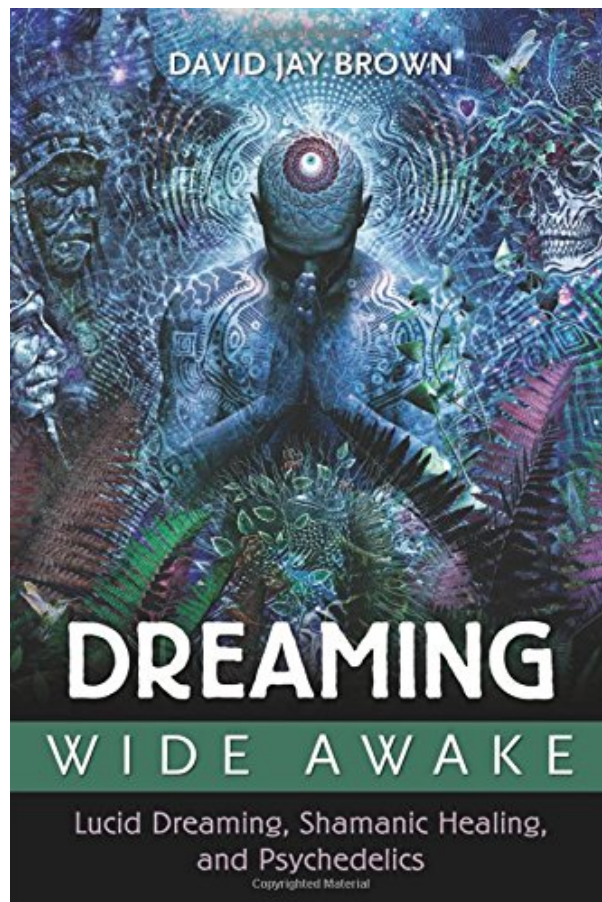
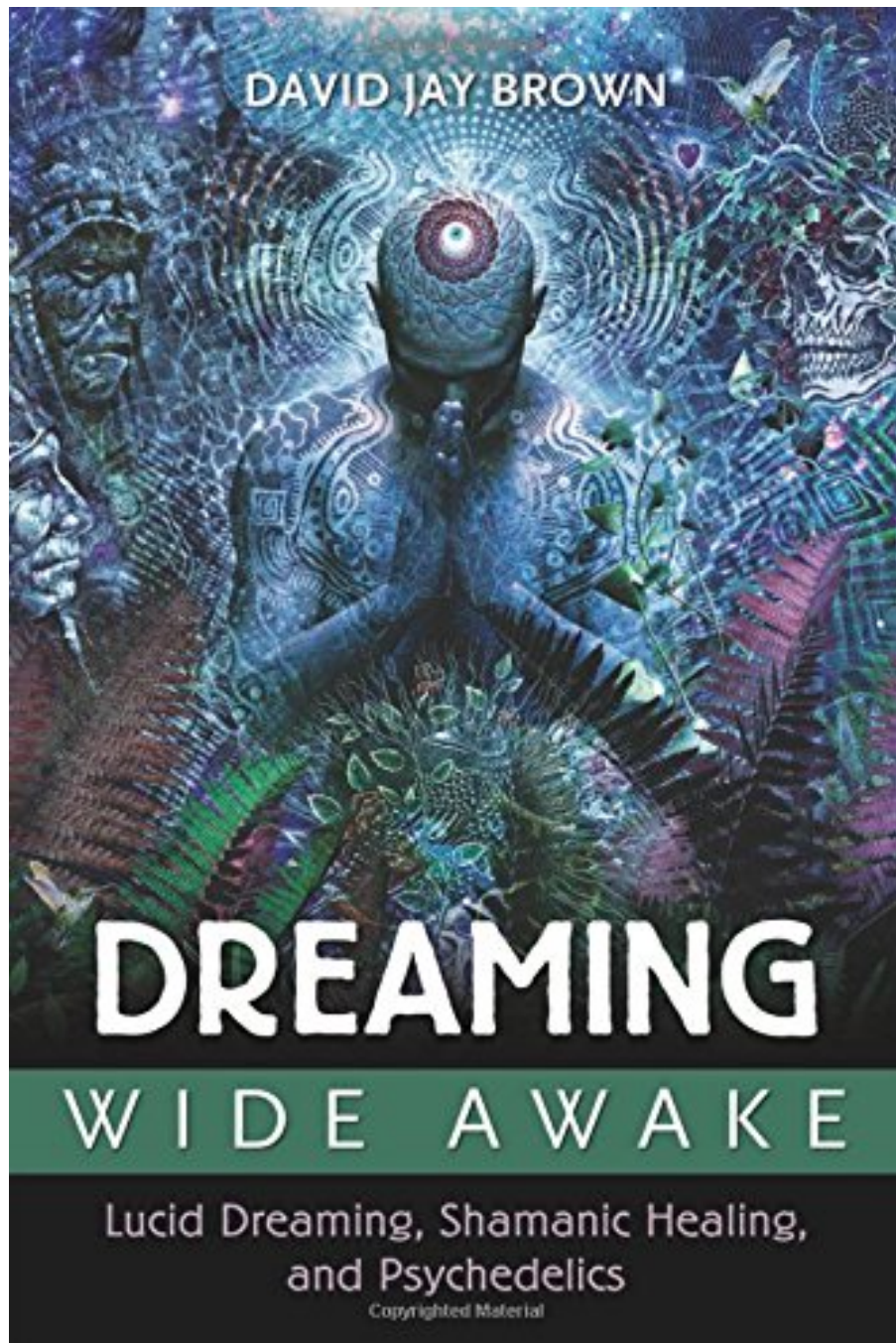


# **DREAMING WIDE AWAKE: LUCID DREAMING, SHAMANIC HEALING, AND PSYCHEDELICS BY DAVID JAY BROWN**



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A detailed guide to mastering lucid dreaming for physical and emotional healing, enhanced creativity, and spiritual awakening

- Offers methods to improve lucid dreaming abilities and techniques for developing superpowers in the dream realm
- Explains how to enhance dreaming with supplements, herbs, and psychedelics
- Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds

In a lucid dream, you “awaken” within your dream and realize you are dreaming. With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream, giving you the opportunity to genuinely experience anything without physical or social consequences. In this way, lucid dreaming offers therapeutic opportunities for fantasy fulfillment, fear confrontation, and releasing the trauma of past experiences. With development and practice, lucid dreaming can provide a powerful path to greater awareness, heightened creativity, spiritual awakening, and communication with the vast interconnected web of cosmic consciousness.

In this detailed guide to mastering the practice of lucid dreaming, David Jay Brown draws from his more than 20 years’ experience using these techniques and his interactions with dozens of experts on consciousness, physics, dreaming, and entheogens, such as Stanley Krippner, Rupert Sheldrake, Stephen LaBerge, Robert Waggoner, Dean Radin, Terence McKenna, and many others. He explores the intimate relationship between lucid dreaming, shamanic journeying, visionary plants, and psychedelic drugs and how they are used for healing and spiritual development. Offering methods for improving both lucid dreaming and shamanic journeying abilities, he explains how to enhance dreaming with oneirogens, supplements, herbs, and psychedelics and offers techniques for developing superpowers in the dream realm.

Summarizing the scientific research on lucid dreaming, Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy, shared lucid dreaming, and access to the vast unconscious regions of our minds, opening up a path that takes us beyond dreaming and waking to dreaming wide awake.

- Sales Rank: #33247 in Books
- Published on: 2016-08-27
- Released on: 2016-08-27
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.00" w x 6.00" l, .0 pounds



- Binding: Paperback
- 416 pages

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## Most helpful customer reviews

10 of 10 people found the following review helpful.

A Must Read Book on Lucid Dreaming

By LJ

This is the second book I have read by the author. The first, *The New Science of Psychedelics*, blew me

away so I had to read more of his work. My interest in lucid dreaming goes back over ten years when I read two books by Stephen LaBerge. Since then I have devoured a lot of books about the topic, though mostly the same old thing regurgitated over and over. Brown's book is the first truly novel book about lucid dreaming that I have read since the classic books by LaBerge. Brown is a masterful writer, and this and the other book I read by him, are written in an engaging and entertaining form. If you are interested in lucid dreaming and/or psychedelics, then *Dreaming Wide Awake* is definitely a must-read book.

8 of 8 people found the following review helpful.

Cutting-Edge Lucid Dream Literature

By K

I just finished reading "Dreaming Wide Awake" and loved every page of it-- my first David Jay Brown book, surprisingly, since I've been studying these subjects and authors for many years; I'm thrilled to have discovered a new (to me) and supremely gifted psychonaut-author. This book thoroughly reviews the history, science, and culture of lucid dreaming w/ cutting-edge updates on the subject including a bridge between lucid dreams and psychedelics, w/ an inspiring look at the future of the subject augmented by new technologies. A new Kickstarter product called the Lucid Dreamer will do exactly what Brown describes in this book economizing lucid dreaming trans-cranial stimulation technology for personal and portable use. Looking forward to reading Brown's "New Science of Psychedelics" currently on its way. I'm hopeful about the "neurological (r)evolution" knowing a psychonaut of the caliber of (and also a friend of the late) Robert Anton Wilson, et al., is turning out new books to initiate millenials into the Great Dream...

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Very informative. It's not a textbook but it full ...

By David Carlson

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#### Read Written Words, Look Away, Look Back, and Read Them Again

An easy test is to simply look at something written on paper, look away, and then look back and see if the same words are still there. In a dream environment, the words will almost always change. Although a dream environment can appear every bit as realistic as waking reality, its fluidity, mutability, and vulnerability to our personal psychic influence is substantial.

#### Look at Your Hands

There is an interesting connection between looking at one’s hands and achieving lucidity in one’s dreams. There are more neural connections between the hands and the eyes than between any other two parts of the body. It was a revelation for me when I realized that there’s nothing that I see more of in life than the backside of my own hands. I’ve also noticed that people who first try Virtual Reality or LSD often spend time initially just watching their hands and fingers move. It seems that one of the first things that we all do, upon entering a new state of consciousness, or a new level of reality, is to examine our hand-eye connection. More than a few people have mentioned to me that they became lucid after seeing the backside of their hand in dream, so try to let your hands be a constant reminder of dream lucidity.

## HACKING REALITY AND TESTING OUT YOUR DREAM-REALM SUPERPOWERS

In a dream, you have the power to do almost anything imaginable, as every physical law can be bent, twisted, and broken, and one has far more control over the experience of reality than we do in the physical world. Here are some of the things that your dream self is capable of doing that you may want to try out the next time that you find yourself lucid in a dream.

### Flying

The first thing that many people want to do in lucid dreams is to fly. I find that it takes a certain form of concentrated effort to elevate myself, to stay in the air, and to fly. Motions may be necessary at first to convince your mind that it's possible. Try flapping your arms or swimming through the air, for example. In the dream realm, gravity only exists if you believe it does.

### Wild Sex

This is usually the second thing that most people want to try out once they've achieved lucidity within a dream. In a lucid dream you can have sex with anyone you desire, without any of the social or biological consequences. Many people report vivid sexual experiences that rival those in waking life, although I must say that my many personal attempts at this have had mixed and often disappointing results. Still, it can be great fun and most interesting to experiment with the erotic possibilities.

### Become a Different Sex or Another Species

With some practice, by closing one's eyes and willing it, one can completely morph one's dream body into the opposite sex or any type of animal or mythic creature, and this shape-shifting ability represents another important interface between lucid dreaming and shamanism. Ayahuasca-using shamans are said to be able to shape-shift into jaguars, birds, snakes, and other animals.

### Psychokinesis: Moving Objects with Your Mind

One is also able to move any physical object around in a dream by staring at it and willing it to move. I learned about this technique when a dream character looked forcefully at me, and I could feel him knock me over using just the power of his mind. I stood up and wondered if I could do the same thing to him.

I looked at him and imagined him falling over. I could feel a release of energy, and he fell to the ground, seeming quite surprised. Ever since then, I've been able to move objects around with just my focused attention.

### Leaving Your Dream Body

I've found that I can have out-of-the-dream-body experiences simply by willing it. I can float out of my dream body as a "spirit" in my lucid dreams. My floating spirit is then able to enter into and temporarily fuse with other people or things in the dream, and I see the world from his, her, or its perspective. When doing this, I find that although my vantage point shifts, my basic sense of self remains the same.

## THE POWER OF BELIEF IN DREAMING

The secret to a successful development with lucid dreaming is to understand that whatever you believe to be

real is what becomes real. Reality conforms to our beliefs. This is obvious in a lucid dream, but this truth stays generally hidden during waking consciousness, except when we are having a psychedelic experience.

It seems there's a continuum of consciousness between waking and dreaming, and psychedelic awareness lies somewhere in the middle. I've often wondered if what the "spirit of ayahuasca" said to me once on a shamanic journey is true or not. The voice said that anything possible in a lucid dream is also possible in waking reality, because both realities exist within our minds. Is this what religious prophets, enlightened mystics, and super-psychics have realized?

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