

[ONEIRONAUTICS A FIELD GUIDE TO LUCID DREAMING](#)



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Three self-professed lucid dreamers take a modern look at oneironautics, or lucid dreaming, in this refreshingly practical guide to controlling dreams.

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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.

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Looking for NYC-based lucid dreamers to be part of a documentary produced by NBC. All levels of know-how welcomed. You'd be interviewed on-camera about your experiences--message us if you're interested and live in the tri-state NYC area.

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Yes, it s sort of like Inception. A lucid dreamer is aware that they are dreaming and can actively participate in their night's adventures. No, it is not difficult to learn. Lucid dreaming is an ability that everyone has, and one that can be easily learned by understanding some basic techniques.

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Oneironautics A Field Guide to Lucid Dreaming

Have you ever heard of lucid dreaming? In case you haven't, it's basically a dream in which you know you are dreaming. Our book Oneironautics is a hands-on field guide that teaches you how to

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A Field Guide to Lucid Dreaming Mastering the Art of

An excellent guide to experiencing or deepening lucid dreams, A Field Guide to Lucid Dreaming is filled with tips, tricks and advice to explore your dream world. My husband and daughter experience lucid dreams all the time and I don't or, at least, haven't yet.

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A Field Guide to Lucid Dreaming Mastering the Art of

Good book on lucid dreaming for beginners. I have read 4 books on lucid dreaming and have been trying to have lucid dreams for about a month without success so far, but I'll keep trying.

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Oneironautics A Field Guide to Lucid Dreaming Kickstarter Video

Ever heard of lucid dreaming? Our book, 'Oneironautics' is a hands-on field guide that teaches you how to wake up within your dreams. Please visit our Kickstarter page-- if you donate \$35 you get

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A Field Guide to Lucid Dreaming Mastering the Art of

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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