# Reality is merely an illusion, albeit a very persistent one.

Albert Einstein



# <u>Lucid Reality Is Merely An Illusion Albeit A Very</u> <u>Persistent One</u>

**Karin Nielsen-Saines** 

### Lucid Reality Is Merely An Illusion Albeit A Very Persistent One:

Places Beyond Belief Michael K. Yen, 2020-08-13 In 2017 Michael completed the first book in his planned trilogy From Physical to Metaphysical in Four Steps and One Giant Leap where he explored how we can separate from our materialistic attachment by seeing past our bodies our emotions and our thoughts After these three steps Michael illustrated how by enhancing and refining our life energy we can take one giant leap into metaphysical consciousness In Places Beyond Belief he expands on the concepts raised in the first book and also details some of his out of body experiences OBE that offer direct evidence of how the non physical envelops our material reality Michael also tells the story of how encounters in material reality with ghosts gigong masters psychics a living Buddha and extraterrestrials prepared him for having OBEs Building on the events covered in the first book Michael recounts how in trying to uncover the true nature of his UFO experiences he turned to using OBEs as a way to find answers about the reality of the beings he encountered What he found was not what he expected and lead to his discovery of the field of spirit release therapy and the large body of psychological literature that the subject has produced since William Baldwin's Spirit Releasement Therapy A Technique Manual was published in 1995 While disclosing intimately personal experiences to illustrate his points Michael also takes time to discuss the big issues of the day highlighting how personal and spiritual development is intricately linked to how well we live in the material world Coming three years after his first book Places Beyond Belief follows Michael's journey deeper into the metaphysical world that he was only first discovering when he wrote One Giant Leap By daring to let direct experience be the guide Michael went to places beyond belief and came back to write about it Astral Dynamics: The Complete Book of Out-of-Body Experience,

**Congressional Record** United States. Congress,1953 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Boston Studies in the Philosophy of Science, 1989 Philosophy of Appearances Miklós Almási, 1989-03-31 The Listener Life is Just an Illusion ALAN R. PETERS, 2023-10-09 Life is just an Illusion Albert Einstein won a Nobel Prize for his ,1947 General Theory of Relativity published in 1915 which dealt with the behaviour of large inter planetary objects and was a major contributor to the Theory of Quantum Mechanics which deals with the behaviour of microscopic particles like electrons protons and even smaller particles But the two theories did not agree with each other and are still not reconciled Albert Einstein allegedly once remarked that Life is just an Illusion albeit a persistent one Did he suspect the truth The Phase Michael Raduga, 2014-07-19 This book is the newest version of The Phase A Practical Guidebook for Lucid Dreaming and Out of Body Travel Michael Raduga This guidebook is the result of ten years of extremely active personal practice and study of the phase lucid dreaming out of body experience 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 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 TABLE OF CONTENTS Part I What is the Phase Chapter 1 The Enigma Chapter 2 The Search for an Answer Chapter 3 The Answer Part II How to Enter the Phase Today Part III The Phase Practitioner s Practical Encyclopedia Chapter 1 General Background Chapter 2 The Indirect Method Chapter 3 The 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 Techniques Chapter 13 Putting a Face on the Phenomenon Chapter 14 Final Test Chapter 15 The Highest Level of Practice Chapter 16 Real Examples of Phase Experiences Appendix Version 3 0 2015

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