



A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics

Dylan Tuccillo, Jared Zeizel, Thomas Peisel

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Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved ones?or total strangers?out of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right now?fully functioning memory, imagination, and self-awareness. Imagine being able to use this power to be more creative, solve problems, and discover a deep sense of well-being.

This is lucid dreaming?the ability to know you are dreaming while you are in a dream, and then consciously explore and change the elements of the dream. *A Field Guide to Lucid Dreaming*, with its evocative retro illustrations, shows exactly how to do it. Written by three avid, experienced lucid dreamers, this manual for the dream world takes the reader from step one?learning how to reconnect with his or her dreams? through the myriad possibilities of what can happen once the dreamer is lucid and an accomplished oneironaut (a word that comes from the Greek *oneira*, meaning dreams, and *nautis*, meaning sailor).

Readers will learn about the powerful REM sleep stage?a window into lucid dreams. Improve dream recall by keeping a journal. The importance of reality checks, such as “The Finger”?during the day, try to pass your finger through your palm; then, when you actually do it successfully, you’ll know that you’re dreaming. And once you become lucid, how to make the most of it. Every time you dream, you are washing up on the shores of your own inner landscape. Learn to explore a strange and thrilling world with *A Field Guide to Lucid Dreaming*.

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The book A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics has a lot of information on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. Tom makes some research before write this book. That book very easy to read you can get the point easily after scanning this book.

Karen Johnson:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get large amount of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read will be A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics.

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