

Exploring The World Of Lucid Dreams

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Exploring The World Of Lucid Dreaming By S. LaBerge and H. Rheingold | Summary | Free Audiobook *Lucid dreaming techniques, Stephen LaBerge* **Book Series: Exploring the World of Lucid Dreaming by Stephen LaBerge, Ph.D** Exploring the World of Lucid Dreaming (Chapter 1: The World of Lucid Dreaming) **Exploring the World of Lucid Dreaming (Chapter 2: Preparation for Learning Lucid Dreaming)**

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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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Exploring the World of Lucid Dreaming is a self-teaching curriculum, a step-by-step method for learning to have and use lucid dreams. You can learn at your own pace, and to your own depth, how to explore your lucid dreams and use them to enrich your life.

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