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## Lucid Dreams: What They Are and How to Experience Them

Lucid dreaming is a form of conscious dreaming that occurs during sleep. It can happen spontaneously or be induced purposefully before sleep. During a lucid dream, you are conscious and in control to a varying extent, depending on factors like skill, experience,

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and natural ability.

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Lessons in focus and attention while sleeping help you become mindfully aware of your interactions in the real 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 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 ...

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Powerful Lucid Dreaming Techniques. And then there are the advanced lucid dreamers. They can induce a lucid dream almost every time they go to sleep. Some of those top experts can induce a lucid dream while they are awake. This kind is then called a WILD in the lucid dreaming circles - a Wake Induced Lucid Dream. At this level it is hard to ...

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Introducing the Lucid Dreamer, Your Gateway to Dream Control. Just stick on the electrodes, choose your Dream settings from the phone app and drift off to sleep. Let the Lucid Dreamer do the rest and...

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The Lucid Dreaming Pack: Gateway to the Inner Self by Robert Waggoner. 21 ratings, 3.33 average rating, 2 reviews. The Lucid Dreaming Pack Quotes Showing 1-12 of 12. "To counter our intense cultural conditioning, we must possess a sense of curious engagement to venture into the unconscious.

### **Lucid Dreaming: Gateway to the Inner Self: Waggoner ...**

Lucid Dreaming IS a gateway to the Inner Self. Robert Waggoner s unique storytelling style is compelling reading an impressive exploration of the subject. The work is scholarly, fascinating, and, most of all, practical. --Christine Lemley, Executive Producer, DREAMTIME Series, WFYI/PBS-TV Indianapolis.

### **Home | Luciddreamscape**

Lucid dreaming, once considered a "fringe science" has been accepted as a scientific reality but the depths have yet to be fully probed. If you have any interest in lucid dreaming, whether you have experienced it yourself, are curious about it, or just want to, this book is a must-have. I was well worth

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every penny I paid.

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