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DREAMS OF AWAKENING: LUCID DREAMING AND MINDFULNESS OF DREAM AND SLEEP



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Dreams of Awakening: Lucid Dreaming and Mindfulness of Dream and Sleep, Charlie Morley, Dreams of Awakening is a thorough and exciting exploration of lucid dreaming theory and practice within both Western and Tibetan Buddhist contexts. It not only explores lucid dreaming practices, but also the innovative new techniques of Mindfulness of Dream and Sleep, the holistic approach to lucidity training which the author co-created. The book is based on over...

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- Authored by Charlie Morley
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