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# A Practical Guidebook For Lucid Dreaming And Out-of-Body Travel



## Synopsis

The practice of phase states of the mind is the hottest and most promising pursuit of the modern age. Unlike in the past, the notions of "out-of-body experience" and "astral projection" have already lost their mystical halo, and their real basis has been studied in minute detail from the most non-nonsense approach. Now, this phenomenon is accessible to everyone, regardless of their worldview. It is now known how to easily master it and apply it effectively. This guidebook is the result of ten years of extremely active personal practice and study of the out-of-body phenomenon (the phase), coupled with having successfully taught it to thousands of people. I know all of the obstacles and problems that are usually run into when getting to know this phenomenon, and have tried to protect future practitioners from them in this book. This guidebook was not created for those who prefer light, empty reading. It is for those who would like to learn something. It contains no speculations or stories, only dry, hard facts and techniques in combination with a completely pragmatic approach and clear procedures for action. They have all been successfully verified by a vast number of practitioners that often had no prior experience. In order to achieve the same result, it is only necessary to read through each section thoroughly and complete the assignments. It gives each and every person something that previously could only be dreamt about - a parallel reality and the possibility of existing in two worlds. The book is beneficial not only for beginners, but also for those who already know what it feels like to have an out-of-body encounter and have a certain amount of experience, as this guidebook is devoted not only to entering the state, but also equally dedicated to controlling it. Contrary to popular opinion, there is nothing difficult about this phenomenon if one tries to attain it with regular and right effort. On average, results are reached in less than a week. More often than not, the techniques work in literally a couple of attempts. (Sponsors and investors are needed for translation into other languages this free ebook and other our books, videos, etc. Also we need financial support to promote the phase worldwide. Let's change the world together! Take a part in it!) Michael Raduga Founder of the Phase Research Center January 11, 2009 Table of Contents: New Version of this ebook (2015) Part I: GET PHASE WITHIN 3 DAYS Part II: 100 PHASES Chapter 1. My First Out-of-Body Experience Chapter 2. Full-Fledged Travels in the Phase Chapter 3. Journeys of Well-Known Practitioners Chapter 4. The Author's Experiences Part III: A Practical Guidebook Chapter 1 " General Background Chapter 2 " Indirect Method Chapter 3 " Direct Method Chapter 4 " Becoming Conscious While Dreaming Chapter 5 " Non-autonomous Methods Chapter 6 " Deepening Chapter 7 " Maintaining Chapter 8 " Primary skills Chapter 9 " Translocation and Finding Objects Chapter 10 " Application Chapter 11 " Useful Tips Chapter 12 " A Collection of 45 Techniques Chapter 13

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