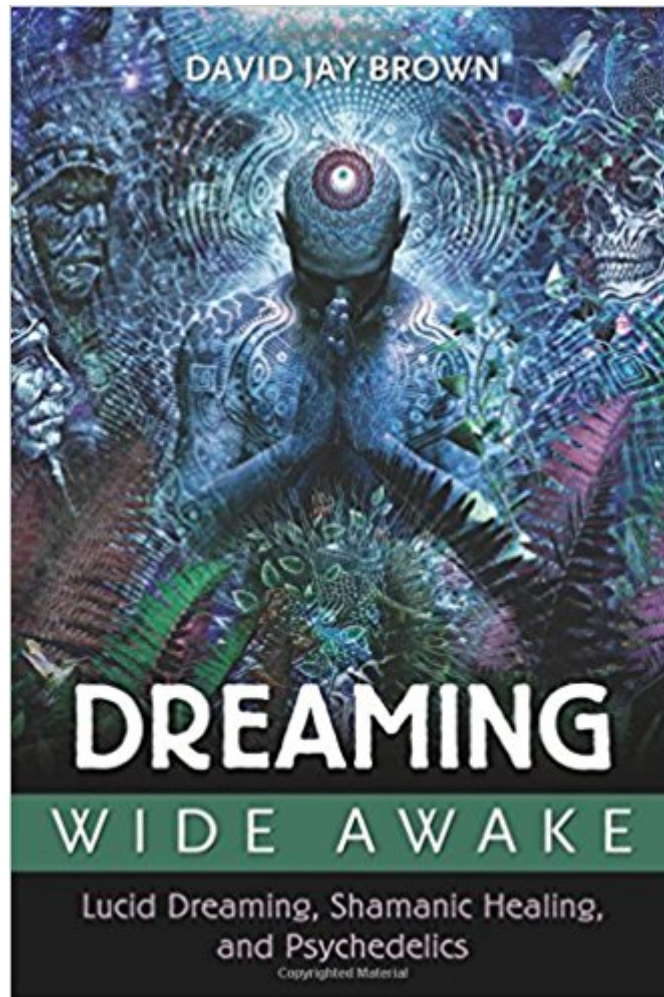


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Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, And Psychedelics



Synopsis

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.

Book Information

Paperback: 416 pages

Publisher: Park Street Press (August 27, 2016)

Language: English

ISBN-10: 1620554895

ISBN-13: 978-1620554890

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #22,128 in Books (See Top 100 in Books) #15 in Â Books > Religion &

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Customer Reviews

This is the second book I have read by the author. The first, *The New Science of Psychedelics*, blew me away so I had to read more of his work. My interest in lucid dreaming goes back over ten years when I read two books by Stephen LaBerge. Since then I have devoured a lot of books about the topic, though mostly the same old thing regurgitated over and over. Brown's book is the first truly novel book about lucid dreaming that I have read since the classic books by LaBerge. Brown is a masterful writer, and this and the other book I read by him, are written in an engaging and entertaining form. If you are interested in lucid dreaming and/or psychedelics, then *Dreaming Wide Awake* is definitely a must-read book.

I just finished reading "Dreaming Wide Awake" and loved every page of it-- my first David Jay Brown book, surprisingly, since I've been studying these subjects and authors for many years; I'm thrilled to have discovered a new (tome) and supremely gifted psychonaut-author. This book thoroughly reviews the history, science, and culture of lucid dreaming w/ cutting-edge updates on the subject including a bridge between lucid dreams and psychedelics, w/ an inspiring look at the future of the subject augmented by new technologies. A new Kickstarter product called the Lucid Dreamer will do exactly what Brown describes in this book economizing lucid dreaming trans-cranial stimulation technology for personal and portable use. Looking forward to reading Brown's "New Science of Psychedelics" currently on its way. I'm hopeful about the "neurological (r)evolution" knowing a psychonaut of the caliber of (and also a friend of the late) Robert Anton Wilson, et al., is turning out new books to initiate millenials into the Great Dream...

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