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The simple definition of a lucid dream is a dream in which you realise, while you are in the dream, that you are dreaming. You 're likely to think, ' Oh, I know I ' m dreaming. ' This type of sleep in ...

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There are big benefits to lucid dreaming, here's how to do it
Lucid dreaming is one of the rare psychological phenomenon terrible sci-fi frequently gets right. Yes, lucid dreaming does exist, and one of the best ways to turn a normal dream into a lucid dream ...

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Lucid Dreaming
Research

Brace yourself to watch high-octane & mysterious Korean thrillers on Netflix. Get ready to witness captivating movies like *Forgotten*, *Train to Busan*, etc.

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Netflix that will leave
you gasping for air
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CCIV Stock: 7 Things
to Know About Lucid
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Then it ' s right to
her home office or
car, and the day
begins—and no two
are the ... Many years

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ago, I did a film about lucid dreaming [2007 's When a Man Falls], which was really intriguing ...

What Sharon Stone Is Most Looking Forward to Post-Pandemic
In honor of 50 years of The Beach Boys ' timeless and often

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underappreciated
albums, Capitol/UMe
will release an
expansive 5CD and
digital box set titled
Feel Flows – The
Sunflower and
Surf ' s Up ...

Kubernik: Beach Boys
"Feel Flows" Box Set
A decade later,
investing in Tesla ' s

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team and its dream
has paid off... Just
look for it each day at
7:30 a.m. Eastern.

Happy investing. On
the date of
publication, Luke
Lango did not have ...

Lucid Motors Will Be
as Successful as Tesla
Was in the 2010s
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later). Lucid ' s Air
Dream evokes pure
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RSVP 'No' to the
Lucid Motors Party
Before CCIV Stock
Crashes

Update June 30:

Another day another
10% despite no
material news ... The
optimism over its
merge with Lucid
motors and the
chatter that Lucid's
Dream Edition would
be pushed out into

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CCIV Stock Price:
Lucid Motors –
Churchill Capital IV
faces rejection near
\$30 and falls 4%
Cruz reminds
investors of the
upcoming August 30
... Lucid was
announced with
transaction equity

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value estimated at
\$11.75 billion.

Churchill ' s share
price closed at
\$57.37. The same day

...

The Law Offices of
Frank R. Cruz
Reminds Investors of
Looming Deadline in
the Class Action
Lawsuit Against

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Churchill Capital
Corporation IV (CCIV)
that soon hopes to
merge with Lucid
Motors, gave up early
gains Thursday.
Shares were down
3.4% as of 2:30 p.m.
EDT Thursday after
starting the day
slightly higher.
Today's drop still
doesn't wipe ...

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Why Churchill Capital
IV Stock Dropped
Today

Our hosts also talk
about another EV
startup, Lucid Motors.
Pras reviews the
Bugatti Chiron Pur
Sport. Jeremy opines
that despite the shift
to electrification, now
is the time to enjoy
the gas-powered ...

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Lordstown Motors
and Lucid Motors
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Air Dream evokes

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In fact, CCIV stock is
up 18% over the past
30 days. Social media
is on fire ... I ' ll
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Lucid 's Air Dream
evokes pure
California vibes
thanks to its
beautifully sculpted
...

With Lucid Dreams in
30 Days you will learn
to explore the
mysteries of your
sleeping self.

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Beginning with 30

simple steps such as
keeping a dream
journal to record your
dreams, Keith Harary,
Ph.D., and Pamela
Weintraub take you
step-by-step, day-by-
day through the lucid
dreaming process.

You advance to
realizing when you
are in a dream state,
waking up "in" your

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Dreams, and
eventually, actually
controlling the
content of your
dreams.

A guide on how to
explore the mysteries
of the sleeping self
and not only
understand but
control your dreams.
This step-by-step,
day-by-day

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Programme takes you through the lucid dreaming process, from keeping a dream journal to realizing when you are dreaming.

Wake up and dream.
Imagine experiencing all the things that happen in dreams, but with one extraordinary

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difference: You are “
lucid” —consciously, joyously in control.
Not just an adventure (yes, you can fly), a lucid dream is a time ripe for creative thinking, healing, inspiration, and self-knowledge. This lively dream guide shows step-by-step how to become lucid, and then what to do

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Once awake in the dream world. Here 's how to reconnect with dreams, and the importance of keeping a journal and timing REM cycles. How to use simple reality checks to differentiate between waking and sleeping states. How to incubate a dream to solve a problem. With

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every dream we are
washing up on the
shores of our own
inner landscape.

Now, learn to explore
this strange and
thrilling world.

"[A] solid how-to
book...For amateur
dream researchers,
this is a must."

WHOLE EARTH
REVIEW This book

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dreams go far beyond the confines of pop dream psychology, establishing a scientifically researched framework for using lucid dreaming--that is, consciously influencing the outcome of your dreams. Based on Dr. Stephen LaBerge's extensive laboratory

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work at Stanford

University mapping
mind/body

relationships during
the dream state, as

well as the teachings
of Tibetan dream

yogis and the work of
other scientists,

including German
psychologist Paul

Tholey, this practical
workbook will show

you how to use your

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problems; Gain
greater confidence;
improve creativity,
and more. From the
Paperback edition.

Lucid Dreaming:
Gateway to the Inner
Self is the account of
an extraordinarily
talented lucid
dreamer who goes
beyond the

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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, and
settings, dream
expert Robert
Waggoner

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experienced in 30

something

transformative and

unexpected. He was

able to interact

consciously with the

dream observer - the

apparent Inner Self -

within the dream. At

first this seemed

shocking, even

impossible, since

psychology normally

alludes to such

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theoretical inner
aspects as the
Subliminal Self, the
Center, the Internal
Self-Helper in vague
and theoretical ways.
Waggoner came to
realize, however, that
aware interaction
with the Inner Self
was not only
possible, but actual
and highly inspiring.
He concluded that

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while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for

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those who have
never experienced
the lucid dream state
and suggestions for
how experienced
lucid dreamers can
advance to a new
level. Lucid Dreaming
offers exciting
insights and vivid
illustrations that will
intrigue not only avid
dreamworkers but
anyone who is

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Some of the greatest of life ' s adventures can happen while you ' re sound asleep. That ' s the promise of lucid dreaming, which is the ability to alter your own dream

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Reality any way you
like simply by being
aware of the fact that
you 're dreaming
while you 're in the
midst of a dream.

There is a range of
techniques anyone
can learn to become
a lucid dreamer—and
this book provides all
the instruction you
need to get started.

But B. Alan Wallace

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also shows how to
take the experience
of lucid dreaming
beyond
entertainment to use
it to heighten
creativity, to solve
problems, and to
increase self-
knowledge. He then
goes a step further:
moving on to the
methods of Tibetan
Buddhist dream yoga

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for using your lucid
dreams to attain the
profoundest kind of
insight.

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Wake Up in Your
Dreams and Live a
Happier, More Lucid
Life A lucid dream is a
dream in which you
become aware that
you're dreaming. It's
a powerful
opportunity to solve

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Problems, create new possibilities, take charge of your own healing, and explore the depths of reality. This book provides a range of practical techniques and activities to help you bring the creativity and super-conscious awareness of lucid dreaming into your life. Join international

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expert Clare R. Johnson as she shares the most up-to-date lucid dreaming techniques on how to get and stay lucid, guide dreams, resolve nightmares, deepen creativity, and integrate dream wisdom into everyday life. Drawing on cutting-edge science and

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psychology, this book is packed with inspiring stories of life-changing lucid dreams and fascinating insights into topics such as the ethics of dream sex, how to interact with lucid dream figures, and the nature of consciousness.

Whether you're a

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person who barely remembers your dreams or a lifelong lucid dreamer, this in-depth guide is the perfect next step as you cultivate the power of lucid dreaming. Praise: "Dr. Clare Johnson has energetically led the way in revealing the limitless practical and spiritual potential of

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Lucid dreaming, so far-reaching it can change the world. Her clearly-written book is destined to become essential reading for all those interested in lucid dreaming. It points out the essential phenomena of lucid dreaming, and then amazes us by opening its

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extraordinary major
vistas to us, that
reveal the true glory
and limitless
potential of our inner
universe. This is a
significant
book."—Dr. Keith
Hearne, the scientist
who provided the
world's first proof of
lucid dreaming in
1975, and inventor of
the world's first

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*From The
Creator/Founder Of
'HowToLucid.com'
& The YouTube
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Revised version: I've
updated this ebook
in 2020-2021 to share
the most effective

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and useful lucid

dreaming techniques

out there. This is a

great starting point

for learning the

basics, and having

your FIRST lucid

dream as soon as

possible. EXPERIENCE

THE IMPOSSIBLE -

Experience things

you never thought

you could before,

such as flying across

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the sky, and soaring like an eagle. It will all feel very real.

INCREASE YOUR

CONFIDENCE - After lucid dreaming for a few weeks, your self confidence will

skyrocket. You'll feel like you can do anything! SLEEP

BETTER - By lucid

dreaming you can actually have a much

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better nights sleep!

You'll feel much more refreshed and start each day with more

energy, awareness

and love. ADD HOURS

TO YOUR LIFE - Think

about it, we're asleep

for over a third of our

lives. Imagine if you

could not only get

those hours back, but

experience your

wildest fantasies in

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those lost 'extra' 30 hours, every night. The memories will feel vivid, real, and **POWERFUL**. Want to be able to control your dreams while you sleep? Lucid Dreaming is the ability to control your dreams and become 'self aware' or 'conscious' in them. This allows you to do

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impossible things
while you sleep, and
be completely aware
you're doing them.

Most lucid dreaming
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load of nonsense, or
they're so padded
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based on my years of
experience, research
and curation of other
master lucid

dreamers experience
and research. Who
am I? I'm Stefan,
founder of

HowToLucid, and I've
been a lucid dreamer
for years now. I've
learned from many
other gurus,
researchers, and

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philosophers about
this incredible ability.
I've taught millions of
people all around the
world, to control their
dreams, and grown
my YouTube channel
(where I answer
peoples questions
about lucid
dreaming) to over
141,000 subscribers.
We now have over
21,000 Instagram

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followers. I'm not saying this to brag, but instead to say, I wouldn't have that many, if I didn't know what I was talking about. For example, when the brain 'thinks' about doing something or dreams about it, the SAME neural circuits fire as when the person is ACTUALLY doing it..

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This means that by practicing a skill in a Lucid Dream, such as the guitar or driving a car, you can actually get REAL life results.. This beginners guide teaches easy to understand powerful lucid dreaming techniques and principles. There's no 'fluff' and time wasting. Just what

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- 2. Remove fears from your life and stop having nightmares so you

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wake up feeling
refreshed 3.

Experience anything
you can imagine, and
no this is not an
exaggeration 4. See
the answers to
problems that were
otherwise

'impossible' 5. Meet
up with lost loved
ones again in your
dreams so you can

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finally say goodbye properly, or just have a nice chat with them! 6. Tasting beautiful 'dream food' which tastes better than real food so you'll wake up with beautiful memories of how it tasted 7. Have lucid dream SEX that feels better than REAL sex in some cases so you

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can have a crazy
night with your
fantasy girl or guy 8.
Simulating ANY
experience you can
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Superhuman
strength, super
powers, etc... 9.
Exploring limitless
new worlds and
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have fresh ideas 10.

Playing around with
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can see how it feels

to be weightless 11.

Much, Much more.

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IMPOSSIBLE in your
dreams within 30

days or less. I ' m not
sure how much

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Dr. John...
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longer I 'll keep this available at this low price, as this is very effective and concise information. Learn more about HowToLucid at <https://howtolucid.com/about>

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' HowToLucid ' &
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Revised version: I've updated this ebook in 2020-2021 to share the most effective and useful lucid dreaming techniques out there. This is a great starting point for learning the basics, and having

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your FIRST lucid
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to lucid dream

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your first time. Here's
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**EXPERIENCE THE
IMPOSSIBLE -**

Experience things
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such as flying across the sky, and soaring like an eagle. It will all feel very real.

INCREASE YOUR CONFIDENCE - After lucid dreaming for a few weeks, your self confidence will skyrocket. You'll feel like you can do anything! **SLEEP BETTER** - By lucid dreaming you can

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actually have a much better nights sleep! You'll feel much more refreshed and start each day with more energy, awareness and love. ADD HOURS TO YOUR LIFE - Think about it, we're asleep for over a third of our lives. Imagine if you could not only get those hours back, but experience your

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wildest fantasies in those lost 'extra' hours, every night. The memories will feel vivid, real, and POWERFUL. Want to be able to control your dreams while you sleep? Lucid Dreaming is the ability to control your dreams and become 'self aware' or 'conscious' in them.

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This allows you to do impossible things while you sleep, and be completely aware you're doing them.

Most lucid dreaming books are either a load of nonsense, or they're so padded that the information is just repeated 5 times over! This one is **CONCISE**, and **USEFUL. ONLY**

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teaching what works,
based on my years of
experience, research
and curation of other
master lucid

dreamers experience
and research. Who
am I? I'm Stefan,
founder of

HowToLucid, and I've
been a lucid dreamer
for years now. I've
learned from many
other gurus,

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researchers, and
philosophers about
this incredible ability.
I've taught millions of
people all around the
world, to control their
dreams, and grown
my YouTube channel
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you'll only be
learning what you
need to know. Here
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planets 2. Remove
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night with your
fantasy girl or guy 8.

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Skydiving,
Superhuman
strength, super
powers, etc... 9.
Exploring limitless
new worlds and
environments so you

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can get inspired and
have fresh ideas 10.
Playing around with
'zero gravity' so you
can see how it feels
to be weightless 11.
Much, Much more.
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dreaming tonight
now, and start doing
the IMPOSSIBLE in
your dreams within
30 days or less. I ' m

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things Waggoner and
McCready teach
readers are how to:
consciously decide
what actions to
perform explore
dream space (or the
contents of your
subconscious)
interact with dream
figures conduct
personal and
scientific
experiments be free

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of waking state
limitations (e.g.,
flying, walking
through walls, and
discovering creative
solutions to waking
issues) This book
approaches lucid
dreaming from a
more cognitive
psychology stance,
and focuses more on
how to lucid dream
and how to use lucid

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Dream techniques for
personal growth,
insight and
transformation.

Whether a reader is
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lucid dreaming or
someone who has
experienced that
incredible moment of
realizing, "This is a
dream!", readers will
learn valuable tips
and techniques

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gleaned from
scientific research
and decades of
experience to explore
this unique state of
awareness more
deeply.

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