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Lucid Dreaming IS a gateway to the Inner Self. Robert Waggoner's unique storytelling style is compelling reading an impressive exploration of the subject. The work is scholarly, fascinating, and, most of all, practical. --Christine Lemley, Executive Producer, DREAMTIME Series, WFYI/PBS-TV Indianapolis.

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

How to Lucid Dream Tonight: The Lucid Dreaming Gateway to ...

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 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.

Lucid Dreaming: A Gateway To Twin Flame Reunion - Twin ...

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 ...

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