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First Time I Woke Up To My Dream. I was 14 years old when I had my first, spontaneous lucid dream. Some people have them naturally

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The headline "Biblical Angels Were Just 'Lucid Dreams'" intrigued me. If we lived, as the Zen masters recommend, fully in the now — alert,

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I've had quite a few lucid dreams and I've figured out a method to have them but run free because anything's possible and you are the master of your dream

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Several years ago, I started spontaneously having lucid dreams, dreams in Through these dreams, connections can be made to masters and guides who are

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It was there she met a wise man, a practitioner of an ancient healing tradition: the "Master of Lucid Dreams", and it was there, in the mystical East, she learned

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4 powerful secrets to lucid dreaming - wisdom pills

Lucid dreams are the dreams in which you are conscious that you are dreaming. Such dreams are usually very clear and give a great sense of

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Olga Yahontova (aka - Olga Kharitidi) was born in Siberia, in the former Soviet Union. She has traveled extensively throughout Siberia, Uzbekistan, and Kazakhstan, following the ancient wisdom that spread from Siberia to Central Asia, Tibet, and the Himalayas. She is now in the

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Lucid Dreaming: Become the Master of Your Dreams. When it comes to treating nightmares, some people find treatments such as Image Rehearsal Therapy to

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