



Lucid Dreaming: Gateway to the Inner Self

By Robert Waggoner

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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.

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Lucid Dreaming: Gateway to the Inner Self By Robert Waggoner Bibliography

- Sales Rank: #146565 in eBooks
- Published on: 2008-10-01
- Released on: 2008-10-01
- Format: Kindle eBook



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Editorial Review

Review

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 Them

Lucid 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 Indianapolis

Robert 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

About the Author

Robert Waggoner is the former president and active member of the International Association for the Study of Dreams (ISAD) and a graduate of Drake University with a degree in psychology. A lucid dreamer since 1975, over the past forty years he has logged more than a thousand lucid dreams. He is an international speaker and coeditor of the quarterly publication, *The Lucid Dream Exchange*.

Users Review

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Cedric Baker:

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Phillip Chadwick:

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Joshua White:

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