

LUCID DREAMING



Gateway
to the Inner Self

ROBERT WAGGONER

Robert Waggoner

Lucid Dreaming: Gateway to the Inner Self



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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. He could interact consciously with the dream observer -- the apparent Inner Self -- within the dream. While lucid (consciously conscious) in the dream condition and in a position to act and interact with dream figures, items, and settings, dream professional Robert Waggoner experienced something transformative and unforeseen. Along the way, he stumbles upon the Internal Self. Lucid Dreaming gives exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality. Waggoner found realize, however, that aware interaction with the Inner Self had not been only possible, but real and extremely inspiring. He figured while aware in the dream condition, one has both a psychological device and a platform from which to comprehend dreaming and the larger picture of man's psyche aswell. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering suggestions for those who have hardly ever experienced the lucid wish state and suggestions for how experienced lucid dreamers can progress to a fresh level. Initially this seemed shocking, actually impossible, since psychology normally alludes to such theoretical inner aspects because the Subliminal Self, the guts, the inner Self-Helper in vague and theoretical ways.



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You may be disappointed if you hope to find such techniques here. I have had a continuing curiosity in lucid dreaming for more than 20 years dating back again to when we first discovered the work of Stephen LaBerge, and this book has re-inspired me to dive back head first. I discovered a great deal in what a profound impact getting in a physical body is wearing our thinking. Love love this publication! It has influenced me to start out training myself once again to lucid wish and I've had 3 in one month. Fascinating read on lucid dreaming This book is a remarkable read on Lucid Dreaming. The author has workshops on the how-tos. Finally, A Good, In-Depth Source Lucid dreaming is a big part of my entire life since we was a child. In a few ways this author/instructor and this book, represents a bridge between your world of scientific rationalism and the world of esoteric mysticism and spiritual encounter. In my late teens, I experienced a four year period of lucid dreaming that would later serve because the inspiration for my own novels. Great stories and interesting perspective Actually intriguing and great subject matter. That is all well and great, but I needed to understand more about what had happened to me with the four years of post-apocalyptic dreams that I experienced that I did not require. I finally found Lucid Dreaming: Gateway to the Internal Self. I have not before, nor since discovered such a great source that actually were able to give me answers to many of the questions that I experienced. The author, as he ventures into more spiritual territory will a very good job at careful burning most of his arguments, and often leaves the question open up but with an 'proof based' leaning towards particular sights etc. I had a fertile amount of extremely vivid and strange dreams that got me to pull out my old fantasy journals and start thinking about lucid dreaming again, and then I started to search the web for brand-new books and I'm so pleased I found this one. I also practice meditation, I have for a few years. Covers new ground I browse other Lucid Dreaming books. The author is not only an experienced lucid dreamer, he has conducted numerous experiments with lucid dreaming to essentially test the depths of his personal ability as well as the ability of others to increase this phenomenon. Lucid dreaming, once considered a "fringe science" has been approved as a scientific reality however the depths have yet to be fully probed. He will an excellent work chronicling these dreams through the entire book with explanations as well as examples of other people who experienced similar experiences. What I like is how Waggoner techniques this on a deeper level - beyond the basics of controlling your fantasy content material to fly or possess adventures just for the sake of entertainment. Basically you should know a Lucid Dream is being aware that you will be dreaming and so are conscious enough to really have the ability to direct the dream. Count me among the impressed! This is actually the most interesting and philosophical reserve I've read about lucid dreams and I've read a whole lot. My eyes were opened to a level that they had by no means been opened before as to what is

feasible. I noticed that every single review is 5-stars, and after reading them I couldn't wait to get my practical this. When you have any interest in lucid dreaming, whether you have observed it yourself, are curious about it, or simply want to, this book is a must-have. If you ask me - that was often a good enough reason to learn lucidity, to escape and press the boundaries slightly bit. Then, after reading his experiences of going deeper and unlocking a 3rd awareness - I stopped and noticed there was so much more to achieve. A home run!.. There's lots of good information on techniques and on the options that lucid dreaming opens up. just purchase it, read it and push your brain to new heights! Loved it. I couldn't put that one straight down. I was well worth every penny I paid. I possibly could relate to the first 5 or 6 chapters and then he started getting genuine deep. Too deep for a few I suspect, but I found it quite intriguing. I love to keep notes as I examine and I were left with several of web pages of handwriting. I found the book incredibly interesting, informative, and exciting. As he clarifies, the normal person might only have a few opportunities a month to practice, but as you progress over time you can experience more and more. He says in his prime he averaged one per night time. It really makes you think about your spirit, soul, and much more. Hope you prefer it too. Overall though I'd recommend for advisable on the options of lucid dreaming. He originates from an academic background but doesn't ignore the bigger questions about awareness and about reality. For example, some new to lucid dreaming find it hard to go anywhere in their wish because they can not make their legs function. They find out, if they do, that legs work in the physical globe but not in a wish. If you want to go somewhere in a dream, all you need to do is to want it, to wish it, or to does it. Actually, simply seeing and taking into consideration the place you want to be is sufficient. There is a lot in this book approximately meeting others and speaking with them in dreams. Right now, there is a idea. I followed some of the author's recommendations for dealing with dreams with surprising and delightful outcomes. If you're a lover of Seth books (by Jane Roberts), you are sure in for a treat. Notice, this is simply not a publication on how to induce lucid dreaming. Intelligent and inspiring This is a really inspiring book compiled by an extremely intelligent man. This is not a beginner's manual of techniques if you are just getting started focus on something with basic instructions first or in conjunction with this reserve. Combining the two techniques is highly beneficial and really allows one to explore the depths of the sub-conscious that we are normally "locked" away from (I use that loosely, the reality is, we lock ourselves from our true selves). This book addresses all the standard factors. But this reserve also concludes, after a lifetime of observing Lucid Dreaming, an intelligence with a growth agenda assembles the details of the dreams. Lucid Dreams certainly carry lifelike detail and obviously serve the high reason for growth. Robert Waggoner does a great

job discussing this while however allowing the reader to pull their very own conclusions about what this implies. Lucid dreaming can be an art form and requires a lot of discipline, but if you have arrive this far and found this reserve - then don't also hesitate. Five Stars Filled with great information and incredibly inspiring! This book changed a whole lot in my life - I actually am lucid dreaming now and learning a lot of how to perform inner work. I originally began the procedure in order to combat chronic nightmares that plagued my sleep. Ideal lucid dreaming and it will open your eye to reality. There are, of course, some questions that a book cannot answer and I will need to discover those answers on my own but this book really delves in-depth on the subject of lucid dreaming and the multiple layers and encounters one can possess when in this condition. The author is also certainly a reasonably humble person and offers been practising lucid dreaming for a considerable amount of time. This book would also be good at keeping a far more 'far out there' spiritual practitioner grounded. I recall one Christian stating that he examine Calvin, at least one time a year to obvious his head and keep his thinking well balanced and in tune, and this book does certainly have an identical kind of effect. The only downsides of this book is perhaps it's attempt to become overly exhaustive of each possible angle and query and is usually in parts somewhat repetitive. This book changed a whole lot in my life - I ... A bridge between scientific rationalism and experiential spiritual experience This an extremely useful book by Robert Waggoner. Five Stars A+++++ worthy of every cent you purchase Really enjoyed this book Actually enjoyed this book. Robert Moss covers lots of topics in lucid dreaming along with tips and suggestions. That is indeed the kind of book that might begin to soften the rational, doubting mind that appears on anything overtly spiritual with extreme suspicion. Amazing insight in to the accurate nature of the reality that is all over. Highly recommend! Through the years I acquired heard the term "lucid dreams" and "mindful dreams" but the majority of the material that I found was about people purposefully making themselves lucid to generate some type of desire fantasy realm. Only 3 stars as the form could be better and there are way too many personal tangents. An in depth exposition of lucid dreaming experiences This was a valuable help to me to understand what lucid dreaming is about. Good book about lucid dreaming It has been very recently in lucid dream and got the bonk on the recommendation of a lucid dreamer I contacted through my blog. His approaches for becoming conscious while dreaming are simple and work.. I came across that manht of the ideas he presents about consciousness Robert Waggoner found through lucid dreams, I came about through other means but want to explore further through the wish gateway.



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