

## Michael Raduga



- The author of several books, researcher and explorer of Out-Of-Body states phenomenon
- Founder of The School of Out-Of-Body Travel and OOB Research Center
- Developed numerous very effective techniques for exploration and practical application of OBE states.

Author's website [www.obe4u.com](http://www.obe4u.com)

## School of Out of Body Travel

- Focus on practical aspects of out-of-body experience states
- Techniques for:
  - Entering The Phase
  - Deepening The Phase
  - Managing The Phase
  - Using for applied purposes

## The Phase



- The term 'Phase' encompasses a number of widely known phenomena, also known as Out-Of-Body Experience (OBE/OOBE), Lucid Dreaming (LD), Astral Projection, Sleep Paralysis, False Awakening, etc.
- Two main attributes of The Phase state:
  - Practitioners possess full, conscious awareness during the experience, and
  - Practitioners recognize a genuine separation from the physical body.

## Out of Body Experience Guide



obeguide.com

- Out of Body Experience Guide is a Canadian based organization and the first North American branch of The School of Out-Of-Body Travel originally established in Russia by author and researcher of the phenomenon Michael Raduga.
- We offer workshops on practical techniques and methods to experience an out-of-body state, lucid dreaming or astral projection (The Phase).
- During our workshops participants learn how to enter The Phase, manage it and use it for applied purposes.
- Out of Body Experience Guide is officially appointed by Michael Raduga as a North American branch of The School of Out-Of-Body Travel in 2009.
- Our mission: Each and every one of us has already experienced The Phase in one form or another. It's our natural ability. It's a talent that everyone possesses and a skill that anyone can learn and master to enrich their life and discover their true potential.

## The Phase Workshops

### THE PHASE: OUT OF BODY IN 3 DAYS

#### • DAY 1 – 3 HOURS

- General information on the phenomenon of The Phase states.
- The easiest method, general information on indirect techniques, methods and algorithm for entering The Phase;
- Guided practical exercises for home practice.

#### • DAY 2 – 3 HOURS

- Sharing and analysing the attempts made during home practice.
- Information on deepening and maintaining the phase, creating eyesight in The Phase, controlling The Phase space
- Non-autonomous techniques for entering The Phase

#### • DAY 3 – 3 HOURS

- Sharing and analysing of the attempts made during home practice.
- Direct techniques for entering The Phase
- Practical applications of The Phase (using the simulation effect in The Phase, obtain information and influence one's physiology)
- Self-analysis and strategies for independent action.

On average up to 70% of participants experience The Phase from the first few attempts.



## FREE DOWNLOAD

### The Phase: Practical Guide Book by Michael Raduga

<http://www.obeguide.com/download>

**NOTE:** This reference guide is intended for information purposes only. For complete and more detailed information on the material presented in this guide please refer to The Phase: Practical Guide Book by Michael Raduga

## Methods for Entering The Phase

- Direct Method
- **Indirect Method**
- Dream Consciousness

## Indirect Method

- The easiest method for entering The Phase
- Techniques performed upon awakening when physiologically the human brain is very close to The Phase state.
- Optimum strategy:
  - **Deferred method** – allows for numerous attempts in a single Phase practice
  - **Cycles of Indirect techniques**

## Sample Plan of Action in the Phase

- Look in the mirror (a must for the first Phase)
- Eat or drink something
- Visit a tourist attraction
- Fly over the Earth
- Fly through space
- Meet a celebrity
- Obtain information from Phase objects
- Travel to the past or the future
- Walk through a wall

## Glossary of Terms

### • THE PHASE

A number of phenomena, also known as Out-Of-Body Experience, Lucid Dreaming, Astral Projection, Sleep Paralysis, etc.

### • CYCLES OF INDIRECT TECHNIQUES

The easiest method to enter the phase. Employed by rapidly (3-5 sec.) alternating certain techniques upon awakening until one of them works.

### • SEPARATION TECHNIQUES

Performed immediately upon awakening or when a certain indirect technique works.

### • DEEPENING TECHNIQUES

Techniques for making the phase as realistic as possible by stabilizing the surrounding space, i.e. Palpation, Peering, Diving Headfirst

### • MAINTAINING TECHNIQUES

Techniques preventing a premature exit from The Phase i.e. lapse into sleep or waking up. Allowing a practitioner to remain in The Phase for the maximum amount of time possible.

- **FOUL** – an inadvertent termination of The Phase through a spontaneous return to reality.

## Techniques

### SEPARATION TECHNIQUES

- Rolling out, Flying up, Standing up, etc.
- Performed immediately upon awakening without movement
- Action is **not imagined** but actually performed with perceived body

### INDIRECT TECHNIQUES

- **Phantom Wiggling** – Wiggling a body part without use of physical muscles.
- **Observing Images** – Observing the darkness before your eyes and trying to discern recognizable pictures or images.
- **Hand Visualization** – Visualizing an object (e.g. your hands, rubbing, clapping) 4-6 inches in front of your eyes.
- **Listening In** – Listening to the noise (buzzing, humming) inside your head.

### DEEPENING TECHNIQUES

Sensory amplification is the most effective technique for deepening the phase experience:

- **Palpation** – Fleetingly touching anything that may be found in the immediate surroundings, rubbing hands
- **Peering** – Scrutinizing the details of objects in the immediate vicinity from a distance of 4-6 inches.

### MAINTAINING TECHNIQUES

- **Sensory Amplification** as in deepening techniques (against return to the body)
- **Periodic analysis** of awareness (against falling asleep)

### OTHER TECHNIQUES

- **CREATING AN EYE SIGHT**
  - To create an eye sight, bring your hands 4 to 6 inches in front of your eyes and try to detect them by peering persistently and attentively at the minute details of the palms, it will cause them to appear, much like if they were being developed on Polaroid film.
- **EMERGENCY RETURN**
  - **NOTE:** Nothing in The Phase may cause any harm to a Phase practitioner unless he or she believes that it can be so.
  - In case of emergency, close your eyes, stop interacting with anything in The Phase environment and simply wake up.

For more information and upcoming workshops please visit [www.obeguide.com](http://www.obeguide.com)  
Contact us at [info@obeguide.com](mailto:info@obeguide.com)  
Like us on the Facebook at [www.facebook.com/obeguide](http://www.facebook.com/obeguide)

## Step By Step Phase Practice

- STEP 1**
- Go to bed around midnight
  - Set alarm clock to go off in six hours
  - Sleep soundly for a good six hours
  - Do not do any attempts!
- STEP 2**
- Wake up to alarm clock
  - Stay awake for 30 min
  - Go over your plan of action
  - Have some water, use bathroom, etc.
- STEP 3**
- Go back to bed
  - Fall asleep with an intention to enter The Phase at the next awakening
- STEP 4**
- Wake up naturally.
  - Upon an awakening immediately separate: Roll out, Fly up, Stand up.
- STEP 5**
- If separation did not occur cycle the techniques (e.g. phantom wiggling, observing images, listening in) spending about 3-5 seconds on each.
  - Complete a minimum of 4 cycles.
  - When cycling the techniques:
    - If a sensation arises from alternating between techniques, stick with it and amplify it.
    - Once the sensation reaches a peak separate with confidence
  - If nothing happens after 4 cycles, fall asleep with the intention to catch the next awakening to enter The Phase.
- STEP 6**
- In The Phase, remember to deepen, manage and maintain the state.
  - Carry out your plan of action.
- STEP 7**
- In case of a foul (sudden, unexpected return to the body), re-enter The Phase state.

## 4 Principles Of Successful Phase

- **DETERMINATION** - When performing entrance and separation techniques, put all your effort, concentration and determination into them as if the techniques were your life's goal and mission. Do it No Matter What!
- **INTENSITY (PERSISTENCE)** - Put all your enthusiasm and desire to achieve The Phase into the techniques when performing them.
- **CONFIDENCE** - Be confident in your actions. Perform all the techniques with the highest degree of self-assurance that right now you are going to enter The Phase
- **JUST DO IT** - You have all the instructions you need. Carry them out without thinking or doubting. This method has been proven by thousands of practitioners throughout the world. So just do it. It works!