

## The Phase (Chinese Edition): A Practical Guidebook for Lucid dreaming and Out-of-Body Travel



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.

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