



How To Have a Lucid dream? - 4 Guaranteed Techniques To Have Your Own Lucid Dreams - Special Edition

Nicolas Holder

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Have you ever had that feeling where you say to yourself, "The Idea came to me in a dream"?

Yes? - Then please continue.

You have probably landed on this page because you want to find a way to:

- Experience new realms of reality
- Understand how to control your dreams
- Find answers to questions or problems that you can't solve on your own
- Come up with that million dollar idea
- Or just simply get over a nightmare

Whatever the reason, lucid dreaming is an exciting field for both scientific and spiritual research.

Did you know: that during a typical lifetime, people spend an average of six years dreaming!

Many influential men and women in society have discovered new ideas, concepts and technology in a dream state. And on a spiritual level many have felt as though they have met their spirit guides, spoken to loved ones who have passed and/ or found their path in life.

So why wouldn't you want to have some control over how you dream?

In this book you will learn:

- What is a Lucid Dream, far beyond the simple notion of 'just controlling your dreams'
- Benefits of Lucid Dreaming
- How influential people have tapped into their dreams to find answers
- Spiritual thoughts and possibilities
- Scientific research and thoughts
- What is required to have a Lucid Dream
- Step-by-step tutorial of how to lucid dream (including 4 techniques that will ensure you dream lucidity)
- Techniques to prolonging a Lucid Dreams
- Techniques to increase your awareness whilst in a dream state

This Guide is quick to the point with clear cut information. If you are truly interested in mastering a new realm of your reality and looking for a new found appreciation for your dreams - then this book is for you.

This book is a fusion of not only years of research in both a scientific and a spiritual sense, but also includes personal experience of how to lucid dream.

And trust me, it is awesome!

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Maurice Lamothe:

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