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I can confirm that the lucid dreaming techniques presented are effective. "Dreaming Yourself Awake" duplicates a lot of the material that is scattered in the dozen or so other Alan Wallace books that I have, but does succeed in concentrating a lot of the subject matter together in one place.

## **Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream ...**

That's the promise of lucid dreaming, which is the ability to alter your own dream 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 provid

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Some things researchers have tried include: Reality testing. This

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is when you pause at different times of the day to see whether you're dreaming. You can try to do... Dream diary. Some studies showed that people had more lucid dreams when they kept a log of their dreams, because they... ..

## **Lucid Dreams: Definition, Benefits, Dangers, How to Do It**

Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation. B. Alan Wallace, Brian Hodel. 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 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.

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## **Dreaming Yourself Awake - Shambhala Publications**

Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation (English Edition) eBook: Wallace, B. Alan, Hodel, Brian: Amazon.nl: Kindle Store

## **Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream ...**

Lucid dreaming is your chance to play around with the extraordinary abilities buried in unused parts of your brain.

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Regardless of whether you are superhuman in real life or not, lucid dreaming is...

## **Lucid Dreaming and Self-Realization | Psychology Today**

7 Benefits Of Lucid Dreaming  
1) Access your subconscious. Imagine a computer that has billions and billions of files that contain every piece of data...  
2) Interpret your dreams. It's easy to get lost in the confusing symbology of your mind. When you have a nightmare about...  
3) Conquer your fears. ...

## **How to Lucid Dream and 7 Ways it Will Change Your Life**

If you have trouble lucid dreaming or recalling dreams, don't beat yourself up over it. It takes time to develop lucid dreaming habits. When you have a lucid dream, relax and observe it before trying to control it. Try to identify any steps you might have taken that helped the process work. Over time you'll experience lucid dreams more often. Sources

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## **Important Things to Know About Lucid Dreaming**

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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 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 ...

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## **Dreaming yourself awake : lucid dreaming and Tibetan dream...**

Lucid dreaming is very interesting indeed, I found myself not trying to lucid dream as being successful both times. Take note that paying too much attention (trying too hard) to your conscious self and on how you are doing is not wise as this will never let you lucid dream. Let your mind flutter away.

## **Dreaming Yourself Awake (Marijuana and Lucid Dreaming ...**

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 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.



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### **Dreaming Yourself Awake - Oregon Digital Library ...**

Lucid Dreaming: The Art of Becoming Aware That You're Dreaming. Simply put, lucid dreaming is the art of developing awareness in your dream. When you realize you're dreaming, your dream reality becomes much clearer. Colors come to life.

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