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Table Of Contents

Foreword

Chapter 1:
Why Explore This

Chapter 2:
Remembering and Journaling

Chapter 3:
Common Questions

Chapter 4:
What Is It Like

Foreword

Unusual, fantastic, and even inconceivable things regularly occur in dreams, but individuals commonly don't realize that the explanation is that they're dreaming. Commonly doesn't mean always and there's an extremely significant exception to this generality. Occasionally, dreamers do properly realize the explanation for the freakish occurrences they are going through, and lucid dreams, are the final result.

Empowered by the knowledge that the domain they're experiencing is a production of their own imagination, lucid dreamers may consciously determine the final result of their dreams. They may create and metamorphose objects, individuals, situations, worlds, even themselves. By the measures of the familiar world of physical and social reality, they may do the inconceivable.

The domain of lucid dreams supplies a more immense stage than average life for almost anything conceivable, from the frivolous to the sublime. You may, if you chose, enjoy an unworldly festival, zoom to the stars, or visit mystical lands. You may join those who are trying out lucid dreaming as a tool for problem resolution, self-healing, and personal maturation. Or you may research the implications of teachings from ancient customs and accounts from modern psychologists that indicate that lucid dreams may help you discover your deepest identity-who you truly are.

Lucid Dreaming And It's Benefits For Your Life

How to be in control for your dreams and your life.