



Dreaming While Awake: Techniques for 24-hour Lucid Dreaming

By Arnold Mindell

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Book Condition: New. Revised.. 212 x 140 mm. Language: English . Brand New Book. What if you could dream 24 hours a day, even while awake? According to innovative psychotherapist Arnold Mindell, Ph.D., we already do. The seeds of dreaming arise in every moment of the day, in body symptoms, problems, relationships, subtle feelings, interactions, random thoughts, and fantasies. We're getting countless little cues from the unconscious every minute. All are signs from the world of dreaming. And, according to Mindell, we can be in this state of lucid dreaming all day long. In Dreaming While Awake, Mindell shows how to become aware of these flirts from the dreamworld and how to interpret their message. The goal, he says, is to be wide awake and lucid 24 hours a day in the midst of this unending dreamfield of information. Practicing 24-hour lucid dreaming: Helps you solve personal, physical, and emotional problems. Serves as a preventive medicine for relationships and health, helping you catch the earliest warning signs before they turn into problems. Helps resolve conflicts in relationships, families, large groups, corporations, even politics. Dreaming is the mystical source of reality, says Mindell. My goal...

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This ebook can be worthy of a go through, and a lot better than other. Better than never, though i am quite late in start reading this one. Its been printed in an exceedingly easy way which is just soon after i finished reading this book where basically modified me, affect the way i really believe.

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This ebook is definitely not straightforward to start on looking at but really enjoyable to learn. It usually will not charge excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

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