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Waggoner s unique
storytelling style is
compelling reading an
impressive exploration of
the subject. The work is
scholarly, fascinating, and,
most of all, practical.

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--Christine Lemley,
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As mentioned in previous
videos, Lucid Dreaming is an
important gateway to Astral
Projection - especially for
people who have not
succeeded using the other
techniques.

Lucid Dreaming: Gateway to
Astral Projection

Lucid dreaming has been
acknowledged for centuries,
but has till lately remained
a rare and little recognized
phenomenon. My own
scientific and personal

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explorations, together with the findings of additional dream researchers across the world, have merely started to shed light on this strange state of consciousness.

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Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the

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dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected.

Lucid Dreaming by Waggoner, Robert (ebook)

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, and natural ability.

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To explore lucid dreaming, try the following tips: Get more REM sleep. Since lucid dreaming usually happens during REM sleep, spending more time in this stage will increase your chances of lucid ...

Lucid Dreams: What They Are
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stumbles upon the Inner
Self.

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In *Lucid Dreaming: Gateway to the Inner Self*, you will read how experienced lucid dreamers have taken lucid dreaming to a whole new level. Using techniques and various mental approaches, you will learn how to construct a more stable, longer-lasting lucid dream, and use it as a platform for personal investigations and experimentation.

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