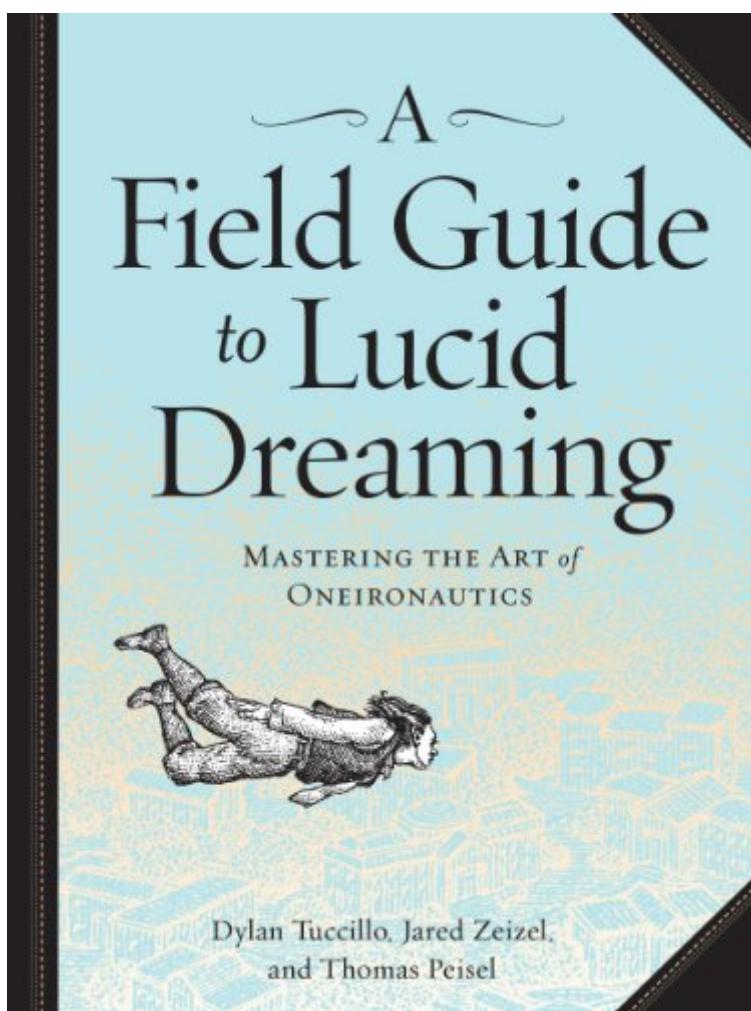


The book was found

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 ones—or total strangers—out of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right now—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 dreaming—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 one—learning how to reconnect with his or her dreams—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 stage—a window into lucid dreams. Improve dream recall by keeping a journal. The importance of reality checks, such as “The Finger”—during the day, try to pass your finger through your palm; then, when you actually do it successfully, you’ll know that you’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*.

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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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Lucid Dreaming Easy Beginners Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help) A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics How to Master Lucid Dreaming: Your Practical Guide to Unleashing the Power of Lucid Dreaming Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation how to do and use the correct lucid dream: How To Easily Lucid Dream Tonight! (Best Guide Of 2017) Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Dreams: The All-In-One Guide for Dream Interpretation and Lucid Dreaming to Uncover the Power of Your Subconscious Mind Exploring the World of Lucid Dreaming Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation Lucid Dreaming: Gateway to the Inner Self Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep Astral Projection: Learn The Secrets To Experience Out Of Body Control (Astral Travel, Consciousness, Lucid Dreaming Book 1) Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel Between the Gates: Lucid Dreaming, Astral Projection, and the Body of Light in Western Esotericism Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole Denizens of the Dreaming (Changeling: The Dreaming)

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