

Robert Bruce's interview

by Kalonek for Astralsight.com

All rights reserved

First of all, could you please describe a typical day for Robert Bruce (regarding spiritual practices etc.)?

Email, write, meditate, do healing, do more email, write more, cook, do dishes, drink a beer, sleep.

But for the past year I have been spending a lot of time on the road, travelling all over the world doing workshops and lectures, plus research. By research, this is working with people and helping them solve problems. I am currently looking for funding to research and build a spirit communication device. I am also planning to organize an international conference for 'exorcists and spirit release therapists'.

You have gained an unquestionable celebrity over the past years, how do you feel about it? What has it brought to you personally?

This happened quite slowly over many years, so it feels quite natural. I do not 'feel' famous, only overworked :)

You are currently working on the first volume of a trilogy on energy, *Foundation of Energy Work*. What could you tell us about this book and the whole trilogy?

The first book in the series teaches the basics of the energy body and the NEW Energy Ways system, theory and practice. All of my books contain some aspects of the NEW Energy Ways system, but this book will contain everything, including primary centre work (working with the major chakras).

My methods have evolved greatly over the years, so this will also contain my updated methods and understanding, including the use of energy balls and changing the properties of energy by adding intention.

The next book in the series will delve more deeply into the energy body and its higher functions, including the development and energetic of psychic abilities. The third book in the series will focus on the higher spiritual aspects of the energy body, especially Kundalini and Uraeus Serpent of Fire, theory and practical.

What about *Romancing the Eye*? It has been announced on your website, astraldynamics.com, for many years. Will it ever be released? Do you have any other planned book on astral projection (*Advanced Astral Dynamics*, etc.)?

I keep trying to get back to finishing these books, but life and “publishers” keep diverting me to other projects. I still plan to finish these books and will when I get the time. *Romancing The Eye* is already written in first draft. I may give it a quick edit and release it as a free online tutorial or Ebook. But I am still time deprived and will be for some time, so I can't say when I will do this.

Concerning you work, are there any planned translations of you books into other languages, especially into french?

I keep hearing about translations but nothing seems to be happening. The biggest problem is the size of my books. Foreign publishers like books of 200 pages. My smallest is 333, making them expensive to translate. The best way of doing this is probably to have translations done and release them as Ebooks, thereby avoiding the printing costs. I did have someone working on a French translation, but I've lost touch with them.

Update, I have just sold Russian translation rights to my books, which is a good start.

Your life seems to be turned towards spirituality and sharing your experiences and discoveries ; has it ever been a problem regarding relationships with your family, friends, colleagues etc.? Do you tend to hide your spiritual life to some people, or does your “bee following” philosophy have brought you to meet only people sharing your ideas on spirituality?

This has in the past caused me problems, yes. But I am what I am and never try to hide who or what I am. I try not to impose my beliefs on people with non spiritual interests. Fortunately, my family and friends are very open minded so there is no problem.

Do you think astral projection is on its own a sure way for spiritual evolution? What has it brought to you personally?

No. Any metaphysical practice has two sides, positive and negative. The practice of astral projection does not in itself develop a person in a spiritual sense. A black mage could project and develop energetically through the

practice of astral projection just as well as a saint, for example. There are no ethical or moral rules concerning astral projection and it is not, as some might suggest, policed or moderated by advanced spirit beings. Astral projection is an ability, not a religion.

On a personal note, astral projection has given me a lot of first hand experience in and with the greater reality. This is a life changing ability, as any ability is when one moves from something theoretical to the realms of personal experience.

In *Astral Dynamics*, you have only written a few pages on lucid dreams. Don't you think that it can be a good way to achieve astral projection for the beginners, as we have found on astralsight.com that the majority of the first astral projections were triggered by a lucid dream (due to its inherent advantages : expanded energy body, mental disconnected from physical reality etc.)?

Lucid dreaming is an excellent way to approach the greater reality. The reason I did not write a great deal on this subject was because *Astral Dynamics* was focused on astral projection. However, I think I covered the subject of lucid dreaming fairly well.

On that note, one of the best ways to convert a lucid dream into an astral projection is to allow yourself to fall backwards in a lucid dream without trying to catch oneself. This usually causes a shift directly into the astral body.

Many tend to assimilate astral projection to some kind of lucid dreams. What do you think about it (especially regarding WILD)?

WILD is probably the most powerful out of body type experience there is, but this is more related to lucid dreaming, whereas astral projection (especially real time projection) is a totally different ability. Anyone who has experienced true real time astral projection immediately knows the difference from lucid dreaming. Most people who doubt there is a difference have only had lucid dreams. And keep in mind that many who claim to have had both types of experiences have actually only lucid dreamed that they have had astral projection exits. The only way to tell "for sure" is to be fully conscious before, during and after an astral projection, so there is no break in consciousness. When this is done, there is no doubt that there is a difference between these two experiences.

Do you think that astral projecting during childhood shows a "natural" ease to astral project later? What kind of blockages could prevent

someone from astral projecting as an adult?

Yes, memories of childhood astral projection definitely shows natural ability. Most people who lose this ability totally when they become adults, and find they have difficulty learning how to astral project, have either had a traumatic astral experience (although they may not even remember these experiences), or their belief systems were changed as they grew into adults to exclude astral possibilities. Fears and beliefs have a great deal to do with ones ability to astral project, and this includes religious beliefs that decry astral projection. Fear of the experientially unknown astral environment is also a big factor.

What do you think about “phosphenism”, and more generally of using modern technology to manipulate energy or achieve astral projection (like in *Mastering Astral Projection*)?

Anything that works, works. I do not advise the use of drugs, as these tend to weaken self control, which is undesirable during astral projection. But using sound and light to change brainwave patterns, or to entrain the brain and mind to accept astral projection, is safe for most people to use. I say “most” because a small percentage of people have an adverse reaction to binaural sound programs. In rare cases this can trigger mental problems, etc.

What is the most memorable astral experience you have had to this day?

This would have to be my Astral Knights experience. See <http://www.astraldynamics.com/biography/?BoardID=94&BulletinID=390>

In your online treatise on astral projection, you talk about the “astral wind”. Have you met it again since then?

Yes, a number of times. The same basic phenomenon occurs, but the details are always different. Other authors on astral projection, including Robert Monroe and Carlos Castenada, and Sylvan Muldoon, also write about experiencing the astral wind. It is possible that there is a link between the astral wind and a phenomenon identified by James Spottiswoode. See the below paper for details.

<http://64.233.187.104/search?q=cache:Ev9RYTQv440J:www.jsasoc.com/docs/PA-GMF.pdf+Spottiswoode+Sidereal&hl=en>

Astral Wind as possible reason for the Sidereal Time effect. In case you hadn't

come across the hypothesis yet, one explanation that has been offered for Spottiswoode's findings is that our galaxy's center is no longer blocked from view by the Earth at 13:27 LST. There may be a significant gravity-wave from that center (it is an enormously powerful black hole) which amplifies or adds coherence to the wave-functions on which ESP "rides" between humans.

Also see the below document, which supports Spottiswoode's theory
<http://www.parapsych.org/papers/08.pdf>

Have you ever seen your “past lives” (or simultaneous lives, following the teaching on your website) during astral projection or meditation?

No, not in the sense you mean. The nearest I have possibly come to this is during Astral Wind experiences, where I have found myself in the past, often many hundreds of years ago. However, these experiences are confusing as the reason for being in such a place is not clear.

A lot of people are attracted by everything “kundalini” nowadays, you have therefore chosen to talk about “Uraeus” instead to describe a discrete phenomenon related to this. What could you tell us about it?

Yes, the term “kundalini” seems to be applied to all energy body phenomenon these days. Uraeus Serpent of Fire is my term for the major bioenergy event at the peak of raised kundalini. This is a discreet event and it is difficult to discuss a discreet phenomenon if the common term is overused for many other things, re why I coined the term. Very basically, there is a major internal manifestation of ectoplasm in the base center. This grows into a snakelike column that forces its way up through the body, internally, 3.5 coils and out of the crown center. Later, when this has been developed through many sessions, more phenomenon occur, including the Medusa Effect, where the crown projects dozens of small snakelike antennae, and the Aummm sound manifests around the aspirant.

Apart from yourself, who would you recommend between all the authors on astral projection to a beginner?

For one, I recommend Robert Monroe. There are other fine authors on this subject, including early authors like Sylvan Muldoon.

On the previous version of your website, one could order autographed copies of your books. This service is not available anymore, do you plan to put it back online in the future?

Autographed copies are still available, but they are not directly advertised. The best way is to email me through my website so arrangements can be made.

What about the names “Robert” and “Bruce”? We find them in many authors’ names : Robert Monroe, Robert Peterson, Bruce Moen etc. Do you feel like the ultimate author on the subject by fusioning them in yourself? :)

Robert Bruce is my real birth name, so this was not intended in any way. r-OBE-rt bruce is an interesting way of looking at the letters.

Thanks a lot for this interview Robert, we are looking forward to discovering your new book in a few months !

My new book, “Foundations”, should be in print by the end of 2006.