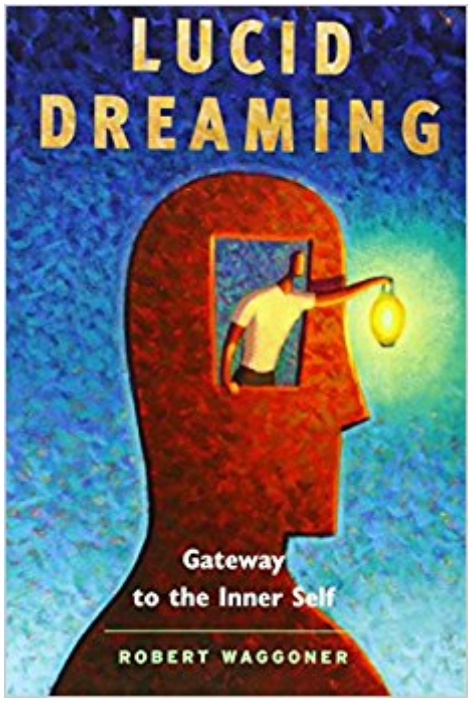
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Lucid Dreaming: Gateway To The Inner Self



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Synopsis

Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something transformative and unexpected. He was able to interact consciously with the dream observer -- the apparent Inner Self -- within the dream. At first this seemed shocking, even impossible, since psychology normally alludes to such theoretical inner aspects as the Subliminal Self, the Center, the Internal Self-Helper in vague and theoretical ways. Waggoner came to realize, however, that aware interaction with the Inner Self was not only possible, but actual and highly inspiring. He concluded that while aware in the dream state, one has both a psychological tool and a platform from which to understand dreaming and the larger picture of man's psyche as well. Waggoner proposes 5 stages of lucid dreaming and guides readers through them, offering advice for those who have never experienced the lucid dream state and suggestions for how experienced lucid dreamers can advance to a new level. Lucid Dreaming offers exciting insights and vivid illustrations that will intrigue not only avid dreamworkers but anyone who is interested in consciousness, identity, and the definition of reality.

Book Information

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Customer Reviews

In this remarkable book, Robert Waggoner has brought lucid dreaming to a level that is simultaneously higher and deeper than any previous explorer has taken the topic. Both

autobiographical and historical, theoretical and practical, psychodynamic and transpersonal, as well as adventurous and cautionary, Lucid Dreaming offers its readers instructions and insights that they will find nowhere else in the literature. They will learn how they can become awake and aware while asleep, and how this talent can change their lives. --Stanley Krippner, Ph.D., Professor of Psychology, Saybrook Graduate School and Research Center, San Francisco, Coauthor of Extraordinary Dreams and How To Work With ThemLucid Dreaming IS a gateway to the Inner Self. Robert Waggoner s unique storytelling style is compelling reading an impressive exploration of the subject. The work is scholarly, fascinating, and, most of all, practical. --Christine Lemley, Executive Producer, DREAMTIME Series, WFYI/PBS-TV IndianapolisRobert Waggoner admirably fulfills his aim of bringing lucidity to lucid dreaming. His book is distinguished by its wealth of first-hand experience, and his clear recognition that, instead of seeking to control and manipulate our dreams, we should use the gift of lucidity to navigate a deeper reality and grow into connection with a deeper and wiser self. He offers practical techniques and fascinating travelers tales to encourage us to experiment with interactive and precognitive dreaming and to explore the process of reality creation inside the dream matrix. This is an invitation to high adventure. --Robert Moss, Author of Conscious Dreaming and The Three ONLY Things: Tapping the Power of Dreams, Coincidence, and Imagination

Robert Waggoner is President-Elect of the International Association for the Study of Dreams (IASD) and a summa cum laude graduate of Drake University with a degree in psychology. He is also the coÃƒâ Ã Â- founder and editor of the online journal, The Lucid Dream Exchange (dreaminglucid.com), the only ongoing publication devoted speci?cally to lucid dreaming. He is a frequent speaker at national and international dream conferences.

This is a really inspiring book written by a very intelligent man. This is the most interesting and philosophical book I have read about lucid dreams and I have read a lot. He comes from an academic background but doesn’t ignore the bigger questions about consciousness and about reality. Love love this book! It has inspired me to start training myself again to lucid dream and I’ve had 3 in one month. I followed some of the author’s suggestions for working with dreams with surprising and delightful results. This is not a beginner’s manual of techniques so if you are just getting started start with something with basic instructions first or in conjunction with this book.

I have had an ongoing interest in lucid dreaming for over 20 years dating back to when I first

discovered the work of Stephen Laberge, and this book has re-inspired me to dive back in head first. I had a fertile period of very vivid and strange dreams that got me to pull out my old dream journals and start thinking about lucid dreaming again, and then I started to search the internet for new books and I'm so glad I found this one. I noticed that every single review is 5-stars, and after reading them I couldn't wait to get my hands on this. What I really like is how Waggoner approaches this on a deeper level - beyond the basics of controlling your dream content to fly or have adventures just for the sake of entertainment. To me - that was always a good enough reason to learn lucidity, to escape and push the boundaries just a little bit. Then, after reading his experiences of going deeper and unlocking a 3rd consciousness - I stopped and realized there was so much more to achieve. Lucid dreaming is an art form and requires a lot of discipline, but if you have come this far and found this book - then don't even hesitate....just buy it, read it and push your mind to new heights!

This book is a fascinating read on Lucid Dreaming. If you are a fan of Seth books (by Jane Roberts), you are sure in for a treat.Notice, this is not a book on how to induce lucid dreaming. You will be disappointed if you hope to find such techniques here. The author has workshops on the how-tos.

This was a valuable help to me to grasp what lucid dreaming is about. I learned a great deal about what a profound effect being in a physical body has on our thinking.For example, some new to lucid dreaming find it difficult to go anywhere in their dream because they can't make their legs work. They find out, if they do, that legs work in the physical world but not in a dream. If you want to go somewhere in a dream, all you need to do is to want it, to wish it, or to will it. Actually, just seeing and thinking about the place you want to be is good enough.There is a lot in this book about meeting others and conversing with them in dreams. Now, there is a thought.

I read other Lucid Dreaming books. This book covers all the standard points. But this book also concludes, after a lifetime of observing Lucid Dreaming, that an intelligence with a growth agenda assembles the details of the dreams. Lucid Dreams obviously carry lifelike detail and obviously serve the high purpose of growth. Robert Waggoner does a great job discussing this while yet allowing the reader to draw their own conclusions about what this means. A home run!

I still haven't finished reading this book, but as an advanced lucid dreamer capable of inducing lucid dreams around 90% of the time (9/10 nights), I would definitely recommend this book to anyone

aspiring to learn more about this ancient metaphysical practice. The only negative aspect of the book IMHO, is that it tries to PROVE to the reader the nature of lucid dreams and the things that can be done in them, when many people reading this book are ALREADY experienced lucid dreamers and believe many of the concepts in the book, not as theories, but as fact. I can understand that approach is necessary because many people will actually come into this book as having never experienced a lucid dream and these individuals may be skeptical about such ideas. Even with all that said, I would still recommend this book to ANYONE. I actually learned some new techniques from this book like lucid dream healing which has actually worked for me in helping me pass kidney stones and dream character integration, which has led me to experience an actual discernible shift in my personality... as it became whole. BUY THIS BOOK NOW. Happy reading.

This is really well done and it definitely changed my life. He makes profound connections while still staying accessible. He is not a mystic, clairvoyant, or anyone with a set of spiritual beliefs that would prime him to draw and defend the conclusions he comes to - he’s just a regular guy that goes on a journey from the bottom up who does whatever he can to learn more about it. To me this makes it so much more compelling, because he has no motivation to prove a certain point and yet he ends up affirming a plethora of ancient knowledge of how the subconscious works, along with certain truths I already had hidden in my heart. To hear someone else affirm with certainty that this waking consciousness is too a sort of dream, or reveal the dream world as an avenue to connect to your higher self...priceless.Con: At times he can be repetitive or refers to the same few examples. He probably does this for the ease of readers but I personally would like less repetition, more examples.

The author gives a fascinating account of his own explorations into the world of lucid dreaming. Other experts in this field teach techniques, which is quite useful, this book, however, goes much further. When I first heard of lucid dreaming I had ambivalent feelings. I thought, why on earth would anyone want to mess with one’s dreams? I’ve been keeping a dream diary since my teenage years and i always valued my dreams as an opening into my ’pure’ unconsciousness. This book, however, convinced me that by going a few brave steps further one can interact with the unconscious in a much more amazing and enriching way. I warmly recommend this book to anyone seriously interested in lucid dreaming.

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