

# **Navigating The Other Worlds**

**Version 1.0**

**by Joe Russa a.k.a. SUNEYE**

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Navigating The Other Worlds - Version 1.0 by Joe Russa (SUNEYE)

We spent years of researching perfecting our methods for your benefit. If you find our research of value and if anyone you know is interested in finding more information about our methods, it would mean very much to our research team and I if you forward them to our site.

## **For Lucid Dreams**

### **CREATING YOUR WORLD**

If you had a lucid dream (you can learn how to induce lucid dreams, quickly and effortlessly, by ordering one of the SUNEYE Induction Methods at our website), you might have encountered the problem of not being able to create or change the dream environment to whatever you desire. I believe that this is more a subconscious restriction because, in our daily lives, we cannot change the physical environment by just thinking about it. The only way we could change the physical environment we are in is by physically moving ourselves to another place. When we try to change our dream environment in thin air, our mind believes that it is an impossible task.

Having this theory in mind, we must then find other means to be able to manipulate our dream environment. I have found several methods that have worked which involved slight forms of hypnosis.

When hypnotizing yourself during a lucid dream, you have to give detailed instructions on the changes that you want to see and visualize the desired result. During a lucid dream, if you want to see a hot gorgeous model (just an example), be as detailed as possible on the type of model that you would like to see. If you want a blonde haired blue eyed woman, then say so. If you want the model to look like Pamela Anderson (we are

allowed to dream), then say that you will see Pamela Anderson. Then visualize the model, as you would like to see her.

You have told your mind what you would like to see, now, you just need to convince your mind that it could be done. If you just tell your mind to make the model appear in thin air, your mind will not know how to do this, so, you will need to give further suggestions. The following techniques have helped me in manipulating and manifesting my dream environment.

### **360°**

I first heard of this spinning technique through a friend on the Internet. It was originally called the spinning technique. But how the Lucidity Institute already had a different technique with the same name, I decided to give it another name that describe the method.

All of the techniques that you will see in this chapter involve the theory that I have explained above, the 360° technique being no exception. Basically, the technique involves giving a detailed suggestion, visualizing what you want to see (as explained above), and then, turning around in a 360° circle. You should then see the desired image.

If your image is somewhat off the desired goal, you will have to give a more detailed suggestion, and then, turn around again. Keep doing these steps until you are able to see

the image exactly as you desire. Remember that the secret is to be very specific of the results you want.

### **On The Other Side**

Making something appear out of thin air is difficult in a lucid dream, so just convince your mind that your desired goal is somewhere else, which you will find by going there. For instance, if you are close to a big tree, then tell yourself that your desired goal is behind that tree. Just go behind that tree and see if your wish has been granted.

You could do the same with a door. Tell yourself that your desired goal is behind a door, and then, open it. Whatever environment you are in, tell yourself your desired goal is behind it.

### **Close Eye**

This is another method that I found very useful. Using your sense of touch can easily put you in the dream environment that you desire. With this technique, just close your eyes in the dream and imagine being in the environment that you wish. Then, start touching your surroundings to solidify the environment. When you open your eyes, you should be in the desired environment.

### **Mirror**

Instead of seeing an image, why not, become that image. This technique will transform you into a desired image. All you have to do is look into a mirror and imagine what is looking back is the person or object you would like to be. Then tell yourself that you are that image. If you were detailed about the desired goal, you should feel yourself being that image.

### **Specific Thinking**

As you have noticed, most of the techniques in this chapter involved the use of detailed thoughts to create a desired environment. Once you have become proficient using the other techniques, all you would need to do is to think, in detail, of your desired environment, and it should appear right in front of you. For instance, if you would like to see a Corvette in front of you, just think in detail of the Corvette that you would like to see. Then, tell yourself that it will appear right in front of your eyes.

Once you have mastered the specific thinking technique, you should have no problem in making your lucid dreams exactly the way that you want them to be.

## **MAKING LOVE IN THE OTHER WORLD**

Having sexual intimacy in a lucid dream can be a very powerful experience. You also do not have to worry about catching venereal diseases and are limited to the type of experience you want. Many people have claimed that the powerful sensation of sexual intimacy in a lucid dream surpasses that of the physical.

You first have to create your sexual partner or world. Like stated in the section 'Creating Your World', the main thing you have to remember is that you will need to be specific in the type of experience you will have.

Not only do you have to be specific in how your partner will look, you will also have to be specific in how you want your partner's personality to be like. Details like how they will talk, smell, dress, etc., will add to the experience.

It may be smart to create a scheme of how the experience will be like before you go to sleep. This way, when you become lucid, you will already know what is it that you want. There may be a specific act that you may want performed or specific scenery that you may want to be in. All of this will help you create the settings you want.

## **PROLONGING AND CLARIFYING THE EXPERIENCE**

There will be times when having a lucid dream that you will notice difficulty in maintaining lucidity. It feels like you are trying really hard to hold on to your awareness, but keep loosing control of the dream. The dream then continues on its own course.

You may also notice at times that the clarity of the dream, even though it probably surpasses that of the physical, may not be as clear as usual. By clarity, we not only mean the visuals of the dream, but also, how clear your other senses are in the dream.

During our research, we have noticed that the main reason this occurs is because the conscious mind is too tired and sleepy to hold awareness, weakening the clarity and making the lucidity short. So, a good method would be one that would have the mind refreshed and rested as to be able to hold on to awareness, therefore, increasing the length of lucidity and clarity.

There is one such method that has been redesign to increase the length of lucidity and clarity ten folds, which is also an out-of-body and lucid dream induction method. This method is called SUNEYE Method 1 and may be ordered at our website.

There are also other little tips and tricks you may use that may help in increasing lucidity and clarity a little longer. These techniques will be discussed below.

### **Reach Out and Touch (or look) Someone**

This form of clarifying a lucid dream has been very useful to me on many occasions.

There are two ways you could use this method. You could either look real close at an object, touch an object or do both.

When looking at an object in a dream, you want it to be so close to your face, that you could almost touch it with your nose. You will be quite surprised in noticing how detailed your mind could be. This increased focus will cause your mind to see images in detail making the experience last longer.

You could also try touching the object. Close your eyes in the dream, which will make everything, turn black. Now, extend your dream arms to touch an object. This will increase your focus causing your mind to see things in more detail. You may also touch an object with your eyes open.

### **Detailed Suggestions**

There is nothing more powerful than the power of suggestion, and using it in to increase lucidity and clarity is no exception. By yelling out a command to increase lucidity and clarity, forces your mind to oblige the command. One good method from the Lucidity Institute is to yell the suggestion, "Increase clarity now!" Of course, you could change the suggestion to say something else of the same nature. The suggestion has to describe your

desired goal exactly. You could also say, “Right now, everything will be sharp and clear!”

### **Third Eye Focus Technique**

If you read SUNEYE Method 1, you will see how a person who has tried the method describes the results of using the third eye focus technique. He says that his scenery became vivid when trying the third eye focus technique during an out-of-body experience. Another person wrote to me, telling me the same results during a lucid dream using this technique.

Later on, I will give you detailed instructions on how to perform the third eye focus technique exactly as instructed by the Yogis, but for now, understand that it entails the moving of your eyes to the Ajna chakra.

The third eye, or Ajna chakra, as Yogi text calls it, is located in the center of the head, above and behind eye level. Modern science calls it the pineal gland, approximately 9-mm x 6-mm, and does not understand exactly what its function may be, but do agree that it is affected by light.

Many texts have claimed shifting of consciousness when the third eye is focused upon. Hypnotists usually induce hypnosis to a subject by having them look up at a shiny object, not only because it causes eye fatigue, but also because it causes the mind to accept

suggestions easier. Yogis believe that concentrating on the third eye causes psychic powers because of this same reason.

The power from the third eye focus technique comes from the ability to make a subject focus on a single thought. It is a powerful focus of the subconscious making the technique the easiest way to make your mind accept your most wanted desires. It is like a magnet, in which, once focused upon, all of your mental suggestions become sucked in by your subconscious.

The third eye is a direct doorway to your subconscious and that is why the Yogis believe that, out of all the meditation methods, the third eye focus technique is the best way to calm the scattered mind. These are the reasons I use it in SUNEYE Method 1.

It has made it extremely easy for my students and I to control a stressful mind. When focusing on the third eye, you easily lose awareness of your physical body. All of your trespassing thoughts dissipate and single-minded concentration on a thought increases.

The Yogis deeply believe that, once the Ajna chakra is opened through focusing upon, the powers of astral projection and dream control are achieved. They do not focus on the third eye chakra for these reasons, though, but to reach enlightenment.

The people that have tried the third eye focus technique in SUNEYE Method 1 say that they notice an increase of clarity in their thoughts, as if their subconscious mind accepted every suggestion they inputted. When they stopped using it, their OBEs and LDs began to

decrease. Mark tried the technique and realized how it focused his self-hypnotic suggestions:

*“By concentrating on my third eye, I found that no other thoughts entered my head. Except, those of “I will induce a lucid dream”, “I will induce an OBE” and small clips of what it would be like to go to the place where I saw a couple of shooting stars when I had gone out the night before... I fell asleep quite quickly compared to other nights this week.”*

Djey noticed immediate results using this technique in her meditation:

*“Adding Joe Russa’s “third eye focus technique” to my usual formulas of cycles-through the chakras and meditation, had immediate results. First night/morning experienced clear hypnagogic images, pale green and then a very sharp colorful landscape... Practice “third-eye concentration” again for about five minutes and soon felt gentle vibrations and buzzing in ears.”*

Jagan and I became really good friends during his training. He told me that his out-of-body experiences and lucid dreams were very blurry. I told him to try the third eye focus technique during his OBEs and LDs and see if it makes a difference:

*“My scenery is not that bright during my OBEs. Last night I sat down on the floor during the OBE and meditated on my third eye. From then on, the scenery became vivid. Maybe that is what I have to do for some time before I continue with the rest of the experience.”*

The following is the detailed instructions on how to perform the third eye focus technique as seen on many Yogi texts.

*“...Roll-up the eyeballs until they are fixed at a point on the forehead, between the eyes- in much the same way as the Yogis do... This method is a strain upon the eyes, but is one which has been found very effective, - as the result of numerous experiments and experiences.”<sup>1</sup>*

To assure that you are doing this method effectively, I will try to make the instructions a little clearer from the research that we have performed. With your eyes open, place the tip of your finger between your eyebrows just above the eyes. Move the tip of your finger perpendicularly away from your face 3 inches (use a ruler to help you estimate the length). Now, try to look at the tip of your finger as clearly as you can. This is the position you want your eyes to be in when you close them. While keeping sight of your fingertip, close your eyes.

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<sup>1</sup> Higher Psychological Development-The teachings of the Yogis by Hereward Carrington. 1983, NewCastle Publishing Co., Inc. North Hollywood, California.

Another person that tried SUNEYE Method 1 had problems doing the third eye focus technique her first time. Clairity soon realized that it became a lot easier the second time around.

*“I went back to my couch, put my earplugs in, dimmed the light a little and did the third eye technique for 5 minutes. I find that what seems to work for me is stating "everything is a dream" and "I am dreaming" as I focus on my third eye. BTW, I can now roll my eyes to my third eye and hold them there until I decide to stop (I could only do this for less than a minute when I first started this technique).”*

When you feel that your lucid dream is beginning to fade, just stop what you are doing and look at your third eye. Try doing the third eye focusing technique both, with your eyes open, and then closed, to see which ones works better for you.

### **Spin Around**

This technique is a technique that can help maintain lucidity for limited period of time. It is like a quick boost that can help give you a quick way of increasing lucidity and clarity.

Basically, as soon as you are about to black out of consciousness, you immediately spin yourself around until you feel that your level of lucidity and clarity has increased.

## **LEARNING TO FLY**

A common problem that you may face in a lucid dream is the inability to fly. You start to run really fast and, as you pick-up speed, you put your arms in front of you ready to fly. As soon as you are a couple of feet above the air, you fall down to the ground with a bounce.

This is common with many people trying to fly really high in the sky in a lucid dream. There are two reasons for this. First, as you start to fly, you get a ticklish sensation that can become painful as you start to climb altitude. Second, you subconsciously expect that flying is impossible and prepare your legs to land.

To avoid the ticklish sensation, dream about taking some anti-ticklish pill before flying. If your mind does not believe that there is such a medication, you could imagine injecting yourself with novocaine in the areas that you feel ticklish.

To avoid the heavy legs, just let yourself float a couple of feet above the ground, while not letting your legs become heavy or ready to land. Realize that there is no as gravity in the dream world and, little by little, start flying higher and higher.

Another way to help in flying is to imagine yourself with wings. These wings could be a part of your body or ones you created. Whatever wings you imagine, make sure that you

tell yourself that the wings are very durable and will be able to help you fly as high as you want with no problems.

## **TURNING LUCID DREAMS INTO OUT-OF-BODY EXPERIENCES**

After people heard that I am able to turn my lucid dreams into out-of-body experiences, I received tons of letters asking me how it I did it.

Turning your lucid dreams into out-of-body experiences is not an easy task. I have noticed that if I have a lucid dream in the middle of the night, I can hardly turn it into an out-of-body experience. But, when my lucid dreams occur during the morning hours, it becomes extremely easy. I really suggest trying SUNEYE Induction Method 1, which you could order at the website.

Even though the procedures to turn lucid dreams into out-of-body experiences may look simple, it will definitely take some time before you see results.

During a lucid dream, you need to become aware of your physical body in order to induce an out-of-body experience. Before going to sleep, remember exactly the way your physical body is lying and its location inside your room. Once you are in the middle of a lucid dream, tell yourself that you will go to the location where your physical body is sleeping. You could choose to fly or run there. By stating your suggestion, your dream body will take you to the location where your physical body is lying.

Once you are next to where your physical body is lying, all you need to do is merge with it. In other words, just jump right in.

There are two things you need to be aware of. First, you might not see a body there, or you might see something else. Whatever it is, your mind already knows that your physical body should be there, so you just lie in that area. Second, once you give the suggestion that you will go to the location where your physical body is sleeping and you head there, everything might happen so fast, that you might not even become aware when your dream body merges with your physical.

What eventually should happen, is that, you will wake up in a paralysis state, which is the state prior to having an out-of-body experience.

If you try SUNEYE Induction Method 1, you could choose to have an out-of-body experience or a lucid dream just by stating so. This is because that method was specifically design for you to have much control of your experience.

## **For Out-of-Body Experiences**

### **GETTING OUT OF YOU BODY**

One problem you may face when inducing out-of-body experiences (you can learn how to induce out-of-body experiences, quickly and effortlessly, by ordering one of the SUNEYE Induction Methods at our website) is being able to get out of your body from the paralyze state.

It starts out by you inducing an out-of-body experience and waking up to find yourself completely paralyzed. This is completely normal as your mind is wide-awake but your body is deeply asleep. At this stage, you are ready to get out of your body, but you will notice that no matter how hard you try, it feels that you are glued to your physical body.

There are three techniques you can use to liberate yourself from your physical body. The first one is to flip yourself backwards. The second one is to roll yourself to the side. The last one is to use mental suggestions.

#### **Back Flip**

While lying down, you want to throw yourself backwards. You might notice that you have liberated your conscious body from the physical, but are still stuck at the head. You will want to kind of tug or yank yourself free.

This will take a couple of retries until you feel that you are at a distance from your physical body. The closer you are to your body, the stronger the pull the physical body has on you.

### **Side Roll**

The side roll is one of the easiest ways to liberate yourself from the physical body. The only problem is that, once you start rolling, it will take extra effort to stop as you will be rolling and rolling.

While lying down, simply roll yourself to whichever side you like. Give yourself the mental command to stop rolling when you have rolled far enough from your body to free yourself of the pull it has on you.

### **Mental Suggestions**

This technique is also an easy one. The only problem is that you will have to focus strongly on the suggestion to free yourself from your physical body.

Basically you give yourself the suggestion to float out of your body. You concentrate on that thought by imagining and feeling yourself float out. Once you distract yourself from that thought, you immediately are pulled back into your physical body. You also want to

float yourself as far as you can from your physical body to free yourself from the pulling effect it has.

## VERIFYING YOUR EXPERIENCE

Even though you may know that your experiences are real, you should always them because it builds self-confidence, which in turn brings even more powerful experiences. The following is an excerpt from my journal describing how I verified my experience.

*"...All of sudden the door to my living room opened. I saw my sister entering quietly trying not to disturb my deep slumber (so she thought) as she placed her keys on the sofa beside me. She then opened the door to my mother's room and went inside.*

*I noticed that my helper was not there any longer so I decided to get out by myself. I tried clawing at the floor with no success. I even reached the doorknob across the room to pull myself out, buy nothing happened. I felt I was glued at the waist by a rubbery stringy substance. I felt hopeless getting out and forced myself to wake up from this paralyzed state.*

*Even though I knew that all of this was not a dream, I needed to prove myself that it was not a hallucination. I checked to see if I correctly saw my sister placing her keys on the sofa. I was surprise to see that they were not there. This was strange, I could have sworn seeing my sister place the keys on the sofa. I started doubting if my sister even came in.*

*I went to my mother's room to see if she entered and was relieved to see her there. I asked her if she just came in and she replied she did. She further explained that she tried to walk in quietly not to awaken me and apologized because she thought she did. I did not*

*want to raise any suspicions about my paranormal abilities by asking her if she put her keys on the sofa, so I decided to look again. I needed to prove myself that what I was experiencing was not a hallucination. I looked again at the sofa, but this time, I pulled the sofa cushions out of the way. Yes! There they were between the cushions. "*

One thing you may have noticed was that I did not want to raise any suspicion. Unless you can completely trust the person about your abilities, it is best that you remain quiet. Trust me, you will save yourself a lot of headaches if you do not open your mouth about your experiences. On my manual 'Conquering Fear', which you may order through the SUNEYE website, you will learn the turmoil I went through when I tried to share my paranormal abilities to friends.

## **FINDING ANYTHING ANYWHERE AND GETTING BACK**

One of the greatest things about out-of-body experiences is the ability to go to any person, place or thing, and witness exactly what is happening at that time. You might wonder how you are going to get from point A to point B without a map. Well, there are three ways you can travel to a destination. You may walk, fly, or transport yourself to your destination like in the Star Trek movies.

Walking is simple - you just walk. Understand that you do not have any legs. Your mind is simply recreating the action of walking.

Flying and gliding is also easy, but you might need to get use to it for a while. Sometimes, you fly like superman, but other times you just glide in the sky standing up.

The easiest and fastest way to get to a destination is by transporting yourself there. One thing you need to understand about out-of-body experiences is that, your mind is completely in control of the experience and the slightest thought can manipulate the environment. So, let's say you want to visit a spouse and see what they are up to, all you have to do is think about him/her, and then give yourself the command 'take me there'. Now, you do not have to only say that command and can use other ways of transporting. The idea is to be able to imprint the desire in your head and finding a way to get you there. I know people that imprint the desire in their heads, and then they raise their hands like superman and fly to the destination at lightning fast speed. I have a friend who flies

high in the sky and then imprints the idea. He then sees a beam of light coming towards him from the destination that grabs him to it.

How about if you want to visit a place that you have never been before? It seems there is a driving force that could take you to a destination just by saying it. For instance, I wanted to visit Iceland because I heard that some of the most beautiful women in the world could be found there (naughty me, hey, it's my experience). I immediately was transported to a big open space area filled with grass. The only clue that I got that it might have been Iceland was that it was cold and cloudy, but that could be anywhere.

## **CREATING YOUR WORLD**

Creating or manipulating anything when having an out-of-body experience is different and harder than in a lucid dream. For starters, you are not really creating or manipulating anything, you are more like forcing a hallucination.

As you can imagine, this takes considerable amount of concentration from your part, but it could be done. One day, to prove if I could create something while out of my body, I gave myself the suggestion that I will see something, it could be anything, crawl up the wall. After waiting for a while, nothing happened. I then started convincing myself that there was something there and focused on that thought. After what seemed to be a couple of minutes, I was able to hallucinate what I thought to be a crab fish crawl up the wall.

The secret is to convince yourself that your desire is already there and focusing on seeing it appear. The power of suggestion plays a crucial role in these stages. If you mentally give yourself commands, the more likely the desire will materialize in front of your eyes.

### **PROLONGING AND CLARIFYING THE EXPERIENCE**

There may be times when you experience myopic vision when out-of-body travelling. This will make it difficult for you to see clearly and make you want to shorten your experience.

The best way that our researchers and I know how to prolong and clarify out-of-body experiences is to use SUNEYE Induction Method 1, which is specifically designed for inducing, prolonging, and clarifying lucid dreams and out-of-body experiences. If you are interested you may order the method at the SUNEYE website.

Another way you can, more or less, prolong and clarify your experience is to use the third eye focus technique. As discuss earlier, this technique has been long known focus your desires. If you wish to use this technique, go to page 11 of this manual.

## **MAKING LOVE IN THE OTHER WORLD**

Having sexual intimacy during an out-of-body experience is very different than lucid dreams or physical sex, even though, it has been known to be the most orgasmic experience a person could feel. There are three ways that you could have sexual intimacy while out of your body. The first is to find willing partner that is also having an out-of-body experience. The second is to sexually advance yourself to a sleeping person. The third is to create a partner to your taste.

Let's start with the first one. Once you are out-of-your body, you will find that there are other people, like you, who are also having out-of-body experiences. Many of them are there because they have discovered the powerful pleasures from sexual intimacy while out of the body.

Once you find a willing partner, you have to face your partner and merge with them. This is kind of difficult to explain, but it is like you are entering their conscious, as they are yours. The feeling is very overwhelming and may pull you back into your body. Once you have experience, you could stay merged for a longer period of time.

The second way is to advance yourself to the conscious body of a sleeping person. The Monroe Institute has discovered that every human being unconsciously projects every night. The unconscious body floats around six inches above the physical body several times during sleep. That is why many people claim to have had a falling dream or a

sinking feeling before they wake up. This is because they became aware of their unconscious body going back into their physical body.

You would impose yourself to an unconscious body the same way you do to a conscious one. You float over it and try to merge with it. If the unconscious body has still not projected from the physical, you may merge into the unconscious mind of the person by merging with the sleeping physical body. The person you imposed yourself onto may wake up having had a dream of a highly erotic nature.

Now, I am not here to judge or give moral advice. So, it will be up to you to decide if this type of action would be considered as a form of rape. I only tell you the information, which you can choose to accept or disregard.

For the final way to have sexual intimacy while out of your body, you will need to create a partner. For more information on creating things while out of your body, read page 25 of this manual. Basically, you will merge as previously stated to the partner you created. Now, this form of sexual intimacy may not be as orgasmic as the previous two. Either way, I believe it surpasses anything experienced in the physical.

## CONCLUSION

Lucid dreaming and out-of-body experiences will take time to conquer, but with practice, you will be able to master these phenomenons. These tools will become of much value as time passes by as you find their uses are limitless. For now, practice makes perfect.

One thing that you may notice once you start having these phenomenons is that, if you stop practicing, trying to gain these abilities again will be harder. So, make sure that once you start, do not stop.

Every time you have these phenomenons, the experience will be different. There is much to learn, but on thing is for sure, your life will never be the same after this.

Finally, if you had any success with this manual, please, we would really appreciate it if you could leave your success stories in our 'Membership Testimonial' section of our website at <http://fly.to/suneye> .