

## 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. 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, ...

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Lucid dreaming starts middle of the dream when you know that it's not happening actually while you feel so.In lucid dreaming all of your sense working.you feel like you watching yourself only. ... Sleep Paralysis is that the gateway to Lucid Dreaming. It's intermediate situation between sleep and awake .

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Lucid dreaming is an ancient art form, experienced by all human cultures throughout recorded history. Other monikers include “astral projection” and “out-of-body experiences” (OOBEs). As there are literally dozens of terms used to describe this phenomenon, the important thing is that they all refer to a spectrum of consciousness that we ...

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In Lucid Dreaming: Gateway to the Inner Self, you will read how experienced lucid dreamers have taken lucid dreaming to a whole new level. Using techniques and various mental approaches, you will learn how to construct a more stable, longer-lasting lucid dream, and use it as a platform for personal investigations and experimentation.

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