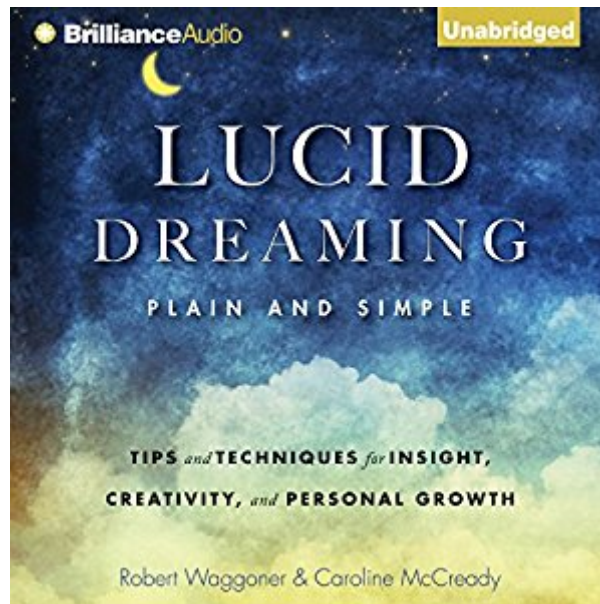


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# Lucid Dreaming, Plain And Simple: Tips And Techniques For Insight, Creativity, And Personal Growth



## Synopsis

Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the listener how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach listeners are how to: consciously decide what actions to perform explore dream space (or the contents of your subconscious) interact with dream figures conduct personal and scientific experiments be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues) This audiobook approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight, and transformation. Whether a listener is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing "This is a dream!", listeners will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

## Book Information

Audible Audio Edition

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## Customer Reviews

It really is the perfect book for beginners and intermediate lucid dreamers. The book's subtitle is the best way to sum up authors Robert Waggoner and Caroline McCready's approach to lucid dreaming. The book is written like a workbook for lucid dreamers to work through and gauge their progress. The techniques given range from the basic 'LaBerge' MILDs to Robert's modified hand technique to ones I have never heard of or seen. I consider myself an advanced lucid dreamer with about six years of frequent lucid dreaming experience. I wish I had a book with this much

information as a beginner. Most lucid dreaming books are copies of LaBerge's work or filled with induction techniques that just don't work. I've read them all. This book is impressive for looking at the mechanics of the dream space, the aware nature of dream figures, and the symbolism of the overall dream setting. Robert writes deep psychological insights about the entirety of lucid dreaming and Caroline expresses her fresh spiritual and emotional outlook on healing and meditating in lucid dreaming. The intro and beginning act to impart the basics of lucid dreaming and induction techniques. The bulk of the book looks at the lucid dreamer's role in creating the dream and ways in which manipulating your mindstream (beliefs, expectations, focus, intent, and will) manipulates the dream. The authors mention a completely new concept to lucid dreaming called Projected Mental Overlay. This concept is just one of the many new ideas that have never been written about in other lucid dreaming books. The last few chapters are about more intermediate concepts like healing, meditating, and surrendering to an inner Self. The book is more than enough for any just starting their path into lucid dreaming.

Book. Review Robert Waggoner I waited eagerly for the release of Robert's new book on lucid dreaming. This book is prefaced with the notion that it is a simple and straightforward practice book with little theory. First, there is a brief overview of dream neurology and although it lists some of the current research and use of technology in studying dreams it lacks the synthesis of the topic. But it is not unusual in this field that lacks a coherent scientific theory that explains the phenomenon and helps predict what will/won't work in this field. The second major idea explored which is something that Robert examined in his first book is control of dream environment. Again as in the first book he mentions the lack of complete control and the use of surfers and the ocean metaphor is employed but fails at providing a lucid thought of what can/can't be controlled and why leaving the reader confused. I do not think that this part of lucid dreaming is explained satisfactorily in any of the currently available books. Induction methods are explored and begins with the famous hands in your face method. The usual description is provided. In the part about hypnosis the authors provide the insightful idea of being aware not to use emotionally charged induction techniques, a thought that evades most hypnotists trying to sell induction application or CDs. General explanation of the induction methods highlights again the lack of a general theory explaining the process. There is a myriad of methods but it is not clear why they work. In the chapter about emotional healing the authors approach the idea that hypnosis and lucid dreaming are but different sides of the same phenomenon.

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