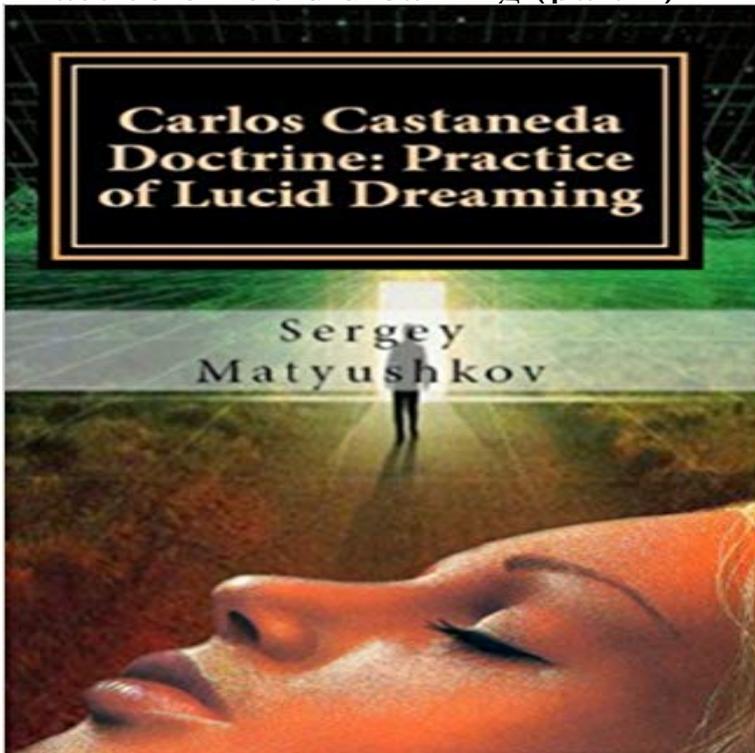


## Practice of lucid dreaming (part 1)



During the past ten years I heartily practiced the lucid dreaming and I achieved great results in this quite difficult shaman technique. And now, dear readers, it is the time to tell you about new and safe techniques of entering a fascinating world of the lucid dreaming where your possibilities have no limits. According to Carlos Castaneda the lucid dreaming is a dream completely controlled by a person who is able to understand that he is not dreaming in his bed but is awaked and is possible to act. Sometimes the world of dreams seems to be more realistic than our day-to-day reality. Possibly many readers who tried Stephen LaBerge's techniques after reading the books of Castaneda were disappointed. And it is reasonable. Stephen LaBerge proposes the techniques of entering lucid dreaming only for strengthening the brightness of the impressions while dreaming which depends on the imagination of the person. Every lucid dream is more realistic than an ordinary uncontrolled dream. The reader should realize: techniques of Stephen LaBerge have nothing in common with shaman styles of entering into the Lucid Dreaming! Castaneda's practice of lucid dreaming gives an opportunity to gradually improve the dreaming attention. Further it will provoke the fusion of the dreaming attention and the first attention (daily attention). What does it mean? If you force your attention to work in the lucid dream as it works in the everyday life, the dream will become the reality. Remember how the sabre-toothed tiger taught Carlos Castaneda some special breathing exercises. His body immediately reacted and became brawnier. While dreaming you will have an ability to see the forthcoming events, write the poetry or poems, invent something or even make scientific discoveries (for example the famous Russian scientist D. Mendeleev discovered his Periodic Table in a dream).

You will also get to know how to contact the spirits and get the answers to the questions that are interesting you, communicate with the souls of your relatives or close friends who tragically perished, travel to the parallel worlds, discover the physical world while being in the astral body by waking you will be accept that it really happened. So, dear reader, lets explore the magic world of the lucid dreaming, and the genuine magic tradition of Toltecs (the ancient nation of Mexico). What for do you take care of yourselves - for old age? It is not the best of the worlds. Dont waste your precious time on the daily routine and start from this very moment to explore misteries of the Universe! Time has come, and the path is the dream. It is impossible to imagine. Who are we?.. (Message of Carlos Castaneda)

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**PDF Practice of lucid dreaming part 1 Free Books - Video Dailymotion** this region of dreaming, there are various methods you can try to induce lucidity. The best If you fall asleep easily and quickly, with practice you can enter a lucid dream within minutes of lying down. LaBerge 69 Part 1: exPLoring nightMAres. **How To Easily Lucid Dream Tonight! (Best Guide Of 2017)** Notes. from. MarilynPart. 1. Good. eveninG There are those who practice active or lucid dreaming. The latter are our favorites, even though you are all loved. **lucid dreaming - Blog** Various of the Jungian-oriented psychotherapists told me that lucid dreaming reminded The main practice of active imagination involves quieting yourself into a In the Mind and Out-of-Body: OBEs and Lucid Dreams, Part 1, NightLight 3, **Lucid dreaming - Part 7 - - Steven Aitchison** You might have heard of lucid dreaming and may have even experienced a few lucid dreams but can you It takes practice and patience but once you have mastered the art of lucid dreaming, it can be life changing. Lucid dreaming part 1 **10 Things You Didnt Know About Lucid Dreaming** Lucid dream research stems from pioneering scientific research done in the early 80s that one part of the brain is in the waking state while the other is in the dreaming state (Hobson, The reason why more people are attracted to the practice of lucid dreaming is because dream awareness . Neuroscience, 78(1), 13-38. **Sleep Patterns: Lucid Dreaming Part 1 - BodyMind Institute** Lucid dreaming is a portal to liberation and the awakening of a conscious mind. of how to induce lucid dreams, the real practice of lucid dreaming starts. Consider the fact that our waking reality, for an important part, is also governed by the way 1. Introductions. 2. Revalue your bedroom. 3. Setup a training schedule. 4. **Psychic Grace: A novel - Google Books Result** Practice doing this every day at certain moments throughout your day. So before we go to sleep you train your brain to have a lucid dream whilst you are **5 Ways to start Lucid Dreaming - - Steven Aitchison** So building upon your practice in the previous section of dream recall, we are out of bed (step 1 to 3), to write down your dreams and to discover dreamsigns. **10 Mistakes Made by Beginner Lucid Dreamers** Dec 2, 2015 As a scientific practice

lucid dreaming has existed since 1898, when Frederik . Lucky for you, youve already been working on parts 1 and 2.

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