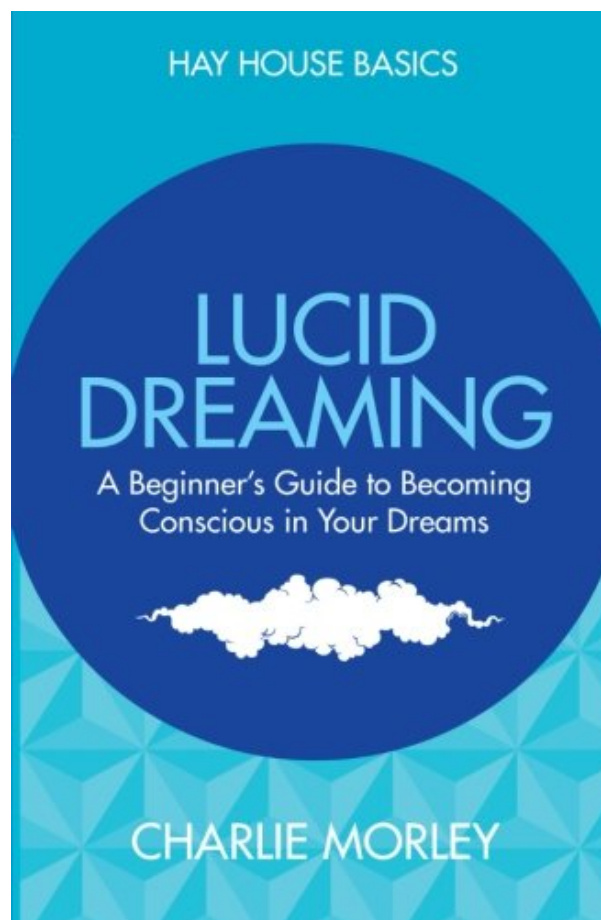
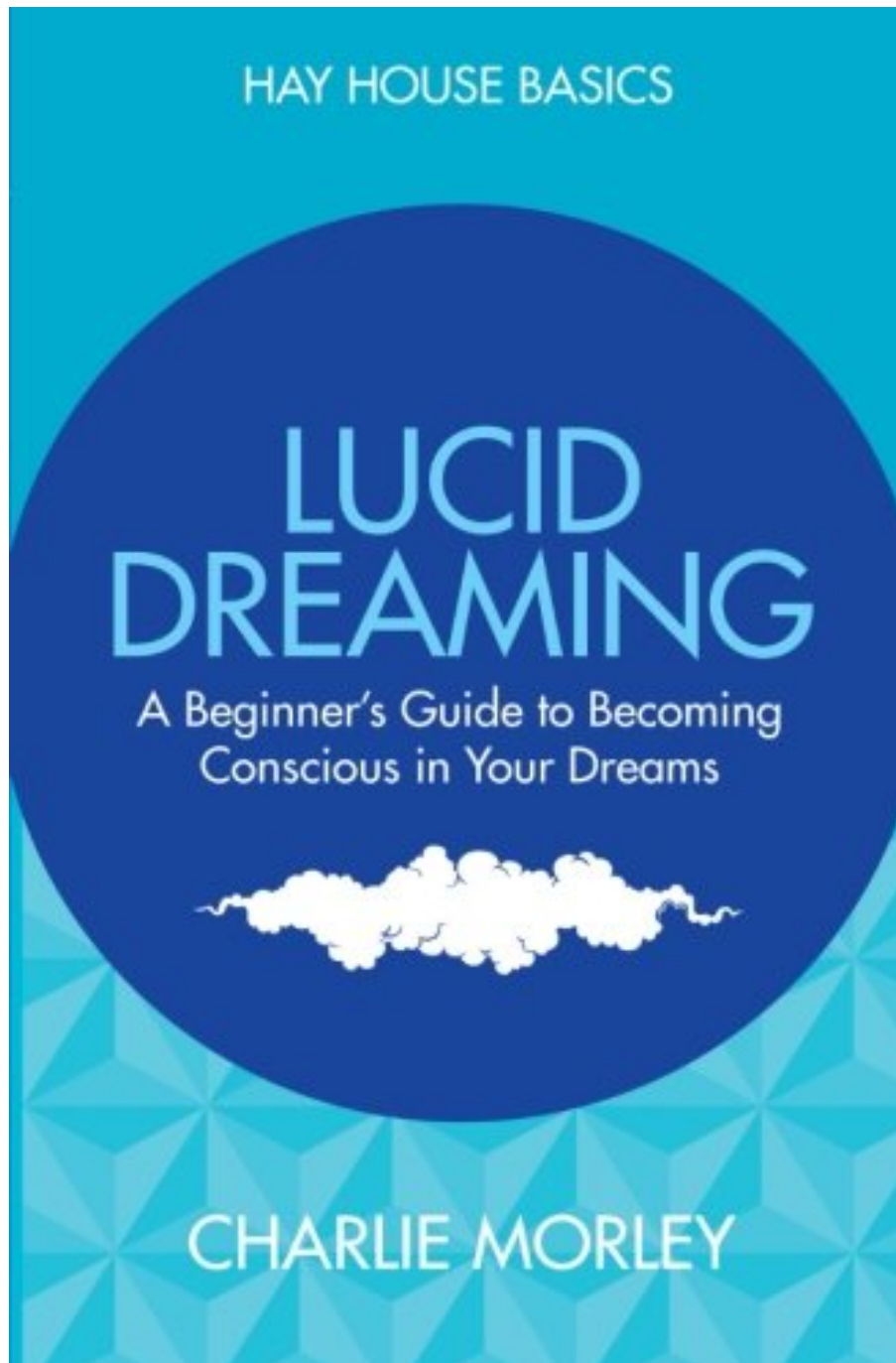


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TO BECOMING CONSCIOUS IN YOUR  
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Charlie's clarity, humility and humanity make it easier for people to understand the deep and important subject of lucid dreaming. -- Lama Yeshe Rinpoche, author of *Living Dharma* These books were simple, easy to understand and offer a fantastic place to start. These are books that you will turn to again and again.  
Woman's Way

## About the Author

Charlie Morley is a teacher and author with a unique insight into lucid dreaming, and a rare ability to synthesize both Western and Eastern perspectives on lucidity.  
[www.charliemorley.com](http://www.charliemorley.com)

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Lucid Dreaming is an exciting new book that explores the 'Why? How? Wow!' of waking up to life by becoming conscious in your dreams. This book contains:

- a host of tips and techniques for becoming lucid in your dreams
- holistic and spiritual benefits of living a more awakened life
- amazing, real-life case studies
- contributions from the world's leading lucid dreaming experts
- learning modules designed to help you wake up to your full potential!

Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, Hay House Basics guarantees practical, targeted wisdom that will give you results!

- Sales Rank: #614211 in Books
- Published on: 2015-02-02
- Released on: 2015-02-02
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .54" w x 5.25" l, .84 pounds
- Binding: Paperback
- 216 pages

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## Most helpful customer reviews

7 of 7 people found the following review helpful.  
Great book for anyone interested in lucid dreaming  
By Scott Murtha

This book is a great read for anyone who is interested in lucid dreams either because you've had them before, or would like to learn how to have them. Charlie Morely is excellent at explaining information about lucid dreams in a very easy to understand and practical way the any lucid dreaming beginner can understand and appreciate. This book explains many of the tools and techniques you can use to become conscious in your dreams, as well as its practical real life applications. While in a lucid dream state you have direct conscious access to your unconscious mind. Think of the possibilities there.

Before reading this book I have had some of my own spontaneous, and a couple intentionally created lucid dream experiences. I had no real idea that lucid dreaming could serve real purposes in life. I looked at it something fun to do that happens now and then while I sleep. This booked opened up a whole new world for me. Now I'm beginning to read Charlie Morely's other book Dreams Of Awakening, and going further down the rabbit hole to investigate my own mind.

But I highly recommend this book to anyone looking to experience the phenomenon that is lucid dreaming.

3 of 3 people found the following review helpful.

Great material from an interesting author!

By Mirage

About halfway through the book and thoroughly enjoying it.

Not lucid yet but have had some interesting experiencies in my dreams that are totally new to me.

If Charlie holds any West Coast (USA) retreats I will be attending.

3 of 3 people found the following review helpful.

Valuable and informative, containing innumerable techniques and experiences

By Iona Main Stewart

This is the first book I've read by Charlie Morley, and I trust it won't be the last.

Lucid dreaming is having a dream where you realize that you're dreaming and thus wake up in your dream!

Once you're lucid, you can choose to do whatever you like - fly, teleport, meet a “personification of your higher self” and so on. But the author points out that to control our dreams is often “to subjugate, to dominate and to suppress”, so instead we should aim to “choreograph, influence and direct the dream”. The dreaming mind is our unconscious and we should refrain from controlling it but instead befriend it.

We must set an intention to recall our dreams before bed. We should recite over and over “Tonight I remember my dreams. I have excellent dream recall.”

It is important to keep a dream diary in which we report all the dreams we recall.

We are told about dream signs – any “improbable, impossible or bizarre aspect of dream experience” that can indicate we're dreaming.

Once we've found our dream signs we should keep a lookout for them in future. Before bed we should remind ourselves again and again: “The next time I see Barack Obama (or whatever) I'll know that I'm dreaming”.

The problem is that this author and all the authors of the other books on lucid dreaming say that you have to, for example, look at your hands when you're dreaming or notice something anomalous, and then you'll know you're dreaming and become lucid. But this makes no sense to me, because in order to follow these instructions, you need to be conscious (lucid) to begin with.

And I can dream of Barack Obama, or my deceased parents innumerable times without thinking there is

anything strange about this, and therefore never realize I'm dreaming.

Charlie instructs us to carry out reality checks when dreaming (which again can only be done when lucid or pre-lucid). 1) Look at your outstretched hand twice in quick succession and check that it doesn't change in any way. 2) Read a text "coherently" twice without it changing. 3) Use digital or electrical devices without their changing or malfunctioning in any way.

In our waking life, whenever anything weird happens, we should ask "Am I dreaming?" followed by a reality check. When you keep doing this, the habit will appear in your dreams, thus helping you to check for lucidity.

Each time you act with courage in a lucid dream you're strengthening the neural pathways associated with courage in the waking state.

It has been scientifically documented that practising sports within the lucid dream state can lead to remarkable increases in waking-state performances, since training in this state creates neural pathways that will carry over into the waking state.

Moreover, we can heal our psychological baggage within the dream state. For example, "gradual exposure to spiders within the lucid dream can be used to help overcome a phobia of them". One young woman used her lucid dream to meet and forgive an abuser from childhood.

Charlie explains Stephen LaBerge's Mnemonic Induction of Lucid Dreams, the MILD technique, and we're also given the Wake, back to bed technique, which increases our chances of having a lucid dream by 2,000 percent (or so he says!).

There's a chapter containing advice about what to eat or drink to improve chances of gaining lucidity. Taking Vitamin B6 before bed certainly strongly improves my memory of all the dreams I have that night. One cup of mugwort tea lets me remember my dreams for two nights in a row!

However, Charlie fails to mention Guayusa tea, which one seller based in Thailand promotes under the name "Lucid Dreaming Tea". Guayusa tea has apparently aided many to lucid dream, but not me personally, not one bit.

The mind is up to seven times more powerful in the lucid dream state so it is valuable to implant new habit patterns in our minds during lucid dreams. For example, if struggling with self-worth, you could call out "I am loved, loving and loveable in every single way, I am loved, loving and loveable every single day".

We're given an example of someone who cured himself of nicotine addiction during one lucid dream, by getting help from a dream character.

At the end of each chapter we find a "Tool Box", which provides us with valuable advice and exercises. Throughout the book we are also given interesting and useful case studies with examples of lucid dream experiences.

To sum up, I can highly recommend this book. It is well-written and entertaining and presents us with innumerable techniques to improve our chances of gaining lucidity, together with much other information. In my view it will be a valuable addition to your lucid dream library!

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