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The Phase: Shattering The Illusion Of Reality



Synopsis

All my life I sought an elegant solution to one odd riddle. I sought it from Siberia to California, from the field of neurophysiology to quantum physics, and in illegal experiments on thousands of people. But the answer I found sent me into shock and changed my entire perception of reality. Unlike others, I offer not only a new perspective on the world, but also step-by-step practices that can shake the pillars of your limited reality, and give you revolutionary new tools for obtaining information, self-healing, travel, entertainment, and much more.

By the Phase Research Center

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Customer Reviews

This is a hard book to lay down when you start reading it. The material was awesome. There are sections that are a little deep, had to re-read it in order to figure it out. The exercises are important. They will get easier as you become more familiar with them.

There's lots of useful tips in this book for lucid dream induction. A lot of them I've seen before, but he's taken the trouble to try them out on people and improve them based on how well they worked, or didn't work. I just wish he wouldn't keep trying to rebrand lucid dreaming as The Phase. That's just never going to happen.

I don't regularly review products/books. I only really feel compelled to do so after reading a really good book, that has a real impact on my life, and even then I generally can't be bothered. That said - this is a book that you **MUST** read if you have any interest in spiritual development. Not just OBE's or astral travel, or meditation or even a general esoteric interest. This book is for everyone who is looking to advance their knowledge and experience in the non physical reality. Seriously, if you want to actually start experiencing this stuff and moving forward in this aspect of your life (spiritual/mental development) then you should devote yourself to the easy and well-structured practices in this book. You will succeed and you will change your life forever. If you have had these experiences to some degree in the past - this is your ticket to a more frequent, meaningful practice. Meditation etc. will still have it's place, but it will quickly become supplementary... a means to support better phase practice, rather than a thing you just do to mellow out and practice attention. I'm not an expert, and I've had my share of dry patches. That said, I've had hundreds of phase/OBE experiences in my life now, and this book (in its earlier version) was the catalyst AND guidebook. This version is an improvement. Get it. Read it. Read it again. Commit to it. Change your life. If you ask why I would bother buying this version after growing to the point of having 1 - 4 phase experiences a week? Read below: I have no affiliation with Michael Raduga, but I feel compelled beyond reason to go out of my way to give credit where credit is due. This guy is THE forefront of phase/OBE research in the world today. Everything he writes on the subject is worth reading. No doubt whatsoever. Nobody else even comes close in this field. Read his material for 10 bloody dollars and tell everyone you know to buy it too - he deserves it, and it **WILL** change your life and the life of those you refer. Good luck, and go hard. This is the future. MM

The absolute best...as a graduate of The Monroe Institute, and Robert Bruce's Mastering Astral Travelling program as well as a mediator of 30 years I found this book to be up there at the top along side Fred Aardema's Explorations in Consciousness as the best in the field, explains it all...the only thing I'd add is how the 'real world' for me has become a blend of what it used to be and 'the astral'...in short its become an illusion too which can be manipulated by PK and other intents...if you're interested you can check that out in my book JC and me at 33....a bit of shameless self promotion there...exciting times for sure

This book is an invaluable source of information about altered states of the consciousness. I put it on the same line as works of Stephen LaBerge.

This is my first review ever on , and I have bought a lot of books and other things from them. I have been reading about lucid dreaming and out-of-body experiences ever since I was twelve years old. I am forty-eight now. I maintained a constant interest in the subject over ALL of those years. I have bought dozens of books over the years, and I know that I have read at least fifty books on the subject. But, no matter how I tried, I never succeeded in having more than maybe four such experiences a year, if that. I also never had any kind of control over the experience once I did have one. However, I swore that one day I would find the one book or technique that would explain precisely how to have lucid dreams and out-of-body experiences on a regular basis. This is that book. You will not regret buying this book. I believe in it so much that I have even bought extra copies and given them away to people. Since reading this book, I have learned to enter the state as much as twice a week and more. I am able to get to places that I need to go to, to find people I want to find, and to accomplish tasks that I wish to accomplish. I have learned how to deepen the state and to maintain the state for several minutes at a time. I am also able to re-enter the same lucid dream, at least twice more, whenever it does start to fade out. Many times, this state is as vivid and real, and on several occasions more real, than the waking state itself. If you want a book that shows you Step-By-Step how to enter a lucid dream or out-of-body experience, how to deepen and maintain it, how to get places, how to meet people, and how to accomplish what you want to accomplish in this state, then buy this book. You may buy other books on the subject also, if you wish, but this is the only one you will ever really need. By the way, just by reading the book and not really even trying the techniques yet, I had a very realistic out-of-body experience/lucid dream within the first two weeks. I have had dozens of such experiences since then, almost at will. I have not

been having as many experiences lately though, as my focus has been on first straightening out a couple of other areas of my life. So I have been neglecting practicing the techniques and I really regret that, for I was really on a roll there for a while. However, I am currently reading the book again, and I am confident that I will be able to pick my practice back up right from where I left it. Do yourself a favor and buy this book. The techniques are straightforward and really do work when you take the time to actually practice them.

Very well worth reading.

excellent

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