



# A Beginner's Guide to Lucid Dreaming - How to Wake Up Inside Your Dreams

*Robert Britt*

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Have you ever considered what you could do if you could guide your dreamscape? Lucid Dreaming is not a hypothetical new age theory, but has been around for hundreds (or more likely thousands) of years. The Beginner's Guide to Lucid Dreaming introduces you to the history of lucid dreaming and then takes you step by step through the process so you can wake up inside your dreams and guide and mold them.

Imagine yourself inside the world's greatest holo-deck. Anything and everything is possible inside your mind - all you have to do is release it. With the practical steps and processing detailed in this book you are guided on a journey which allows you to shape your dreams and practice skills which can be transferred to the real world. Visual Motor Rehearsal is a technique that astronauts and Olympians have used, Lucid Dreaming takes that concept one step further and allows you to perfect skills in your mind.



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