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Lucid dreaming, once considered a "fringe

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"The Inner Self" has been accepted as a scientific reality but the depths have yet to be fully probed. If you have any interest in lucid dreaming, whether you have experienced it yourself, are curious about it, or just want to, this book is a must-have. I was well worth every penny I paid.

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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,

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Executive Producer, DREAMTIME
Series, WFYI/PBS-TV Indianapolis.

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Lucid dreaming is a form of conscious dreaming that occurs during sleep. It can happen spontaneously or be induced purposefully before sleep. During a lucid dream, you are conscious and in control to

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a varying extent, depending on factors like skill, experience, and natural ability.

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lucid dreams as among the most wonderful experiences of their lives. If this were all there were to it, lucid dreams would be

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delightful, but ultimately trivial
entertainment. However, as many have
already discovered, you can use lucid
dreaming to improve the quality of your
waking life. Thousands of people have
written to me at Stanford

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and interact with dream figures, objects,
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The boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something ...

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~~Exploring the World of Lucid Dreaming
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Robert Waggoner has been experimenting with lucid dreaming for more than 30 years, logging 1,000+ lucid dream experiences of his own. In *Lucid Dreaming: Gateway to the Inner Self*, Waggoner devotes a chapter to lucid

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dreamers' successful and unsuccessful
attempts at healing their physical

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Waggoner~~

Robert Waggoner is the author of Lucid
Dreaming: Gateway to the Inner Self, and
a past President of the International

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Association for the Study of Dreams (IASD). For the last 18 years, he has been co-editor of the online magazine, The Lucid Dream Experience, the only ongoing publication devoted specifically to lucid dreaming.

~~THE SETH DREAM & LUCID DREAM~~

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Lucid dreaming is dreaming while being aware that you are dreaming. Lucid dreaming advocates strive to control and guide their dreams. Some desire to avoid recurring nightmares. Others desire fun. Some New Age lucid dreamers, however, believe that lucid dreaming is essential for

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self-improvement and personal growth.

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