



Lucid Dreaming: Gateway to the Inner Self

By Robert Waggoner

BRILLIANCE AUDIO, United Kingdom, 2015. CD-Audio. Condition: New. Unabridged edition.

Language: English . Brand New. Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond 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 transformative and unexpected. He was able to interact consciously with the dream observer--the apparent Inner Self--within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, and the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the...



READ ONLINE
[5.56 MB]

Reviews

It is a single of the best pdf. it had been writtern quite properly and beneficial. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Maximo Johns**

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Kaycee McGlynn**