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especially for people who have not

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succeeded using the other techniques.

Lucid Dreaming: Gateway to Astral Projection

Lucid dreaming has been acknowledged for centuries, but has till lately remained a rare and little recognized phenomenon. My own

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scientific and personal explorations,
together with the findings of additional
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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

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interact with dream figures, objects,
and settings, dream expert Robert
Waggoner experienced something
transformative and unexpected.

Lucid Dreaming by Waggoner, Robert
(ebook)

Lucid dreaming is a form of conscious

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dreaming that occurs during sleep. It can happen spontaneously or be induced purposefully before sleep. During a lucid dream, you are conscious and in control to a varying extent, depending on factors like skill, experience, and natural ability.

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