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## Exploring The World Of Lucid Dreaming Stephen Laberge

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Exploring The World of Lucid Dreaming by Stephen LaBerge

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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 ...

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Exploring the world of Lucid Dreaming by Stephen LaBerge & Howard Rheingold is a practical book for people interested in lucidity, the practice of controlling your dreams, overcoming nightmares. From principles of lucid dreaming to what happens after it.

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Exploring the World of Lucid Dreaming is indeed a gateway into a whole new world. It makes you realize – if you haven't yet – that the inherent power of your mind to shape your reality is just enormous. Because the book comes from two academics, it seems safe to trust their guidance and try lucid dreaming for yourself.

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1 The World of Lucid Dreaming The Wonders of Lucid Dreaming I realized I was dreaming. I raised my arms and began to rise (actually, I was being lifted). I rose through black sky that blended to indigo, to deep purple, to lavender, to white, then to very bright light.

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Lucid Dreaming-conscious awareness during the dream state-is an exhilarating experience. Because the world you are experiencing is one of your own creation, you can do the impossible and consciously influence the outcome of your dreams. Exploring the World of Lucid Dreaming goes far beyond the confi...

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During a Lucid dream, you are able to consciously go anywhere that you would like, without the normal limitations that you would experience. So you could literally dream yourself to the moon, and be fully conscious the entire time! Want to learn how? Click here to fully indulge yourself into the wonderful world of lucid dreaming!

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