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# Field Guide to Lucid Dreaming

MASTERING THE ART of  
ONEIRONAUTICS



- Open doors to creativity and insight
- Remember dreams and defuse nightmares
- Fly, shape-shift, and reconnect with loved ones

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**A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics**



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Imagine having the ability to fly. Walk through wall space. Learn to explore a unusual and thrilling world with A Field Guideline to Lucid Dreaming. Breathe underwater. Conjure loved ones?or total strangers?out of nothing. Imagine suffering from your nightttime dreams with the same consciousness you own right now?completely functioning memory, creativity, and self-awareness. Improve wish recall by keeping a journal.Readers will find out about the powerful REM rest stage?a windowpane into lucid dreams. A Field Guideline to Lucid Dreaming, with its evocative retro illustrations, shows exactly how to accomplish it. then, when you actually do it successfully, you'll know that you're dreaming.This is lucid dreaming?the capability to know you are dreaming when you are in a dream, and then consciously explore and change the components of the dream. Imagine being able to use this power to be more creative, solve complications, and discover a deep sense of well-being. The importance of fact checks, such as "The Finger"?during your day, try to complete your finger through your palm; Compiled by three avid, experienced lucid dreamers, this manual for the desire world takes the reader from step one?learning how exactly to reconnect with his or her dreams? through the myriad possibilities of what can happen after the dreamer is lucid and an achieved oneironaut (a word that originates from the Greek oneira, indicating dreams, and nautis, indicating sailor). Every time you fantasy, you are washing up on the shores of your inner landscape. As soon as you become lucid, steps to make the most of it. Shape-shift.



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This works! I cannot fly far.....I have not really been able to regulate my dreams generally. I am thinking that while I was 'lucid in my dreams' I was not actually getting any sleep. This book is even more similar to the one by Morley, since it is even more approachable to beginners.! Good Good book on lucid dreaming for beginners. I have examine 4 books on lucid dreaming and also have been attempting to have lucid dreams for about a month without success up to now, but I'll keep attempting. This book gets the same methods as the other 3 books I've read by Charles Morley, Stephen LaBerge and Allan Wallace. I also ultimately get stuck in a stairway that is boxed in. The publication by Wallace is even more focused on the tibetan desire yogas. It functions though, for certain! Good fortune on your efforts! My dreams amaze me. Awesome Book! The just insight in the complete book was that whenever you awaken you should immediately jot down almost everything you can keep in mind about your dream prior to the memory fades aside. To be honest so far I was not able to lucid dreaming, but I continue trying. Overall amazing book would suggest to anyone seeking to lucid dream. Great book Highly recommend its my first book about lucid dreaming, ideal for newbies easy read! me the techniques on how best to control my dreams better. It took me 2 years of on / off work to get to a stage where I could have maybe one lucid dream per month.) Interesting and well crafted I acquired this for my husband as something special and he loves it - he finds it fascinating and well crafted. If you're thinking about this topic, I believe this publication is a good choice. MUST READ - absolutely amazing what you would discover in your dreams You need to learn this book. It is simply made up stories without insights. I was skeptical, but after reading and having lucid dreams now it's 100% real. It is not easy and requires large amount of tolerance and learning, but must be a good experience.. Honestly I think the last 80% of the book was totally fabricated by the writer.YEP.I am not afraid of water so I am confused as to why, in so a lot of my dreams, that the drinking water is murky and full of strange sea creatures. 100% must read and recommend paperback so that you can easily reference. I listened to audiobook first which is very good, but physical book will come in handy Dreams I look forward to going to sleep and I love a nap also. i will for certain keep trying. I wish I could sketch my dreams. The only issue was that throughout the day I would be very tired. If something is as well frightening, I wake myself up..Since reading your reserve, I have changed some minor things in three dreams I had this week. The illustrations are also among the best I've seen! Instead of waking up now, I continue over but end up in a marshy region where the rail stops.It requires some practice and discipline though, I've let it slip lately, but I'll be getting back to the swing of it and can't wait around to see what I can learn. Or that I go over a dune and its own high tide and there is no beach.I could fly, but only above people about 7 feet. This book Does work. I've learned even more by Googling "lucid dreams" than from this book. My ft feel like cement. .I dream of a residence that is create strangely but quite deluxe. The reserve by LaBerge is even more comprehensive but can be mind-boggling for a beginner. Wish more books of this type were laid out in a similar way; Nothing is familiar..Though within the last year We have decided to stay in the bad fantasy to see where it requires me. I hope to keep focusing on it, given that I learned lucid dreaming is present. fun and easy to follow while still containing plenty of information and tid-bits. The techniques need practice, but may worth a go. Hearing it from the people who've completed it for years feels more natural than reading it from a journalist or a scientist. Moreover, you skill in your dream globe is just nuts, talk to dead family members, ask big life questions, fly, shapeshift. Honestly the very best book on the subject of dreaming I've ever read Honestly the very best book about dreaming I've ever read. Absolutely awesome book! Examples were so certainly made up. organized in an easy to comprehend way. The dream is normally that I'm in a roller coaster of sorts, and I'm frightened of exceeding the highest part. EASILY go for a drive, I travel poorly and I under no circumstances can decide which path to take.Thanks a lot,Kathy Snow Dweck You control your dreams The book offers a step to step guide on how to control your dreams and how to be concious if you are dreaming. Repurchasing because I provided my first copy away to a pal (: also makes an excellent gift! (Note: it requires time and a lot of commitment to start out to lucid dream. Great browse, but

didn't work Great tips and enlightening background but I couldn't lucid dream once during or at the end of the 400+ page book It's not a good Lucid Dreaming guide. It's not a gimmick or a hoax, it's real. This book is terrible.. Effectively written with excellent details for newbies; There are tales that appear to be they are submitted by enthusiasts or clients with an initial name and 1st letter of a final name. It isn't just that the good examples were hard to trust it was that these were obviously there to create it sound like many people are having lucid dreams but the reader. I could clarify better with a longer review but don't need to invest more time on this book. The design of writing as if it were an educated friend telling you what you can do seriously increases the overall performance. That helps cement thoughts. That is something I know to be accurate. It's ridiculous, therefore I wake up to start out another dream. I followed the directions and I SWEAR I got a Lucid dream every night.. You can't expect to pick up the book and the same night time lucid dream. Once I understand the same situation, I wake up so I can go back to another desire. quick and easy read This book is really teaching me the techniques on how to control my dreams better. EASILY realize it's a dream, and make an effort to change the proceedings, that also wakes me up or I go on to another dream. quick and easy read. Very simplistic. Reader-friendly Great guide Only one technique It gave basically only 1 way of achieving lucidity. All of those other books were pep-talk, and ideas for what you could perform once you had been lucid. I also can't run.



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