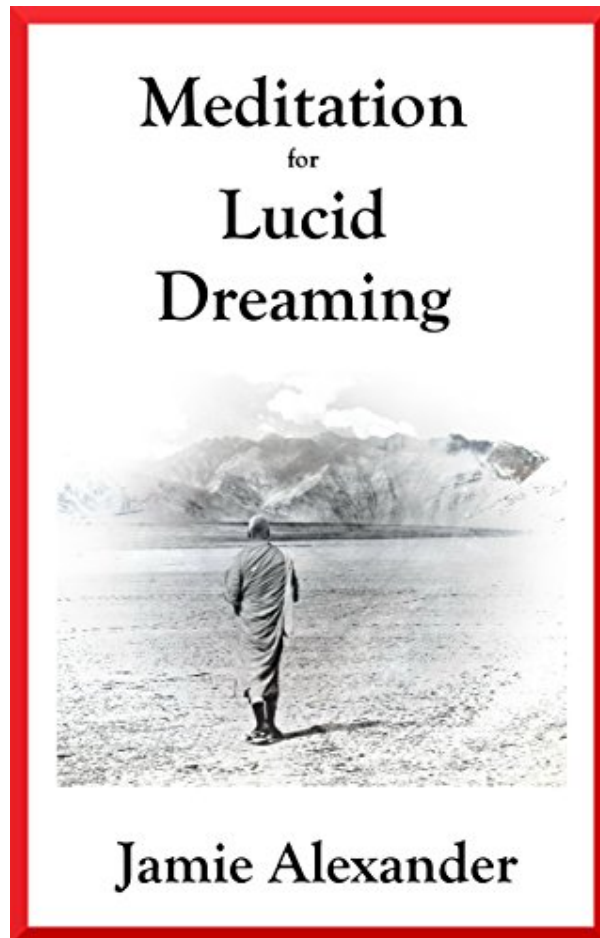


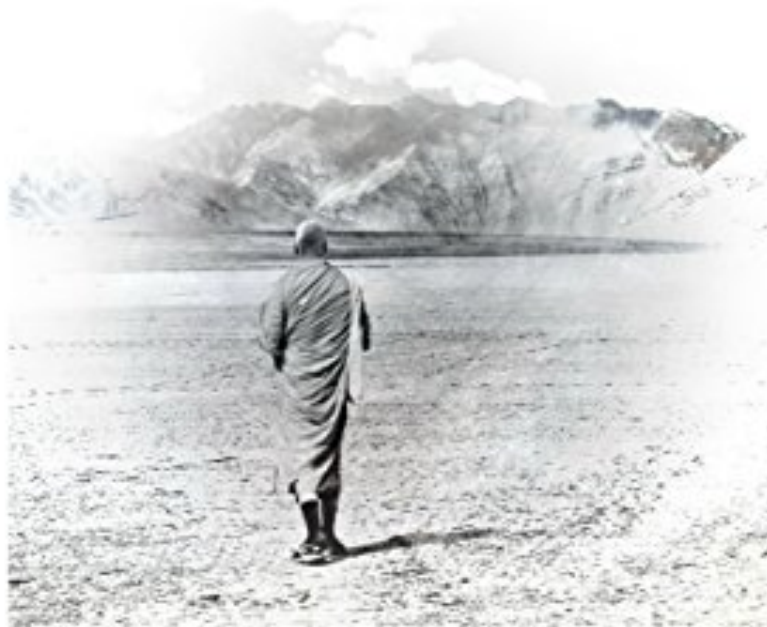
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Do you know what meditation and lucid dreaming have in common?

You're completely aware in both of them.

That means meditation is the key to unlocking lucid dreaming

In this book I'm going to show you how you can use meditation to enter the dream world from an awakened state.

You just need to lie down in your bed and close your eyes then you'll learn how to pull yourself into a dream without losing consciousness.

You will have lucid dreams a lot more often, not just because you'll be able to enter the dream world when you want because you will also become so aware you'll become lucid spontaneously during regular dreams too.

I'm going to give you the key and you only need to open the door.

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- Released on: 2014-09-28
- Format: Kindle eBook

Most helpful customer reviews

3 of 3 people found the following review helpful.

I Wish THIS was the First Book I Read on Lucid Dreaming

By Kyle

This is a great, concise book about having lucid dreams that I highly recommend to anyone who's interested in the subject. I've been lucid dreaming for about a year and I wish I had started reading this even before Stephen LeBarge's book, which is considered "the bible" on the topic.

Jamie takes a complicated method and turns it into an easy-to-understand set of steps that anyone with a small commitment to practice should be able to master in time.

If you really want to have lucid dreams and want to know the most direct strategy, get this book. And at this price, it's a steal.

2 of 2 people found the following review helpful.

Undone by Poor Organization and Editing

By breaux

I've read a number of books, watched videos, et cetera regarding how to induce lucid dreams. I think that this book has a lot of helpful information, but the information is greatly disadvantaged by Mr. Alexander's poor organization and inadequate editing (i.e., typos and sentences that should be part of other sentences rather on their own). There are many times where I wonder if the author imagines that one has read one of his other books or has certain prior knowledge because there are many statements that require greater elaboration if encountered by the novice. I imagine that if I were sitting in front of the author and listening to him discuss his lucid dreaming experiences it would be a very engaging conversation and, literally transcribed, would read very much like this book. But a book requires more structure and reflection on how to craft that structure, and I don't think the author succeeds in this. The book has the feel of jumping from topic to topic but randomly so. Again, however, I think there's value in this book. The author seems knowledgeable and sincere, and the price isn't going to break the bank. Thus, the reason for the 3-star rating.

2 of 3 people found the following review helpful.

Novel approach but needs reorganization

By M Al-Shaer

The author offers his approach to lucid dream which is innovative and genuine. He states that at the beginning of the book and delivers as promised.

The book however is difficult to follow; you find allot of good ideas but it is missing that chapter where he says let me put it all together and give you a step by step approach to laying down and sliding into a lucid dream.

Although the book advocates meditation but the author doesn't use standard meditation language which makes it hard to follow. Again the authors puts a disclaimer in the book about his lack of formal meditation knowledge.

He presents an important idea here in which he describes the difference between meditation as meditation and also as means of inducing a lucid dream, although doesn't appear to have reached maturation but he does allot better than most writers on the topic. He describes the experience but doesn't analyze it.

Is it worth buying?

My answer is yes.

Did I benefit from reading it?

Definitely, it gave me seeds for some insights into the topic.

I wish the author will just re-write the book with a chapter about putting it together and other chapters with more organization. When that happens it will be great.

See all 7 customer reviews...

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