



Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics

David Jay Brown

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A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening

- Offers methods to improve lucid dreaming abilities and techniques for developing superpowers in the dream realm
- Explains how to enhance dreaming with supplements, herbs, and psychedelics
- Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds

In a lucid dream, you “awaken” within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way, lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness.

In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more than 20 years’ experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm.

Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast unconscious regions of our minds, opening up a path that takes us beyond dreaming and waking to dreaming wide awake.



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Margaret Watkins:

Book is to be different for each and every grade. Book for children until finally adult are different content. To be sure that book is very important for people. The book Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics seemed to be making you to know about other know-how and of course you can take more information. It is very advantages for you. The book Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics is not only giving you considerably more new information but also for being your friend when you truly feel bored. You can spend your personal spend time to read your reserve. Try to make relationship while using book Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics. You never feel lose out for everything in case you read some books.

David Lucero:

Spent a free a chance to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics can be very good book to read. May be it is usually best activity to you.

Stacey Pinkston:

People live in this new moment of lifestyle always aim to and must have the time or they will get lot of stress from both daily life and work. So , once we ask do people have free time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is actually Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics.

Robert Denney:

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics, you are able to enjoy both. It is good combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

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