



# Energy Work: The Secret of Healing and Spiritual Development

*Robert Bruce*

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## **Energy Work: The Secret of Healing and Spiritual Development** Robert Bruce

Robert Bruce, author of *Astral Dynamics*, a metaphysical classic, has worked privately as a healer, mystic, spiritual consultant and paranormal researcher for 30 years and provides a free consulting and healing service to the global Internet community. He has developed an exciting method that enables readers to enhance their physical health and spiritual practice by providing natural support for their personal energy systems. Bruce's method, which can be learned in 30 minutes, delivers such profound benefits as improved immune system function; enhanced vitality, energy levels and healing from everyday ailments; better appetite control and easier weight management; and increased development of psychic and spiritual abilities. Those feeling "stuck" on a plateau in spiritual practice—from yoga, t'ai chi and chi gong to kung fu or reiki—or simply searching for a way to increase their well-being and overall enjoyment of life will want to experience the accelerated spiritual progress made possible by Bruce's simple method. His step-by-step approach is Western in orientation and vocabulary, and it incorporates thought form imaging, intention, elemental properties, self-healing practices and essential grounding exercises to encourage safe, rapid results. Bruce reports that most people experience significant energy body activity in their first practice session.

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