

# [PDF] Lucid Dreaming: Gateway To The Inner Self

**Robert Waggoner - pdf download free book**

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## **Books Details:**

Title: Lucid Dreaming: Gateway to th

Author: Robert Waggoner

Released: 2008-10-01

Language:

Pages: 320

ISBN: 193049114X

ISBN13: 978-1930491144

ASIN: 193049114X



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## **Description:**

**Review** In this remarkable book, Robert Waggoner has brought lucid dreaming to a level that is simultaneously higher and deeper than any previous explorer has taken the topic. Both autobiographical and historical, theoretical and practical, psychodynamic and transpersonal, as well as adventurous and cautionary, Lucid Dreaming offers its readers instructions and insights that they will find nowhere else in the literature. They will learn how they can become awake and aware while asleep, and how this talent can change their lives. --Stanley Krippner, Ph.D., Professor of Psychology, Saybrook Graduate School and Research Center, San Francisco, Coauthor of Extraordinary Dreams and How To Work With Them

Lucid Dreaming IS a gateway to the Inner Self. Robert Waggoner s unique storytelling style is compelling reading an impressive exploration of the subject. The work is scholarly, fascinating, and, most of all, practical. --Christine Lemley, Executive Producer, DREAMTIME Series, WFYI/PBS-TV Indianapolis

Robert Waggoner admirably fulfills his aim of bringing lucidity to lucid dreaming. His book is distinguished by its wealth of first-hand experience, and his clear recognition that, instead of seeking to control and manipulate our dreams, we should use the gift of lucidity to navigate a deeper reality and grow into connection with a deeper and wiser self. He offers practical techniques and fascinating travelers tales to encourage us to experiment with interactive and precognitive dreaming and to explore the process of reality creation inside the dream matrix. This is an invitation to high adventure. --Robert Moss, Author of Conscious Dreaming and The Three ONLY Things: Tapping the Power of Dreams, Coincidence, and Imagination

**About the Author** Robert Waggoner is President-Elect of the International Association for the Study of Dreams (IASD) and a graduate of Drake University with a degree in psychology. He is also the coeditor of the online journal, The Lucid Dream Exchange [dreaminglucid.com](http://dreaminglucid.com). He is a frequent speaker at national and international dream conferences.

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