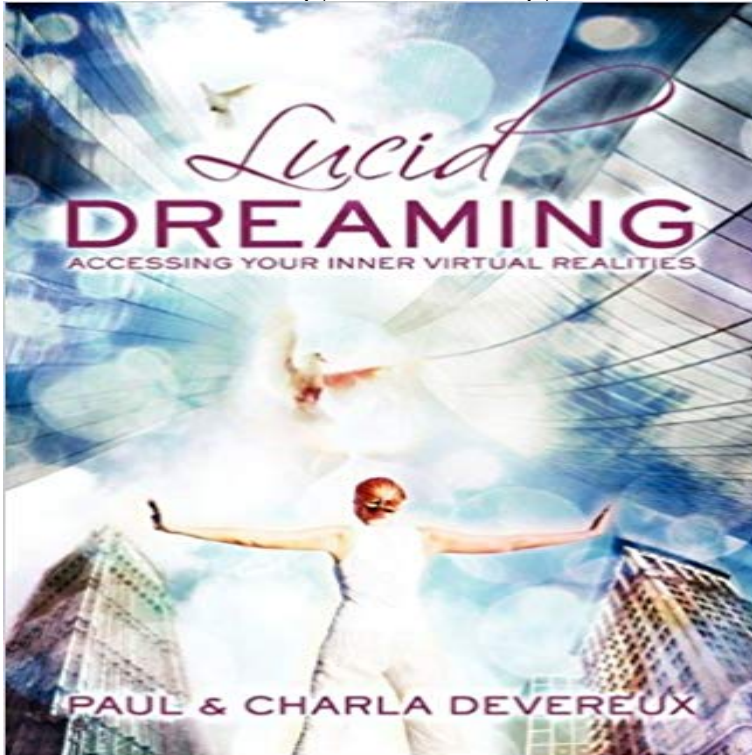


## Lucid Dreaming: Accessing Your Inner Virtual Realities



Forget your 3D cinema and TV, and your virtual cyber-worlds - these are but pale electronic imitations of what you can access through your own mind. This book shows you how to dream lucidly, which means waking up inside dreams while still physiologically asleep. Lucid dreaming is a genuine altered state of consciousness, not merely vivid dreaming, in which you can find yourself in other realities that seem as real as waking consciousness. There is no limit to the creations you can explore, because the biological wonder that is your brain is the most complex thing we know of. You can have fun, meet departed friends and relatives as if they were still alive, rehearse actions you have to undertake in the normal world of daily reality, experience mystical and paranormal mind states, and much more. A third of our life is spent asleep, and in an average lifetime we experience about half a million dreams. Yet for most of us that part of our existence is like a closed book. We might remember an occasional vivid dream, but usually our dreams are just vague, fragmented shadows that evaporate in our minds as soon as we open our eyes. This book explains the history and nature of dreams and lucid dreams, and then presents a uniquely comprehensive range of techniques, tools and aids for attaining lucid dreaming. So leave your 3D glasses behind and train yourself to plunge into the inner virtual worlds that lie beyond your dreams.

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