



# A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel

*Michael Raduga*

Download now

[Click here](#) if your download doesn't start automatically

# **A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel**

*Michael Raduga*

## **A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel Michael Raduga**

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 – Putting a Face on the Phenomenon  
Chapter 14 – Final Test  
Chapter 15 – The Highest Level of Practice  
Appendix  
Part IV: Conscious Evolution 2.0  
Chapter 1. Biblical Astral Travelers  
Chapter 2. Application to Be Abducted by Aliens  
Chapter 3. How to See the Bright Light at the End of the Tunnel while You're Still Alive  
Chapter 4. Evolution

 [Download A Practical Guidebook for Lucid Dreaming and Out-o ...pdf](#)

 [Read Online A Practical Guidebook for Lucid Dreaming and Out ...pdf](#)

## **Download and Read Free Online A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel Michael Raduga**

---

### **From reader reviews:**

#### **Timothy Rowe:**

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the reserve entitled A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel. Try to the actual book A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel as your good friend. It means that it can for being your friend when you sense alone and beside that of course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know every little thing by the book. So , let us make new experience along with knowledge with this book.

#### **Debbie Jackson:**

Reading a publication can be one of a lot of pastime that everyone in the world likes. Do you like reading book therefore. There are a lot of reasons why people love it. First reading a book will give you a lot of new data. When you read a guide you will get new information because book is one of several ways to share the information or their idea. Second, examining a book will make anyone more imaginative. When you reading through a book especially fictional book the author will bring you to definitely imagine the story how the personas do it anything. Third, it is possible to share your knowledge to other individuals. When you read this A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel, you could tells your family, friends and soon about yours reserve. Your knowledge can inspire others, make them reading a publication.

#### **Adrian Rogers:**

The guide with title A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel has a lot of information that you can find out it. You can get a lot of benefit after read this book. This specific book exist new understanding the information that exist in this reserve represented the condition of the world now. That is important to yo7u to learn how the improvement of the world. This specific book will bring you within new era of the internationalization. You can read the e-book with your smart phone, so you can read it anywhere you want.

#### **Ethel Swafford:**

People live in this new day time of lifestyle always attempt to and must have the spare time or they will get lot of stress from both lifestyle and work. So , whenever we ask do people have free time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, often the book you have read will be A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel.

**Download and Read Online A Practical Guidebook for Lucid  
Dreaming and Out-of-Body Travel Michael Raduga  
#KO06P8NS42A**

## **Read A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga for online ebook**

A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga books to read online.

### **Online A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga ebook PDF download**

**A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga Doc**

**A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga Mobipocket**

**A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel by Michael Raduga EPub**