



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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Florence Hall:

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the publication untitled A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics can be great book to read. May be it might be best activity to you.

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Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't buy it, oh come on its known as reading friends.

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