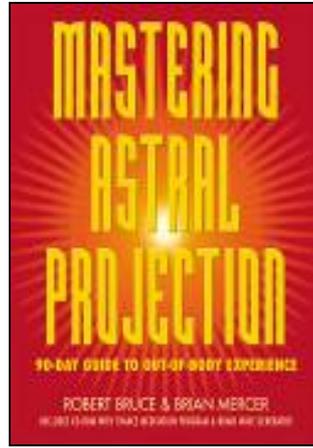
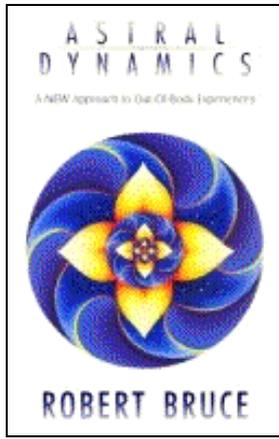
[Video Introduction of Robert Bruce](#)

Robert is the author of the bestselling books, *Astral Dynamics*, *Practical Psychic Self-Defense*, and *Energy Work* (Hampton Roads, VA) and coauthor of *Mastering Astral Projection* and *Mastering Astral Projection Audio Companion* (Llewellyn Worldwide, MN) with Brian Mercer. Robert has been radio-active since 2000, including multiple appearances of 'Coast to Coast AM' and 'Dreamland Radio' and many other radio shows. Robert presents seminars and workshops internationally. These range from seven-day residential workshops to evening lectures. Robert has developed a range of high-quality online workshops for The Hall of Learning, co-hosted with Bob Felix, former audio engineer of The Monroe Institute. These combine Robert's methods with Hemi-Synch technology, developed by The Monroe Institute.

Robert Bruce's books

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ENERGY WORK: the secret of healing and spiritual development (Hampton Roads, VA, 2007) by Robert Bruce. Beautifully written and illustrated, Energy Work presents Robert Bruce's acclaimed energy work system in its entirety for the first time. All of Robert's books contains some aspects of his energy work system, but this is Robert's first dedicated book on energy work. A true Western armchair system, this energy work system utilizes the sense of touch, of focused Body Awareness Tactile Imaging. Most people experience noticeable subtle energy sensations during early exercises. This system has universal applications. It can be used as a stand along energy work system, for spiritual and psychic development, healing and self-healing. It can also be used to empower any traditional energy work or healing system, including Yoga, Chi Kung (Qi Gong), Tai Chi, Quantum Touch, Reiki, martial arts, etc. This book focuses on doing energy work rather than on discussing its esoteric complexities. Learning this system will put you in touch with your energy body, and with your higher self, greatly expanding your spiritual horizons. This provides a wonderful onramp for approaching the greater reality with confidence.

MASTERING ASTRAL PROJECTION CD AUDIO COMPANION: (Llewellyn MN 2007) by Robert Bruce and Brian Mercer. Audio course with 6 CD's and illustrated book, utilizing altered-state inducing sound. Following the success of the Mastering Astral Projection book, this audio book features customized altered-state inducing sound that enhances the learning process, making energy work and OBE more accessible. The first CD contains essential knowledge and voice instructions for energy work and OBE exit techniques. The other five CD's have two tracks apiece. Track one has voice instructions over altered-state inducing sound. Track two has altered-state inducing sound with no voiceover. The two-track option makes the system more flexible, so you can choose to follow voice instructions or to work at your own pace. This

is a masterpiece of high-quality audio engineering.

MASTERING ASTRAL PROJECTION: a 90 day guide to OBE (Llewellyn MN 2005, 440 pages) by Robert Bruce and Brian Mercer. A step-by-step manual teaching how to have out-of-body experience (OBE). A systematic approach for projecting out of body. This book makes OBE more accessible through an ideal astral projection course, that helps newcomers understand the key elements of the process, while avoiding common pitfalls. The 90-day course focuses on the skills necessary for inducing OBE. Includes CD Rom with BrainWave Generator program, which produces custom altered-state inducing sounds, using binaural beat technology.

ASTRAL DYNAMICS: NEW approach to Out-of-Body Experience (Hampton Roads, VA, 1999, 560 pages) by Robert Bruce. Astral Dynamics launches some radically new concepts concerning OBE. A classic in its field, this book is a combined practical How To, training manual, theoretical perspective, and experiential guide. It provides a new outlook and understanding on the nature of out-of-body experience and how it happens, and more importantly how to achieve it. The dynamics and bio-energy mechanisms involved with OBE are discussed in great detail, including the mind/energy conflicts involved with the OBE memory download, and the problems that arise as side-effects of the mind split effect. Practical solutions are offered throughout, along with extensive training and energy work sections. These ideas greatly improve OBE success and empower all aspects of OBE.

PRACTICAL PSYCHIC SELF-DEFENSE: understanding and surviving unseen influences (Hampton Roads, VA, 2001, 333 pages) by Robert Bruce. A truly groundbreaking book, showing negative spirits in a whole new light. This book was conceived to help people with real supernatural problems. It offers sound experience-based advice and a range of practical countermeasures that can be used by the average person. This book focuses on educating people on the how's and why's of supernatural problems, and what can be done about them; from mild psychic influences, ghosts and hauntings, to major psychic attacks and possessions. The countermeasures offered exploit the major weaknesses of negative spirit beings. Practical Psychic Self-Defense is a supernatural expose' for the uninitiated, and a survival guide for those living the nightmare.



[Click Here for Video of Course Excerpts](#)

The Hall of Learning: The Hall of Learning is a virtual mystery school, founded by Robert Bruce with Bob and Marina Felix in early 2007. The online school features high-quality online courses held in a remote learning environment. Courses include a five-week **Practical Astral Projection Intensive** (PAPI) and **The Evolutions Series**, comprising three online workshops teaching all aspects of energy work, including self healing, healing, spiritual development, and awakening psychic abilities. Courses on other topics will appear as they are created. All you need to attend is a broadband Internet connection and a browser to take part. Courses rely heavily on streamed video and audio content, and units can be played and replayed as necessary. Its just like attending a live workshop only better, because you can attend at times that suit you and replay units as necessary. Live interaction with tutors is accomplished through private online forums, chat, messaging and email facilities. Click on the video link above to see if your Internet connection is suitable. Contact email programs@glidewing.com for course details and schedule.



Robert Bruce has a popular website and forum. Subject matter relates to Robert's books, plus his ongoing spiritual research and development, and related topics. A large range of articles, stories and tutorials are free to download.

Signup for Robert's newsletter and stay informed!



Have a wonderful day!

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