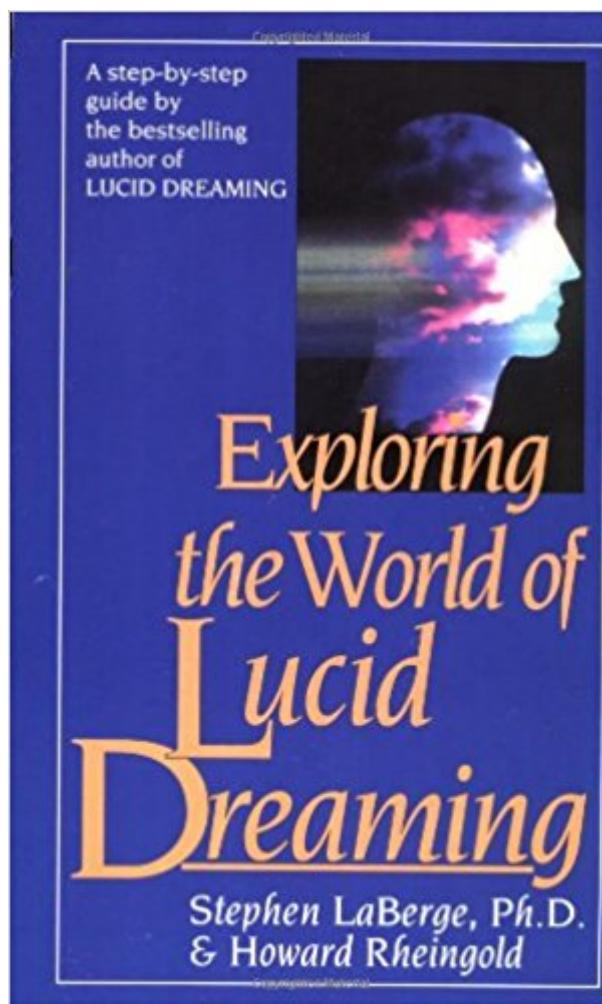


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# Exploring The World Of Lucid Dreaming



## **Synopsis**

"[A] solid how-to book...For amateur dream researchers, this is a must."WHOLE EARTH REVIEWThis book goes far beyond the confines of pop dream psychology, establishing a scientifically 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 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 workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more.

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## **Customer Reviews**

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REVIEW This book goes far beyond the confines of pop dream psychology, establishing a scientifically 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 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 workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more.

I read this years ago after having lucid dreams naturally. I didn't know that the dreams could be induced. Until I had read this book, I thought that such phenomena were random. This book worked so well for me that I have been buying it over and over again for friends. It's not a new age book. Lucid Dreaming is actually a distinct phase of dreaming which has been verified. Read the works of Allen Hobson and you will get to know a bit more about what happens when you sleep. Even though I continually read more books on the subject, this first book worked so well that I choose this one when buying as a gift.

I got a lot out of this book. I have been lucid dreaming more often since I read it. I learned how to control my dreams and overcome nightmares. This book helped me to go on adventures and deal with my issues. This book is a classic. It offers lots of useful and effective techniques as well as some lucid dreaming stories and some good philosophy too. I read this book years ago and then I gave away my only copy and then I wanted to read it again so I bought it a second time. A good book to keep by your bed. I recommend it.

Provides a LOT of different methods for generating a lucid dream. This book was made by the guy who scientifically proved lucid dreaming is possible.

If you have no idea what lucid dreaming is, or if you are trying to become better at it, this is your book. It is extremely clear and easy to read and you will find pretty much all of the information you will ever need here. I would recommend that you buy this one first, and then if you are interested in the subject, you can buy others to complement this one. I have more books on lucid dreaming, but this one is definitely my favorite and I always re-read it.

A small, yet concise book about Lucid Dreaming. It goes through lengths to describe how dreams

work, how to begin Lucid Dreaming, how to recognize when you're Dreaming so that you can go Lucid, and even how to prolong your Lucid Dreaming experience. I would highly recommend this book to anybody who's looking to begin Lucid Dreaming.

It's an enlightening read. Until I read the book, I could not describe the dreams I have had where I new I was dreaming and tried to control what was happening like some magical character and after reading book, it's an incredible sensation to do things that most people only dream about (pun intended). Exploring the world of lucid dreaming is a comprehensive treatise into the theory and application of lucid dreaming — a œ dreaming with the conscience awareness that you are dreaming. In this book, the author delves into every aspect which can very generally divided into how to have lucid dreams, what you can do in those dreams, then applying that to problem solving for personal growth. Using a combination of research and anecdotes, the author offers several methods and inspiration to encourage the reader to delve into the unique state of lucid dreaming and how controlling your dreams can result in personal breakthroughs and become a unique tool for problem solving. I really enjoyed this book. There are various methods to try out so the reader will have to find one that works best for them œ it's incredibly fussy too. Like learning anything new, consistency and perseverance are key for your results but well worth it if you have ever accidentally woken up in your dreams or just curious about what dreams are made of.

This book has a strong grasp of the subconscious. It tells many misconceptions about dreams. Shows that although dreams can have deep meaning and lead to enhanced understanding, they don't always have to. Some dreams are a means of maintaining your mental architecture. Some dreams are fantasies. Some do have deep meaning. Some are how the mind heals itself. It explains many mental triggers. Shows how imagery affects perception. How to deliberately build dreams and how those affect the waking state. This book can help readers gain a stronger connection to their dreams, and learn to treasure their dreams.

I give out books (I've stopped saying "loaned") and decided I needed another copy to "loan". Although I was already able to lucid dream, I learned many techniques to help me hone my skills from this book. It is dry at times but encouraging because this skill can usually be learned and is quite phenomenal when you begin doing it. I've also used the techniques to explore fears which lucid dreaming has helped to reduce quite drastically. Definitely something to explore and this book

is a good starting point. The author used to sell a device called the DreamLight (mentioned in the book) or the NovaDreamer which I also purchased (and "loaned") and regret doing so since it is not in production at the moment.

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