

**Le rêve lucide
et l'expérience hors du corps**

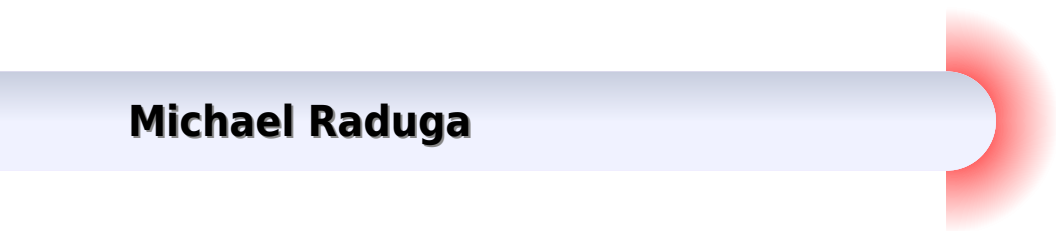


GUIDE PRATIQUE

De Michael Raduga

Le Recircve Lucide Et Lexpeacuterience Hors Du Corps Guide Pratique

Michael Raduga



Le Recircve Lucide Et Lexpeacuterience Hors Du Corps Guide Pratique:

Le Rêve Lucide et l'expérience Hors du Corps Michael Raduga, 2014-12-02 Je suis confiant dans le fait que bientôt chacun pourra vivre consciemment dans les deux mondes Mon but est de changer le monde et la vie de chaque personne en lui ouvrant les yeux sur ses véritables capacités Pratiquer les tats de phase de sommeil du cerveau est très la mode aujourd'hui et fait l'objet de la passion la plus prometteuse Contrairement aux époques passées les termes comme l'expérience extracorporelle EEC ou le plan astral ont perdu complètement leur aura mystique puisque leurs bases réelles ont été soigneusement étudiées avec des points de vue des plus pragmatiques Actuellement cette pratique est accessible toute personne quelque soit sa manière de penser et sa conception du monde On sait maintenant comment l'apprendre et comment l'utiliser dans la vie Le présent manuel offre chaque personne ce dont elle ne pouvait que rêver autrefois une réalité parallèle une possibilité d'exister dans les deux mondes Ce livre est destiné aux personnes pragmatiques qui veulent expérimenter les choses en laissant de côté les théories Ici vous ne trouverez que de la pratique et rien que de la pratique Ceci est le résultat de dix années de mes expériences personnelles et d'étude du phénomène extracorporel ainsi que celui issu de la formation de milliers de personnes en Russie en Ukraine aux tats Unis et dans d'autres pays Je peux dire en toute confiance que je connais toutes les difficultés et les problèmes rencontrés par les novices au début de leur apprentissage de l'tat extracorporel Les instructions que vous allez trouver ici ne relèvent pas de mon imaginaire ou de mes idées personnelles comme c'est souvent le cas dans la littérature de ce genre C'est le résultat de centaines d'expériences dans l'apprentissage de masse pour acquies cette aptitude extraordinaire au sein de l'école des voyages extracorporels VEC Cette école fait partie du département d'apprentissage expérimental du Centre de Recherche OOBÉ Tous les exercices ont été testés avec succès par un grand nombre de pratiquants qui souvent n'avaient aucune expérience initiale Pour obtenir la même efficacité vous n'avez qu'à lire attentivement les chapitres et suivre les instructions assez simples Ce livre convient aux débutants ainsi qu'aux personnes ayant vécu une certaine expérience ayant déjà connu l'tat extracorporel parce que le manuel couvre non seulement l'entrée dans cet tat mais aussi ce qui est important son contrôle Contrairement à la croyance populaire il n'y a rien de compliqué à entrer dans l'tat extracorporel si l'on effectue de bons efforts réguliers En moyenne avec les tentatives quotidiennes on a un résultat positif au bout d'une petite semaine Mais le plus souvent il suffit seulement de quelques tentatives pour que cette méthode apporte des résultats positifs Michael RADUGA Fondateur du Centre des Recherches des VEC OOBÉ PARTIE I R USSIR UNE SORTIE HORS DU CORPS S H C EN TROIS JOURS PARTIE II GUIDE PRATIQUE LE PRINCIPE DES TECHNIQUES INDIRECTES PRESENTATION DE CHAQUE TECHNIQUE INDIRECTE LES TECHNIQUES DE SEPARATION LES MEILLEURS MOMENTS POUR S'EXERCER ÊTRE CONSCIENT À L'INSTANT DU RÊVE IL RESTER IMMOBILE AU RÉVEIL CYCLES DE TECHNIQUES INDIRECTES LES RÉSULTATS INFORMENT ET GUIDENT VOULOIR TROP OU TROP PEU VANOUISSEMENT DU DÉSIR DE R USSIR SE FORCER À S'ENDORMIR UN MAXIMUM D'EFFETS STRATÉGIE D'ACTION ERREURS TYPIQUES AVEC LES

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Unveiling the Magic of Words: A Review of "**Le Recircve Lucide Et Lexpeacuterience Hors Du Corps Guide Pratique**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Le Recircve Lucide Et Lexpeacuterience Hors Du Corps Guide Pratique**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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