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

By Dylan Tuccillo

Workman Publishing Company. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 7.9in. x 5.9in. x 0.9in. Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved ones or total strangers out of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right now fully functioning memory, imagination, and self-awareness. Imagine being able to use this power to be more creative, solve problems, and discover a deep sense of well-being. This is lucid dreaming: the ability to know you are dreaming while you are in a dream, and then consciously explore and change the elements of the dream. A Field Guide to Lucid Dreaming, with its evocative retro illustrations, shows exactly how to do it. Written by three avid, experienced lucid dreamers, this manual for the dream world takes the reader from step one learning how to reconnect with his or her dreams through the myriad possibilities of what can happen once the dreamer is lucid and an accomplished oneironaut (a word that comes from the Greek oneira, meaning dreams, and nautis, meaning sailor). Readers will learn about the powerful REM sleep stage a window into lucid dreams. Improve dream recall by keeping a journal. The importance of reality checks, such...



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Reviews

This pdf is worth buying. It is actually written in basic words and not confusing. It's been printed in a remarkably basic way in fact it is merely following a finished reading of this publication through which really altered me, affect the way I really believe.

-- **Dr. Linwood Lehner IV**

If you need to add benefit, a must buy book. I am quite late in starting reading this one, but better than never. I am happy to inform you that this is the best book I have read through during my own lifestyle and can be the best publication for at any time.

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