



Lucid Dreaming : A Step By Step Guide To Lucid Dreaming Techniques: A Complete Guide To Having An Out Of Body Experience

Anthony Third Eye Blundetto

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This remarkable book, by Anthony 'Thid Eye' Blundetto makes the art of lucid dreaming quite easy and has brought it to a level that is much higher and intriguing than most authors that have written on the topic. In chapters he out lines what will help you to fully control your dreams. A few exercises that will help you to determine in theory and put into practice the psychodynamic dreams and transpersonal awareness that makes sleeping an absolute joy. Anthony has offered dream control techniques, instructions and a few insights that are unique. This book offers some great insights and telling and vivid instructions that will not only intrigue novices but some seasoned lucid dreamers as well. Seen as a master stroke the book will help in the identity, consciousness as well as a method definition of the reality.

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