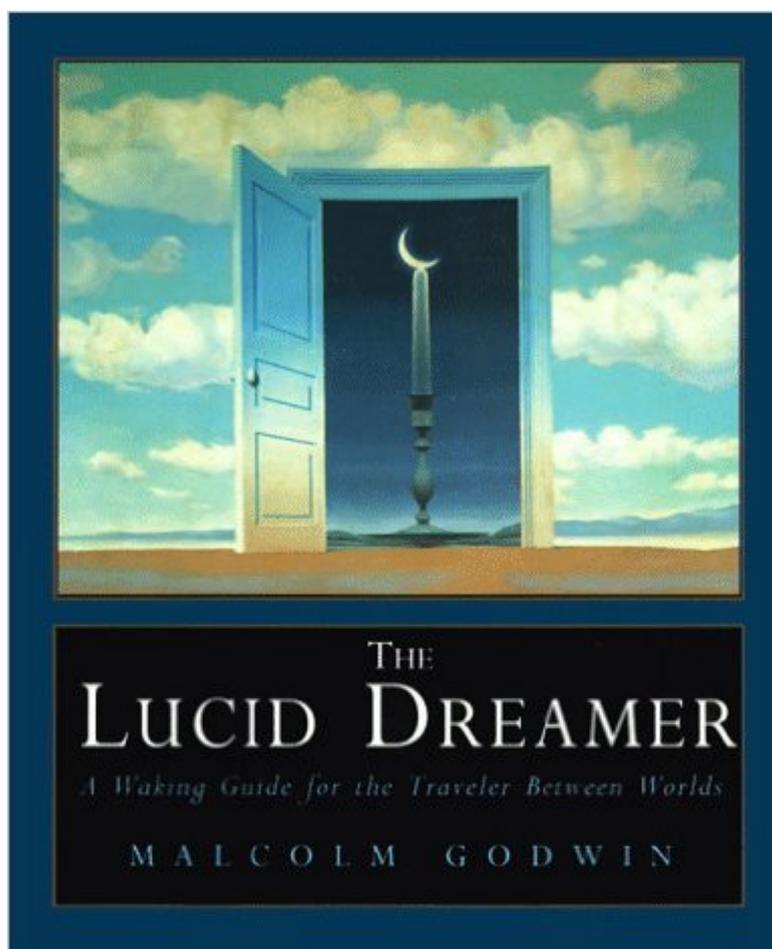


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# The Lucid Dreamer: A Waking Guide For The Traveler Between Worlds



## Synopsis

An unorthodox exploration of the phenomenon of lucid dreaming surveys the nature of the dream world over the last five thousand years, recent research, detailed techniques and exercises from each tradition, and analysis of the nature of dreaming versus waking. 35,000 first printing.

## Book Information

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## Customer Reviews

Not your average Lucid Dreamer type book. Malcom doesn't patronise the reader with the standard 'a black cat means..', at times I read books and feel where is the beef, not so this one. Apart from the absolutely wonderful layout and pictures he also takes the reader on a journey through the 'history' of the traditions of lucidity in the dreamplane, from the aboriginal dreamtime to tibetan yoga, Shamens, sorcerors, intiation techniques and secret societys, many references too numerous to list here and a myriad of parctical techniques, many I have never heard of before. Then he brings things bang up to date and with the interface of the newer sciences, REM research morphic fields, David Bohm, paradigm shifts, the nature of perception, consciousness, holograms ..and a gallery of splendid plates of the artworks of Zaborov, Rousseau, Schwarzer, Magritte, Blake and a host of other artists. A real first class book, given the drivel that is out there in the market I don't know how this ever went out of print. If you come across a second hand copy grab it, don't argue about the price.

I would give this book 10 stars if I could. This is not another new age make a buck/feel good rag. This is a comprehensive examination of the phenomenon of dreaming. But it not only examines dreaming, it examines the very nature of reality. I have had many extremely profound and quite long

lucid dreams and I can tell you from personal experience that Malcom knows exactly what he is talking about in this book. His description of the experience and how having a lucid dream forces you to question what we take for reality is right on the mark. This book gives many paths and techniques. Why it went out of print is a mystery. If you see a copy, even for 50 or 60 dollars, buy it, you'll never regret it.

This is not a basic introductory book of "how-to". It does give you many techniques of how to induce lucid dreaming while also covering the science, spiritual and philosophy of this subject. The author also explains that this is not three-easy steps but requires a little work. The book is easy to read and incredibly well rounded. A pure joy to read while being enlightening.

I don't know who you are and how you stumbled across this review but heed my words. This is undoubtedly the most remarkable book ever written. Not some woolly ethereal 'possibility' book, it actually helps you to change your life drastically- why live in the daily world of drudgery when you can have an alternative life within the world of your dreams where anything is possible. It is not easy and takes practice, but you will realise why you found this review today and the implications will reverberate for the rest of your life.

The Lucid Dreamer may be the one book that has altered life for me in a way that no other psychology book or writing has. The practices used in this guide are absolutely what was needed to heighten my dream awareness. I would strongly encourage anyone who has a thirst to become active in their dreams to dive into this book and just experience the change that may happen.

This book is a treasure. I am totally amazed that it is not THE top rated Lucid Dreaming book here on ! I have read Lebergs work Exploring the World of Lucid Dreaming and the Tibeta Yogas of Dream and Sleep but THIS book breaks Lucid Dreaming and reality down to such a level that it is simultaneously liberating and frightening to comprehend: You are dreaming your reality wherever you perceive it, and the Dream is dreaming you as well as all that is in the dream! Pick up a cup of water and drink, but then think, not only are you dreaming that cup and the water but the water in the cup and the cup are dreaming you! Cuts your ego-mind to pieces! You are just as insubstantial as all that you perceive so why so serious? Any system that would have you take it and it's "preachers and teachers" too seriously with conditional joy is control. This book really has helped my dream recall on the path to Lucidity and the art is essential also because the language of spirit/the

unconsciousness is symbol and visual imagery. The pictures in this book help to communicate to your spirit what mere words that do not evoke imagery in your mind cannot. This book was recommended to me and I am so glad I followed through and got it. If you can remember the freedom and magic you had as a child, and think of all the cases of psychic activity which always occurs around children, and want to work on remembering your birthright GET THIS BOOK and awaken!

I have read quite a number of books on metaphysics, mysticism, religion etc. With the knowledge gained from those in the back of my mind, when I read this, I could 'feel' a jigsaw puzzle get solved on its own in a flash. However, I could not call it an 'enlightenment' since still things remain only in knowledge-level and not in experiential level. Well, the right direction is shown. The rest is up to us. Believe me, trust me, you don't know how lucky you are to have come across this opportunity.

I would strongly encourage anyone who has even a remote interest in psychology, biology, biochemistry, asian philosophy, art (of any kind), literature, history, hallucinogens, dreaming (of course)...Everyone needs to read this book. Everything you didn't know you wanted to know about lucid dreaming. And it's full of great photos and images and diagrams as well. If you cast your net into the sea of dreams you could write a novel, nearly every night, with the catch you pull in... And once you go lucid you are no longer stuck on the shore, you are adrift on a fantastic galleon, on the sea that is the imagination...Go get this book today, quit sleeping, it's time to dream!

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