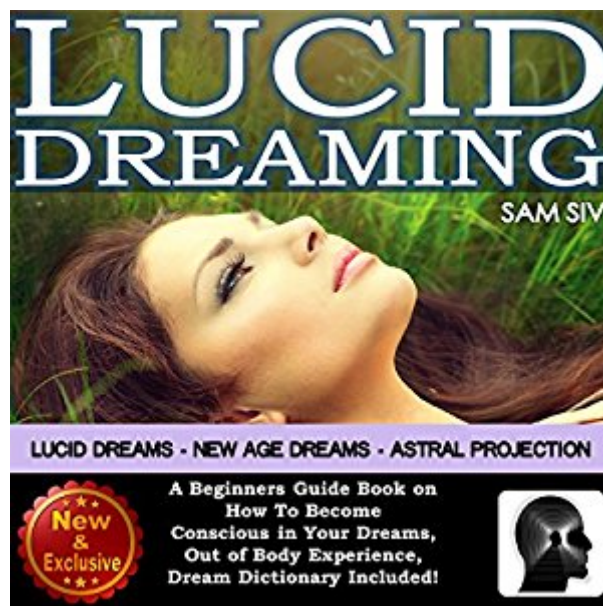


The book was found

Dreams: Lucid Dreaming - Lucid Dreams - New Age Dreams: A Beginner's Guide Book On How To Become Conscious In Your Dreams: Dream And Sleep, Volume 2



Synopsis

Discover the incredible power of lucid dreaming. Control and experience your dreams consciously. What is a lucid dream? Lucid dreaming is the process of dreaming with complete consciousness of the dream. Sleep is an involuntary feature of being human. Even though our body and conscious mind take a rest, our subconscious mind - the most powerful weapon in our arsenal - never takes a break. It continues weaving possible universes and scenarios relevant to you. This is not a new phenomenon. In fact, the history of sleep, dreams, and lucid dreaming dates back into the ages of Egyptians and Greeks. Do you want to be able to use your lucid dreams, and script the dreams you want? Would you like to sleep better? Are you interested in a dictionary on what some common dreams mean? If you answered yes to any of the above questions, then this book is for you. In *Dreams: Lucid Dreaming*, you will learn the answers to all of those questions and much more. You will learn: A brief history of dreams How to understand the dream state - how and why we dream How new age lucid dreams work An understanding of lucid dreams with a lucid dream encyclopedia A deeper understanding of lucid dreams In addition, you will learn how to experience a lucid dream through: 1. Dream recall 2. Reality testing 3. Using the MILD technique 4. Napping

Book Information

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Customer Reviews

I'm very big into dreams and their meanings. I 100% believe that your dreams are there to guide you when you need it or expose an underlying fear or concern that you need to address. I also know for a fact that you have the ability to control your dreams once you learn to do so. This is something my

father taught me many, many years ago and I have practiced it since. Every night before bed continuously tell yourself "I am only dreaming and I control what happens." Say it in your head over and over and over until you fall asleep. Eventually, while you're dreaming you will remember this and you will be able to manipulate your dreams as you wish whether that be getting out of a frightful experience or even flying in your dreams; you can definitely do it with practice. My response to my dream depends on what I feel my dream is about. If I feel like it's bringing something to my attention I will walk through it without altering it. If it's scary or threatening; I change it. Sometimes I just break away from the world and soar above the land. It all takes practice, but once you figure out how to do it your options are truly limitless. With all that being said, I was really interested in this book and excited to see what kind of information these pages held. The first 7 pages of this book are really boring and full of obnoxious errors. There's really nothing there to keep the reader hungry for more. I had to force myself to keep reading and then it finally got interesting around page 10. I think it's great that this book offers so many techniques to use to begin controlling your dreams, since no two people are alike and what works for me may not work for you. Do not expect an overnight change with any technique you choose to use.

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