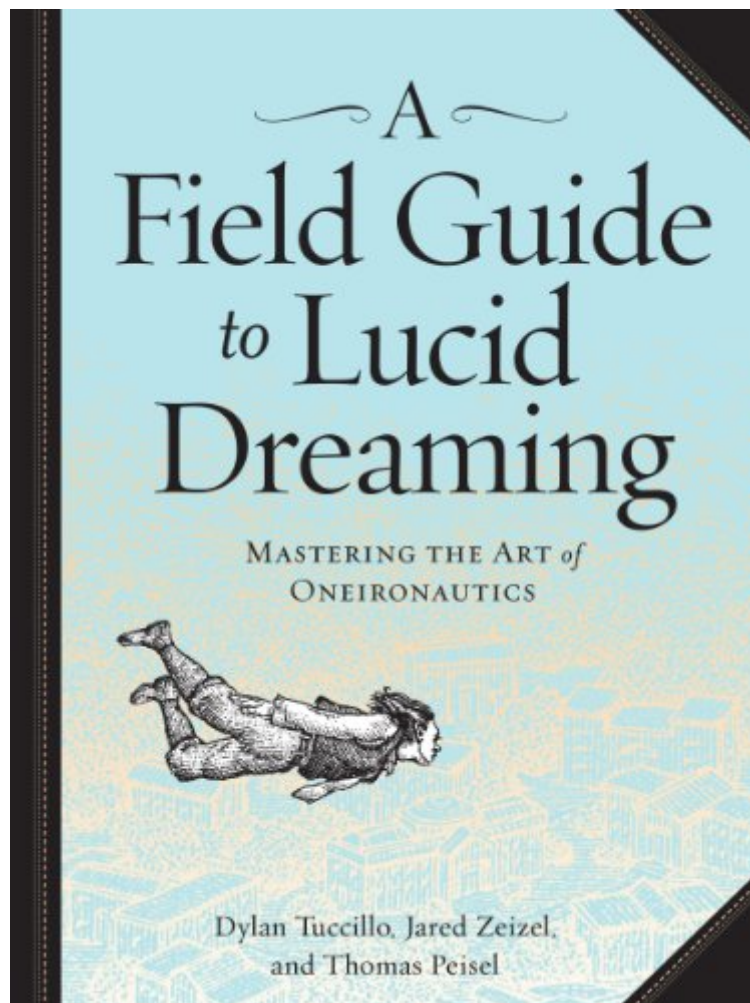




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A Field Guide To Lucid Dreaming: Mastering The Art Of Oneironautics



Synopsis

Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved onesâor total strangersâout of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right nowâ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 dreamingâthe ability to know you 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, experienced lucid dreamers, this manual for the dream world takes the reader from step oneâlearning how to reconnect with his or her dreamsâthrough the myriad possibilities of what can happen once the dreamer is lucid and an accomplished oneironaut (a word that comes from the Greek oneira, meaning dreams, and nautis, meaning sailor). Readers will learn about the powerful REM sleep stageâa window into lucid dreams. Improve dream recall by keeping a journal. The importance of reality checks, such as âThe Fingerââduring the day, try to pass your finger through your palm; then, when you actually do it successfully, youâI know that youâre dreaming. And once you become lucid, how to 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.

Book Information

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Customer Reviews

Absolutely awesome book! Really well written with excellent information for beginners; laid out in an easy to understand way. The illustrations are also some of the best I've seen! Wish more books of this type were laid out in a similar way; fun and easy to follow while still containing plenty of information and tid-bits. Repurchasing because I gave my first copy away to a friend (: also makes a great gift!

I got this for my husband as a gift and he loves it - he finds it fascinating and well written. If you're interested in this topic, I think this book is a good choice.

Expressed and written in such a way that is Entertaining and most informative. The authors are very experienced and lay out and explain detailed but very easy to understand guides to help you achieve lucid dreaming quickly.

Great book very well written. I like the information and found it to be helpful and useful. Everybody has different experiences and different coding but if your open minded and like the idea of lucid dreaming you will enjoy this book

This book REALLY works.... I followed the directions and I SWEAR I had a Lucid dream every night. The only problem was that during the day I would be very tired. I am thinking that while I was 'lucid in my dreams' I was not actually getting any sleep. It works though, for sure!!

A very fascinating book to read if you are the type who loves to study on how lucid dreaming works.

This book helped me achieve the beginnings of a lucid dream! It's incredible to be able to access that gift!

Yet more techniques to try and take control of the stories in your dreams as you sleep.

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