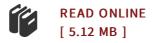




Dreams of Awakening: Lucid Dreaming and Mindfulness of Dream and Sleep

By Charlie Morley

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Dreams of Awakening: Lucid Dreaming and Mindfulness of Dream and Sleep, Charlie Morley, Dreams of Awakening is a thorough and exciting exploration of lucid dreaming theory and practice within both Western and Tibetan Buddhist contexts. It not only explores lucid dreaming practices, but also the innovative new techniques of Mindfulness of Dream and Sleep, the holistic approach to lucidity training which the author co-created. The book is based on over 12 years of personal practice and the hundreds of lucid dreaming workshops which Charlie has taught around the world, in venues as diverse as Buddhist temples and dance-music festivals. Using a three-part structure of Ground, Path and Germination the reader is given a solid grounding in: the history and benefits of lucid dreaming; cutting edge research from dream and sleep scientists; entering the path of learning to do the practices; and prophetic dreams, lucid living, out of body experiences and quantum dreaming. Although Dreams of Awakening presents many different angles on how to make the 30 years we spend asleep more worthwhile, the fundamental aim of the book is to teach people how to lucid dream their way to psychological...



Reviews

I actually began looking at this pdf. It is actually rally interesting through reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

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A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice