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Gateway To The Inner Self

# *Lucid Dreaming Gateway To The Inner Self*

Simply the Most Effective Approach to  
Inducing Lucid Dreams & Out of Body

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Experiences. This breakthrough book tells you everything you need to know on how to start experiencing extremely advanced lucid dreams and OBEs using the LDS (Lucid Dream Supplement) induction technique. This is the first comprehensive guide that explains how to use natural, non-

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prescription, and healthy supplements to induce some of the most profound experiences that humans can achieve. A conscious mind in a sleeping brain: the title of this book provides a vivid image of the phenomenon of lucid dreaming, in which dreamers are consciously aware that they are

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dreaming while they seem to be soundly asleep. Lucid dreamers could be said to be awake to their inner worlds while they are asleep to the external world. Of the many questions that this singular phenomenon may raise, two are foremost: What is consciousness? And what is sleep?

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Although we cannot provide complete answers to either question here, we can at least explain the sense in which we are using the two terms. We say lucid dreamers are conscious because their subjective reports and behavior indicate that they are explicitly aware of the fact that they are asleep and

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dreaming; in other words, they are reflectively conscious of themselves. We say lucid dreamers are asleep primarily because they are not in sensory contact with the external world, and also because research shows physiological signs of what is conventionally considered REM sleep.

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The evidence presented in this book-preliminary as it is-still ought to make it clear that lucid dreaming is an experiential and physiological reality. Whether we should consider it a paradoxical form of sleep or a paradoxical form of waking or something else entirely, it seems too

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early to tell.

The Automatic Writing Experience, AWE, is like having the world's greatest coach right in your back pocket. Ever grabbed the steering wheel, and yanked it to the side, just in the nick of time? Or ever picked up the phone to call someone, only to find



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they're already there! Inside of each one of us, is an inner wisdom just waiting to come out. It's the voice that had you turn the wheel or pick up the phone. And this inner knowing has the answers to your most pressing questions. Where do I go? What do I do? Why am I even here? Or even

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how do I get out of this mess? The answers are closer than you think and with The Automatic Writing Experience (AWE), a revolutionary process to enter a meditative state, put pen to paper, and watch the words flow, you'll have access to this incredible wisdom anytime you want. And the greatest

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thing is, you don't need any particular belief, spirituality, or even gift. This ability to tap in is available to everyone--especially you. In AWE, you'll quickly and easily learn how to tune into this wisdom, get answers, find direction, and point your ship almost anywhere you desire. You'll

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learn more about your life than you ever imagined! And using AWE, you'll tap into the most powerful manifestation tool, putting the law of attraction into action, helping attract your dreams, and much more.

PRAISE FOR AWE, THE  
AUTOMATIC WRITING EXPERIENCE

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""Michael is a powerhouse of information to change your life in ways that are emotional and physical, especially when you have been faced with any kind of hardship or struggle. His knowledge and tool chest is not just one thing, but many that have already brought peace, newfound

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strength and inspiration to the ones that need it the most." " -Anthony William #1 New York Times best-selling author and the originator of the global celery juice movement. "This book will show you exactly how to discover your inner power and wisdom through a powerful process of taking

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pen in hand. " -CHRISTIANE  
NORTHRUP, MD, New York Times  
best-selling author "AWE is your step-  
by-step guide to tapping into the  
wisdom of the cosmos and the infinite  
potential available from that source. "  
-Dawson Church, Award-winning  
author of Bliss Brain: The

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Neuroscience of Remodeling Your Brain for Resilience, Creativity and Joy. " Michael demonstrates how the method of automatic writing brought him back from the brink—and how it can deliver breakthroughs in your life. This book is a user's manual to your inner resources. " -Mitch Horowitz,



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Author of The Miracle Club "Automatic writing is a powerful spiritual practice that supports your personal connection to the divine. " -Kyle Gray, Best-selling author of Angel Prayers and Raise Your Vibration "Drawing on an ancient practice and the latest in deep mind techniques, Michael Sandler helps

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you plug into the power Source that can guide you to manifest the life of your dreams. " -Dr. Joe Vitale, Author of Zero Limits "Michael Sandler is an insightful and generous teacher, and many will find this book to be an invaluable tool for accessing the wisdom of the Higher Self. " -Paul

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Selig, Author of Alchemy, A  
Channeled Text  
"Learning how to listen to your intuition and your direct spiritual guidance is the only way we move forward with our lives." -Sandra Ingerman, MA, Award winning author of 12 books including Walking in Light and The Book of Ceremony  
"Read

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what Michael has to share and help to know your true self and heal. " -Bernie Siegel, MD, Author of No Endings Only Beginnings and with grandson Charlie Siegel, the poetry book, When You Realize How Perfect Everything Is "Most of us in the quiet time of writing feel inner peace and spiritual renewal.

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But until now only the inimitable Michael has pulled this perennial experience into a full-fledged spiritual practice to be engaged in with uplifting creative energies that arise from the very depths of our inner being. " - Stephen G. Post Ph.D., Founding director of the Institute for Research

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on Unlimited Love and author of Why Good Things Happen to Good People " As Michael points out, you don't need to be religious, spiritual or even believe in any kind of higher power—you just need to follow his simple technique and you'll find yourself connected to an infinite

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wisdom that's available to help guide you through life." -Bill Bennett, Author and Director of PGS and Facing Fear  
"A big 'Woo Hoo!' to Michael Sandler for taking the 'Woo Woo' out of automatic writing! He approaches what has long remained a mysterious process of attuning to higher guidance

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and makes it easy and accessible for all. " – Suzanne Giesemann, Author of Messages of Hope and The Daily Way messages "In The Automatic Writing Experience (AWE), Michael Sandler provides a proven process for illuminating the path of the most sacred journey we will every take—to



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self-love and self-worth. "-Nancy  
Levin, Best selling author of Setting  
Boundaries Will Set You Free

"Michael's book will have you diving  
into AWE in no time, plugging into your  
inner spirit, and rediscovering your  
true power. " – Anne B é rub é P.h. D.,  
Author of Be Feel Think Do: A Memoir

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"Michael's expertise at receiving guidance from Spirit combined with his easy-to-follow approach will have you communicating with the heavens in record time. " – Julie Ryan, Medical Intuitive, Medium and Psychic "If you are someone who wants a personal transformation of how you think and

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communicate, but also has a desire to explore the untapped wisdom and spiritual guidance that is just waiting to come through you, this book is probably what you've been looking for.

" -Dr. Michael Lennox, Psychologist and Astrologer "The wisdom in this book borrows from many different

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psychological, philosophical and spiritual traditions and merges them all into one unique system of Sandler's creation that offers us practical and simple practices that can bring us great healing and insight. " – Jonathan Hammond, Author of The Shaman's Mind—Huna Wisdom to Change Your

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Life "If you want to live your greatest life, way outside the box, and better than you ever imagined, then you need to dive into AWE. " -Brant Pinvildic, Author of The 3 Minute Pitch, CEO INvelop Entertainment

"This methodical introduction teaches you both the science and spirituality of

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dreaming. You'll practice developing dream awareness and apply the discoveries you make while sleeping toward improving your waking hours. Lucid dreaming can help you heighten your focus, prioritize your core values, and be more observant"--Back cover. The Automatic Writing Experience

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(AWE)

The Lucid Dreaming Workbook  
A Comprehensive Guide to Promote  
Creativity, Overcome Sleep  
Disturbances & Enhance Health and  
Wellness

Learn to Lucid Dream  
The Profound Daytime Practice of

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Lucid Dreaming

Lucid Dreaming and Mindfulness of  
Dream and Sleep

Lucid Dreaming for Beginners

- Provides an extensive inventory of beginning, intermediate, and advanced tools and practices for



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meaningful lucid dreamwork and shows how dreams can shape our conscious reality if we incorporate them into waking life • Offers guidance to help you overcome mental or physical obstacles, including ways to

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stop sleep paralysis •  
Examines supplements to aid  
lucid dreaming practice and  
increase the vividness and  
recall of dreams Dreams  
offer a gateway into our  
psyche. Through lucid  
dreaming--when you have

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conscious awareness during sleep--you can access and interact with the subconscious mind for greater self-awareness, personal development, and transformation. In this step-by-step guide to dreamwork,

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Lee Adams provides tools and techniques for encouraging, remembering, and using lucid dreams for personal growth as well as how to have big dreams that leave a lasting impact. Beginning with an overview of the history of

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Lucid dreaming, he shares  
tried-and-true foundational  
practices to get you  
started--practices for  
before sleep, during sleep,  
and after dreaming. Drawing  
upon Jungian depth  
psychology, recent research

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in neuroscience, and years of personal dream practice, Adams then offers an extensive inventory of intermediate and advanced methods to support meaningful dreamwork, such as the Wake Induced Lucid

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Dreams technique (WILD), where you fall asleep while conscious and transport your active awareness into a dream state. He also explores dream companions, symbols of the unconscious mind, dream interpretation,

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and working with the shadow side of the self. He examines how dreams can shape our conscious reality if we incorporate them or their symbols into waking life. He offers guidance to help you overcome any mental



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or physical obstacles you may encounter, including ways to stop sleep paralysis. He also examines supplements to aid lucid dreaming practice, improve dream recall, and increase the vividness of dreams,

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such as Alpha-GPC, 5-HTP, Silene undulata, Mugwort, the mushroom Lion's Mane, and Galantamine. With this practical guide, you can ignite your mind's capacity to wake up to your own dreams and restructure your

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world to be more attuned to your deeper self.

Some of the greatest of life's adventures can happen while you're sound asleep.

That's the promise of lucid dreaming, which is the ability to alter your own

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dream reality any way you like simply by being aware of the fact that you're dreaming while you're in the midst of a dream. There is a range of techniques anyone can learn to become a lucid dreamer—and this book

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provides all the instruction you need to get started. But B. Alan Wallace also shows how to take the experience of lucid dreaming beyond entertainment to use it to heighten creativity, to solve problems, and to

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increase self-knowledge. He then goes a step further: moving on to the methods of Tibetan Buddhist dream yoga for using your lucid dreams to attain the profoundest kind of insight.

Awaken to the transformative

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power of your dreams, travel to the most exotic locations free of charge, and bring back a treasure trove of insights to benefit yourself and others in your waking life! Have you ever realized you're dreaming—inside your

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dream? If so, you've experienced a lucid dream. Lucid dreaming, also known as conscious dreaming, is simply knowing that you're dreaming while being able to remain in the dream without waking. And by learning to



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stay aware inside your dreams, you can learn more about yourself, the world, and the universe than you ever imagined! In this exciting guide, lucid dreaming expert Andrew Holecek offers a step-by-

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step approach for developing and honing the skills necessary to awaken to these dazzling dreamscapes—and the amazing truths to be discovered there. This engaging workbook blends ancient wisdom with modern

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knowledge to teach you the science behind lucid dreaming, the benefits of practicing this visionary art, and a variety of ways to induce these remarkable dreams. Use this wonderful workbook to: Experience

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unexplored passions Discover the richness of your inner world Learn from your subconscious Develop your talents while you sleep Go beyond the bounds of your waking life With these exercises and meditations,

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you'll embark on an incredible journey to explore the deep inner space of your dreaming mind and learn how to take control of your dreams to guide them toward the experiences you want to have. You'll also

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learn about the stages of lucid dreaming, how they interconnect, and how the spiritual aspects of dreaming are related to life and death. Lucid dreaming can take you to places you've never been before—and

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this book has everything you need to start having these astounding dreams tonight. Do you ever wonder what answers are waiting for you, buried deep within your subconscious? Bring lucidity to your dreams to help

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unlock the secrets of your unconscious mind! Lucid dreaming is the practice of taking control of your dreamscape. Most people think about exciting their slumber with flight through lucid dreaming, and while



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this is entirely within the lucid dreamers reach, it also offers up much more than that. Expert Robert Waggoner, who has logged over 1000 lucid dreams, shares his experience to help illuminate your dream

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world. Learn how to dream with intention and accomplish goals in your sleep. Peppered with personal stories, Waggoner shows you what to look for, how to stay focused, and how to log your lucid dreams to

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make the process of connecting to your subconscious mind easier with every doze. Lessons in focus and attention while sleeping help you become mindfully aware of your interactions in the real

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world as well. Lucid dreamers boast improved cognitive function, deeper sleep, and an alertness to the inner workings of their psyche. The elusive and intriguing world of lucid dreaming is now open to you

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with The Lucid Dreaming Pack. Complete with a book to guide along you along the process of taking control of your dreams and an 80 page dream journal for you to log all of your unconscious adventures. No night stand

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is complete without it.

Dreaming Yourself Awake

Dream Yoga

Over 60 Powerful Practices  
to Help You Wake Up in Your  
Dreams

A Visionary Guide to Lucid  
Dreaming

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Lucid Dreaming, Shamanic  
Healing, and Psychedelics  
Find The Gateway To Dream  
World. Learn How To Improve  
Your Sleep With Meditation,  
Control Your Awakening, And  
Let Your Inner-Self To  
Travel. A Easy Guide Made To

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Master Your Conscious  
Sleeping.

A Beginner's Guide to  
Becoming Conscious in Your  
Dreams

Dreams are the seeds of change.  
Nothing ever grows without a  
seed, and nothing ever changes



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without a dream. - Debby  
BooneBeing unable to kiss  
someone you want to kiss is  
hurtful. What if you can kiss her  
or him in their dream and not in  
your dream? Dreaming is natural,  
that is what Freud said in his  
book. Lucid dreaming is magical

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and you know it is true. But what if you can enter someone's dream, like in Inception? Is it possible to enter your lover's dream? It is possible to "send a kiss" to someone? It is not a possibility. It is certain. This is the time to end your suffering from

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being unable to kiss someone you love. You start it from their dreams and then it will come true. Based on the experiences and experiments done in various dream schemes, the writer shares the easiest techniques to "intrude" someone's dream.

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However, it is done in a lucid dreaming state. That's why you need to be re-introduced to the lucid dreaming first. Your reading on the dream theories and lucid dreaming the hard-way is just enough. Although there is no "shortcut" to do that, you don't

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need any collateral frustration as you may have right now. Take the chance now with this easy-to-read and short book to enter the dream world of your lovers. Then, make it real. If you want to make a change, dream it first.

An accessible introduction to the

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theory, practice, and innovative techniques behind becoming lucid in your dreams Lucid dreaming is the art of becoming conscious within your dreams. Charlie Morley has been lucid dreaming since he was a teenager and has trained with both Eastern and

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Western experts in this profound practice. In this introductory guide, Charlie explains how lucid dreaming is a powerful gateway into the subconscious mind and how it can help the reader transform, improve and heal all areas of their life. In this book,

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the reader will learn to use the virtual reality of the dream state to:

- Explore creative ideas -
- Understand addictions and unhealthy behaviours -
- Heal phobias and overcome fears -
- Forgive the past -
- Live a more awakened life

This title was



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previously published within the Hay House Basics series.

A world-renowned expert in lucid dreaming and Tibetan dream yoga guides us into the tradition's daytime practices, a complement to the nighttime practices taught in his previous book *Dream Yoga*.

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Most of us are absolutely certain that we're awake here and now—it's a given, right? Yet, according to Tibet's dream yoga tradition, ordinary waking life is no more real than the illusions of our nightly dreams. In his previous book *Dream Yoga*,

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Andrew Holecek guided us into Tibetan Buddhism's nocturnal path of lucid dreaming and other dimensions of sleeping consciousness. Now, with *Dreams of Light*, he offers us an in-depth, step-by-step guide to its daytime practices. Known as the "illusory

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form” practices, these teachings include insights, meditations, and actions to help us realize the dreamlike nature of our lives. Through an immersive exploration of the tradition, beginners and seasoned practitioners alike will learn

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everything they need to deeply transform both their sleeping and waking hours. “If you’ve struggled to awaken in your dreams,” teaches Holecek, “these techniques will often spark spontaneous lucidity during sleep. And if you’re already a successful

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lucid dreamer, they will open you to new depths of experience throughout your day.” For those wishing to explore Tibetan Buddhism’s profound path for awakening to the true nature of reality—day or night—Dreams of Light shows us the way.

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Mind, body, spirit.

+ How to Enter Someone's Dream

A Dream Journal & Guide Into the  
World of Lucid Dreaming

Advanced Lucid Dreaming - The  
Power of Supplements

Llewellyn's Complete Book of  
Lucid Dreaming

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The Art of Lucid Dreaming  
Extraordinary Dreams and How to  
Work with Them

Methods for Working with the  
Deep Dream State

***Lucid Dreaming Gateway to the  
Inner Self Moment Point  
Press Inc***



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*Lucid dreams are dreams in which a person becomes aware that they are dreaming. They are different from ordinary dreams, not just because of the dreamer's awareness that they are dreaming, but because lucid dreams are*

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*often strikingly realistic and may be emotionally charged to the point of elation. Celia Green and Charles McCreery have written a unique introduction to lucid dreams that will appeal to the*

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*specialist and general reader alike. The authors explore the experience of lucid dreaming, relate it to other experiences such as out-of-the-body experiences (to which they see it as closely related) and*

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*apparitions, and look at how lucid dreams can be induced and controlled. They explore their use for therapeutic purposes such as counteracting nightmares. Their study is illustrated throughout with many case*

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*histories.*

*Learn how to wake up in your  
dreams for creative insights  
and beautiful spiritual  
adventures The Art of Lucid  
Dreaming is a quick and easy  
guide to help you get lucid  
fast. Dr. Clare Johnson,*

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*world-leading expert on lucid dreaming, shares her best practical tips and a unique Lucidity Quiz that identifies your personal sleeper-dreamer type so you can fast-track to the techniques that work best*

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*for you. When you are lucid in a dream, you can choose to ask your unconscious mind for guidance, perform healing magic, seek creative solutions to problems, and explore the dream realm more profoundly than ever before.*

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*With over sixty practices and fifteen tailor-made lucidity programs to get you started, this hands-on guide helps you set up your own custom program for achieving lucidity as quickly as possible. Focusing on how to*



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*get lucid, stay lucid, and  
guide your dreams, this book  
shows how to transform your  
nightly slumber into an  
exciting spiritual adventure  
that fills your life with  
meaning.*

*From a more cognitive*

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*psychology stance and focus,  
and aimed at beginners,  
shows the reader how to  
enter and fully experience  
lucid dreaming, and teaches  
how to: consciously decide  
what actions to perform,  
explore dream space (or the*

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*contents of your  
subconscious), interact with  
dream figures, conduct  
personal and scientific  
experiments, be free of  
waking-state limitations  
(e.g., flying, walking  
through walls, and*

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*discovering creative solutions to waking issues).*  
*How to Lucid Dream Tonight:  
The Lucid Dreaming Gateway  
to the Inner Self!*  
*Lucid Dreaming  
A Concise Guide to Awakening  
in Your Dreams and in Your*

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*Life*

*My Adventures in Lucid  
Dreaming*

*A Beginner's Guide to Waking  
Up in Your Dreams*

*Gateway to the Inner World*

*The Lucid Dreaming Pack*

**Master Lucid Dreaming and**

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**Control Dreams With the Best  
Techniques to Dream Big.  
You're about to discover a  
proven strategy on how to  
lucid dream and control your  
dreams so that you can  
experience and create an**

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**extraordinary life. In this lucid dreaming book, you will learn dream interpretation and how to master the art of lucid dreaming with the best I have learned over years of research and experimenting so you can**

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**tap into the natural powers  
you already possess to  
conquer your dreams in the  
easiest and fastest way. Lucid  
dreaming is one of the best  
skills anybody can develop  
with a little bit of practice and**



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**this book will teach you how  
to use lucid dreams to create  
your ideal world, improve  
creativity, meet anybody you  
want, create imaginary  
characters that can help you  
solve any problem, heal**

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**yourself, be able to fly, travel through time and much more. By learning how to lucid dream your dream world is a world of infinite possibilities. The average person sleeps almost half of their life and by**

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**learning to effectively lucid dream: we can take advantage of all this time and dreams and get the right insights, boost our creativity, heal ourselves emotionally, and do whatever we can think of. Just imagine,**

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**no limits!! And as a result, to use the special techniques in this lucid dreaming book you will live a more fulfilling life both in your dream world and your conscious life. If you want to begin lucid dreaming**

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**for the first time or you are already in a more advanced level of lucid dreams, this book has valuable information that can help you get there faster in a much more effective way Experience lucid**

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**dreaming on another level. If you have tried some techniques but haven't been able to produce any results with your dreams or only average results, it's because you are lacking an effective**

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**strategy and techniques that produce outstanding results. This lucid dreaming e-book goes into a step-by-step strategy that will help you take control of your dreams, experience strong lucid**

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**dreams, and therefore have high levels of pleasure, happiness, a sense of achievement, and a much better quality of your dream world and in real life. Here Is A Preview Of What You'll Learn**



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**in this awesome lucid  
dreaming book... Dream Big  
What Lucid Dreaming Feels  
Like Master Lucid Dreaming  
Skills Use Reality Checks  
Dream Interpretation Solve  
Problems Master Lucid**

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**Dreaming Techniques How to  
Take Lucid Dreams To The  
Next Level Extra Effective  
Lucid Dreaming Techniques  
And Much, much more!  
Download your copy of Lucid  
Dreaming today!**

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**"[A] solid how-to book...For  
amateur dream researchers,  
this is a must." WHOLE  
EARTH REVIEW This book  
goes far beyond the confines  
of pop dream psychology,  
establishing a scientifically**

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**researched framework for  
using lucid dreaming--that is,  
consciously influencing the  
outcome of your dreams.**

**Based on Dr. Stephen  
LaBerge's extensive  
laboratory work at Stanford**

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**University mapping mind/body relationships during the dream state, as well as the teachings of Tibetan dream yogis and the work of other scientists, including German psychologist Paul Tholey, this practical**

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**workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more. From the Paperback edition.**

**Wake Up in Your Dreams and**

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**Live a Happier, More Lucid  
Life A lucid dream is a dream  
in which you become aware  
that you're dreaming. It's a  
powerful opportunity to solve  
problems, create new  
possibilities, take charge of**

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**your own healing, and explore the depths of reality. This book provides a range of practical techniques and activities to help you bring the creativity and super-conscious awareness of lucid dreaming**



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**into your life. Join  
international expert Clare R.  
Johnson as she shares the  
most up-to-date lucid  
dreaming techniques on how  
to get and stay lucid, guide  
dreams, resolve nightmares,**

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**deepen creativity, and integrate dream wisdom into everyday life. Drawing on cutting-edge science and psychology, this book is packed with inspiring stories of life-changing lucid dreams**

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**and fascinating insights into topics such as the ethics of dream sex, how to interact with lucid dream figures, and the nature of consciousness. Whether you're a person who barely remembers your**

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**dreams or a lifelong lucid dreamer, this in-depth guide is the perfect next step as you cultivate the power of lucid dreaming. Praise: "Dr. Clare Johnson has energetically led the way in revealing the**

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**limitless practical and spiritual potential of lucid dreaming, so far-reaching it can change the world. Her clearly-written book is destined to become essential reading for all those interested in lucid dreaming. It**

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**points out the essential phenomena of lucid dreaming, and then amazes us by opening its extraordinary major vistas to us, that reveal the true glory and limitless potential of our inner universe.**

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**This is a significant book."—Dr. Keith Hearne, the scientist who provided the world's first proof of lucid dreaming in 1975, and inventor of the world's first Dream Machine**  
**While lucid (consciously**

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**aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to**



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**interact consciously with the dream observer-the apparent Inner Self-within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner**

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**aspects as the Subliminal Self, the Centre, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only**

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**possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's**

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**psyche as well.**

**How to Turn Your Journaling  
into Channeling to Get  
Unstuck, Find Direction, and  
Live Your Greatest Life!**

**Creative Dreaming**

**Lucid Dreaming, Plain and**

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**Simple**

**Conscious Mind, Sleeping  
Brain**

**Powerful Techniques for  
Awakening Creativity and  
Consciousness**

**Wake Up to Sleep**

*Page 125/248*

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## **An Exploration of Consciousness**

**A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening • Offers methods to improve lucid dreaming**

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**abilities and techniques for  
developing superpowers in the  
dream realm • Explains how to  
enhance dreaming with supplements,  
herbs, and psychedelics • Explores  
the ability of lucid dreamers to  
communicate with the waking realm**

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**and the potential for shared lucid dreaming and access to our unconscious minds In a lucid dream, you “awaken” within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception**



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**of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way,**

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**lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness,**

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**heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness. In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more**

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**than 20 years' experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence**

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**McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for**

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**improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm.**

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**Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast**

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**unconscious regions of our minds,  
opening up a path that takes us  
beyond dreaming and waking to  
dreaming wide awake.**

**Have You Always Had Vivid Dreams  
Starting From Your Childhood?  
Would You Like To Master Them**



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**Like Leonardo Di Caprio In The Movie "Inception"? Well, I think that in each case, you should keep reading... It's night, you're in bed, everything around is calm, and you know that when you close your eyes you will let your mind go...and**

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**everything will start. It's like having a second life or finding yourself in a place so far from waking reality...in a dimension where you can realize your desires. Maybe the first time that you've tried, you were flying through the clouds, so high that you**

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**could see how little the world below you was. Other times you had extraordinary conversations with spirit guides, your Heroes, or your favorite idols. But most of the time, you're unable to dream this way every night, you cannot choose to**

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**dream whenever you want. However, at the very moment when you are in the most marvelous frame of your dream, you lose the lucidity, and you let the dream continue unconsciously... Does it sound familiar? What if you could choose**

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**your dream like a movie on Netflix's library? What would you do if could decide to dream every night "on-demand", with incredible self-control and maintaining the lucidity for the entire dream? Discover how all could be possible with "Lucid**

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**Dreaming for Beginners", a pragmatic manual with practical advices and helpful tips for those who are at the first experience in Lucid Dreaming. Among all the topics, inside of this book, you will find: How to develop the intention to**

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**have a lucid dream How to prepare  
for your first lucid dream The 5  
benefits of lucid dreams 7 things to  
do in a lucid dream 7 things to never  
do in lucid dreams How to wake up  
from a lucid dream 9 habits and  
traits of successful lucid dreamers**

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**\*BONUS\*: How to become an  
Oneironaut You may think that  
Lucid Dreaming is not for everyone  
and that just a few people can make  
the most out of it... ...however,  
thanks to the suggestions inside this  
book, you will learn how it is easy for**



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**anyone to start from the bottom and to become able to sail and explore the oceans of your Dream World. Get Immediately A Copy Of This Book Now!**

**The shadow is the part of us made up of all that we hide from others:**

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**our shame, our fears and our wounds, but also our divine spirit, our blinding beauty and our hidden talents. The shadow is not bad in fact it is the source of our creativity and power but until we bring it into the light this power will remain**

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**untapped and our full potential  
unreached. Using practical exercises  
sourced from lucid dreaming and  
dream-work, Tibetan Buddhism and  
mindfulness meditation, this book  
explores how to: transform the dark  
and light shadow side, meet the**

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**shadow through your dreams,  
unlock your creativity and transform  
nightmares through lucid dreaming.  
This book will show you how to  
fearlessly embrace your shadow side  
in both your dreams and daily life,  
thereby manifesting the awakened**

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**power of your full potential.**

**Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved ones—or total strangers—out of thin air.**

**Imagine experiencing your nighttime dreams with the same awareness you**

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**possess right now—fully functioning memory, imagination, and self-awareness. Imagine being able to use this power to be more creative, solve problems, and discover a deep sense of well-being. This is lucid dreaming—the ability to know you**

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**are dreaming while you are in a dream, and then consciously explore and change the elements of the dream. A Field Guide to Lucid Dreaming, with its evocative retro illustrations, shows exactly how to do it. Written by three avid,**

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**experienced lucid dreamers, this manual for the dream world takes the reader from step one—learning how to reconnect with his or her dreams— through the myriad possibilities of what can happen once the dreamer is lucid and an**



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**accomplished oneironaut (a word that comes from the Greek oneira, meaning dreams, and nautis, meaning sailor). Readers will learn about the powerful REM sleep stage—a window into lucid dreams. Improve dream recall by keeping a**

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**journal. The importance of reality checks, such as “The Finger”—during the day, try to pass your finger through your palm; then, when you actually do it successfully, you’ll know that you’re dreaming. And once you become lucid, how to**

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**make the most of it. Every time you dream, you are washing up on the shores of your own inner landscape. Learn to explore a strange and thrilling world with A Field Guide to Lucid Dreaming.  
Gateway to the Inner Self**

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**Perspectives on Lucid Dreaming  
Illuminating Your Life Through  
Lucid Dreaming and the Tibetan  
Yogas of Sleep**

**Lucid Dreaming Made Easy**

**Mastering the Art of Oneironautics**

**Plan And Control Your Dreams To**

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**Develop Creativity Overcome Fears  
Solve Problem**

**Dreaming Wide Awake**

**Lucid dreaming—becoming  
fully conscious in the  
dream state—has  
attracted legions of**

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those seeking to explore their vast inner worlds. Yet our states of sleep offer much more than entertainment. Combining modern lucid dreaming principles with the time-

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tested insights of  
Tibetan dream yoga makes  
this astonishing yet  
elusive experience both  
easier to access and  
profoundly life-  
changing. With Dream

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Yoga, Andrew Holecek  
presents a practical  
guide for meditators,  
lucid dreamers ready to  
go deeper, and complete  
beginners. Topics  
include: meditations and



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techniques for dream  
induction and lucidity,  
enhancing dream recall,  
dream interpretation,  
working with nightmares,  
and more.

**Dreams of Awakening is a**

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thorough and exciting  
exploration of lucid  
dreaming theory and  
practice within both  
Western and Tibetan  
Buddhist contexts. It  
not only explores lucid

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dreaming practices, but  
also the innovative new  
techniques of  
Mindfulness of Dream and  
Sleep, the holistic  
approach to lucidity  
training which the

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author co-created. The book is based on over 12 years of personal practice and the hundreds of lucid dreaming workshops which Charlie has taught

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around the world, in venues as diverse as Buddhist temples and dance-music festivals. Using a three-part structure of Ground, Path and Germination the

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reader is given a solid  
grounding in: . the  
history and benefits of  
lucid dreaming . cutting  
edge research from dream  
and sleep scientists..  
entering the path of

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learning to do the  
practices. prophetic  
dreams, lucid living,  
out of body experiences  
and quantum  
dreaming. Although Dreams  
of Awakening presents

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many different angles on how to make the 30 years we spend asleep more worthwhile, the fundamental aim of the book is to teach people how to lucid dream their



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way to psychological and spiritual growth. This book is for all those who want to wake up, both in their dreams and waking lives.

In a lucid dream, you're

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aware that you're  
dreaming . . . so you  
can transform your  
dreams into fabulous  
adventures. From flying  
to traveling through  
time to visiting loved

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ones in spirit form,  
this book makes it easy  
for you to experience  
anything you wish.  
Popular author Mark  
McElroy presents a  
simple and effective

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90-day plan for  
achieving lucid dreams.  
Along with step-by-step  
instructions and  
practical tips, Mark  
shares entertaining and  
enlightening stories

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from other lucid  
dreamers. Once you've  
mastered self-awareness  
while sleeping, you can  
use lucid dreaming to:  
Live your fantasies  
Improve health and

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wellness Discover past  
lives Consult dream  
guides Enhance your  
spirituality Solve real-  
life problems Explore  
alternate realities  
Lucid Dreaming is an

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exciting new book that explores the 'Why? How? Wow!' of waking up to life by becoming conscious in your dreams. This book contains: a host of tips

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**and techniques for  
becoming lucid in your  
dreams holistic and  
spiritual benefits of  
living a more awakened  
life amazing, real-life  
case studies**



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contributions from the  
world's leading lucid  
dreaming experts  
learning modules  
designed to help you  
wake up to your full  
potential! Hay House

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**Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a**

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enhance your  
wellbeing, Hay House  
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you results!**

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**Dawning of the Clear  
Light**

**A Field Guide to Lucid  
Dreaming**

**A Guide to Lucid Dreams  
That Teaches You How to  
Lucid Dream and Control**

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**Dreams**

**Dreaming Through**

**Darkness**

**The Paradox of**

**Consciousness During**

**Sleep**

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## **Dreams of Awakening**

*This is an absorbing account of a dialogue between leading Western scientists and the foremost representative of Buddhism today, the Dalai Lama of Tibet. For modern science,*

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*the transitional states of consciousness lie at the forefront of research in many fields. For a Buddhist practitioner these same states present crucial opportunities to explore and transform consciousness*

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*itself. This book is the account of a historic dialogue between leading Western scientists and the Dalai Lama of Tibet. Revolving around three key moments of consciousness--sleep,*



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*dreams, and death--the  
conversations recorded here  
are both engrossing and  
highly readable. Whether the  
topic is lucid dreaming,  
near-death experiences, or  
the very structure of  
consciousness itself, the*

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*reader is continually surprised and delighted. Narrated by Francisco Varela, an internationally recognized neuroscientist, the book begins with insightful remarks on the notion of personal identity*

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*by noted philosopher Charles Taylor, author of the acclaimed Sources of Self. This sets the stage for Dr. Jerome Engel, Dr. Joyce MacDougal, and others to engage in extraordinary exchanges with the Dalai*

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*Lama on topics ranging from  
the neurology of sleep to  
the yoga of dreams.*

*Remarkable convergences  
between the Western  
scientific tradition and the  
Buddhist contemplative  
sciences are revealed. Dr.*

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*Jayne Gackenbach's discussion of lucid dreaming, for example, prompts a detailed and fascinating response from the Dalai Lama on the manipulation of dreams by Buddhist meditators. The*

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*conversations also reveal provocative divergences of opinion, as when the Dalai Lama expresses skepticism about "Near-Death Experiences" as presented by Joan Halifax. The conversations are engrossing*

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*and highly readable. Any reader interested in psychology, neuroscience, Buddhism, or the alternative worlds of dreams will surely enjoy Sleeping, Dreaming, and Dying.*

*Lucid dreaming has been*

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*acknowledged for centuries,  
but has till lately remained  
a rare and little recognized  
phenomenon. My own  
scientific and personal  
explorations, together with  
the findings of additional  
dream researchers across the*



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*world, have merely started to shed light on this strange state of consciousness. Lately, this fresh research field has captivated the attention of the population outside the domain of scientific dream*

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*research as studies have demonstrated that given suitable training, individuals may learn to have lucid dreams. It has been stated that "everything is dependent on remembering," and this is*

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*surely true of lucid  
dreaming. Learning to recall  
your dreams is essential if  
you wish to learn how to  
dream lucidly. Till you have  
excellent dream recall, you  
won't bear much probability  
of bearing many lucid*

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*dreams.*

*Lucid Dreaming: Gateway to  
the Inner Self is the  
account of an  
extraordinarily talented  
lucid dreamer who goes  
beyond the boundaries of  
both psychology and*

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*religion. In the process, he  
stumbles upon the Inner  
Self. While lucid  
(consciously aware) in the  
dream state and able to act  
and interact with dream  
figures, objects, and  
settings, dream expert*

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*Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the dream observer - the apparent Inner Self - within the dream. At first this seemed shocking, even*

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*impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however,*

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*that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to*



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*understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid*

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*dream state and suggestions for how experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who*

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*is interested in  
consciousness, identity, and  
the definition of reality.  
Lucid Dreaming is a book  
based on modern science has  
revealed the secrets of the  
ancient art of dreams. This  
area of research has*

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*recently attracted a wide range of attention when it turned out that with appropriate training virtually anyone can learn to enter lucid dreaming. The book is the best guidance available for developing*

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*lucid dreaming abilities and  
using them creatively.*

*New Perspectives on*

*Consciousness in Sleep*

*Shine Light Into the Shadow*

*to Live the Life of Your*

*Dreams*

*Find the Gateway to Your*

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*Dream World. Learn How to  
Improve Your Sleep with  
Meditation and Let Your  
Inner-Self to Travel  
Tips and Techniques for  
Insight, Creativity, and  
Personal Growth  
Sleeping, Dreaming, and*

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*Dying*

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*Perspectives on*

*Consciousness in Sleep [2*

*volumes]*

*Exploring the World of Lucid*

*Dreaming*

Have You Always Had Vivid Dreams

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Starting From Your Childhood? Would You Like To Master Them Like Leonardo Di Caprio In The Movie "Inception"? Well, I think that in each case, you should keep reading... It's night, you're in bed, everything around is calm, and you know that when you close your eyes you will let your mind go...and everything will start.



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It's like having a second life or finding yourself in a place so far from waking reality...in a dimension where you can realize your desires. You're aware that you're dreaming, it scares you a little bit and excites you at the same time...and you let it happen. Maybe the first time that you've tried, you were flying through the

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clouds, so high that you could see how little the world below you was. Other times you had extraordinary conversations with spirit guides, your Heroes, or favorite idols. This is what regularly happens to those who experience Lucid Dreaming, the art of dreaming consciously. But most of the time, you have no total control over

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these experiences, and you would like to achieve more than you do. You're unable to dream this way every night, you cannot choose to dream whenever you want.

However, at the very moment when you are in the most marvelous frame of your dream, you lose the lucidity, you forget that you're dreaming, and you let the

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dream continue uncounsciously... ...and then you wake up, with that sense of frustration for not having concluded the dream. Does it sound familiar? What if you could choose your dream like a movie on Netflix's library? What would you do if could decide to dream every night "on-demand", with incredible self-control and

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maintaining the lucidity for the entire dream? Discover how all could possible with "Lucid Dreaming for Beginners", a pragmatic manual full of theory, practical advices, and helpful tips for whom is at the first experience in Lucid Dreaming.

Among all the topic, inside of this book you will find: - The levels of lucid

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dreaming - How to develop the intention to have a lucid dream - How to prepare for your first lucid dream - The 3 techniques to start and master lucid dreaming - How to hypnotize yourself in 5 steps - How to turn false awakenings into lucid dreams - The 5 benefits of lucid dreams - 7 things to do in a lucid dream - 7 things to never do

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in lucid dreams - How to wake up from a lucid dream - 9 habits and traits of successful lucid dreamers - \*BONUS\*: How to become an Oneironaut You may think that Lucid Dreaming is not for everyone and that just a few people can take the most out of it... ...however, thanks to the suggestions inside this book, you

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will learn how it is easy for anyone to start from the bottom and to become able to sail and explore the oceans of your Dream World. Get Immediately A Copy Of This Book To Start Your Dream's Adventures! Click On The "Buy With 1-Click" Button! My Adventures in Lucid Dreaming "Molfese's book create a wondrous bridge



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between our stressful lives and the mathematical vision of spirit.... - Lynn Andrews Author of the Internationally acclaimed medicine Woman Series. Great for both kids and adults! When you buy this book you will get over \$200 in special gifts. Bonus #1. One year Membership to [Hi\\_Dreamers.com](http://Hi_Dreamers.com) that includes:

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//www.hidreamers.com Get your FREE gifts now ! "A talented lucid dreamer with interesting insights and fresh experiences, Jerimiah Molfese writes with authority and understanding. Lucid dreaming is a revolutionary tool to explore consciousness. See what this unique state of awareness can do for you." - Robert

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Waggoner, author of the lucid dreaming:  
Gateway to the Inner Self.

One third of our lives is spent asleep,  
passively enduring the pleasures and  
terrors of our dreams. What if you could  
take charge of your dream life and  
transform slumber into a fun, enriching  
adventure? Step inside the exciting and

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gratifying world of lucid dreaming. Mark McElroy explores the stages of sleep and explains how to boost your lucid dreaming potential. Techniques for encouraging lucid dreams are punctuated by funny, enlightening anecdotes from the author and other lucid dreamers-sharing what they've learned. Once you've mastered

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self-awareness while dreaming, you'll be able to fly like a bird, visit loved ones who've passed on, fulfill sexual fantasies-anything you desire! This book also explores lucid dreaming as a gateway to personal insights, astral realms, past lives, personal goals, and more.

Discusses extraordinary dreams and offers

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suggestions for interpreting and appreciating your own extraordinary dreams.

A Step-by-Step Guide to Mastering Your Dream Life

Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation  
Dreams of Light



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Simple Techniques for Creating  
Interactive Dreams

5 Powerful Practices to Transform Stress  
and Trauma for Peaceful Sleep and Mindf  
ul Dreams

Lucid Dreaming For Beginners

**In this fascinating new**

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**collection, an all-star  
team of researchers  
explores lucid dreaming  
not only as  
consciousness during  
sleep but also as a  
powerful ability**

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**cultivated by artists,  
scientists, and shamans  
alike to achieve a  
variety of purposes and  
outcomes in the dream. •  
Presents a variety of  
expert perspectives on**

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**lucid dreaming from many  
different cultures that  
represent a breadth of  
disciplinary  
perspectives • Provides  
theoretical models that  
integrate scientific**

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**reason, mysticism, and  
individuals'  
experiences, making way  
for a new level of  
sophistication in the  
study of lucid dreaming**

- Offers practical**

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**insights for therapists,  
teachers, and  
researchers as well as  
students and scholars of  
psychology,  
anthropology, and  
religious studies while**

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**containing accessible  
information and  
compelling personal  
narratives that will  
appeal to general  
readers**

**From work-related stress**

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**to the serious effects  
of trauma, this book  
teaches practical  
techniques to achieve  
the best possible sleep.  
Struggling with restless  
nights? Achieve better**



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**sleep with this  
scientifically verified,  
holistic approach to  
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trauma-affected slumber.  
Inspired by his work  
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**sleep expert Charlie  
Morley explores how to  
combat the harmful  
effects of stress and  
trauma in order to  
achieve restful sleep  
and healing dreams. This**

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**guide shares more than  
20 body, breath, sleep  
and dreaming techniques,  
all proven to help  
reduce anxiety, improve  
sleep quality, integrate  
nightmares, increase**

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**your energy and  
transform your  
relationship with sleep.  
You'll discover: • a  
five-step plan that  
improves sleep quality  
in 87 per cent of**

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science of how stress  
and trauma affect sleep  
· yoga nidra and  
mindfulness practices  
for deep relaxation ·  
breathwork practices to**

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**regulate the nervous  
system · lucid dreaming  
methods to transform  
nightmares Whether  
you're experiencing  
stressed-out sleep or  
not, these powerful**

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**practices will help you  
optimize the time you  
spend dreaming so that  
you can sleep better and  
wake up healthier.**

**The average person  
spends nearly 25 years**

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**of their life sleeping.  
But you can get a lot  
more from sleeping than  
just a healthy night's  
rest. With the art of  
lucid dreaming—or  
becoming fully conscious**



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can find creative  
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emotional healing, gain  
rich insights into your  
waking reality, and much  
more. Now, with Lucid**

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discoveries—here is the  
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practices on CD (or  
download) include: Two  
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the lucid-dream state  
Two daytime exercises**

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