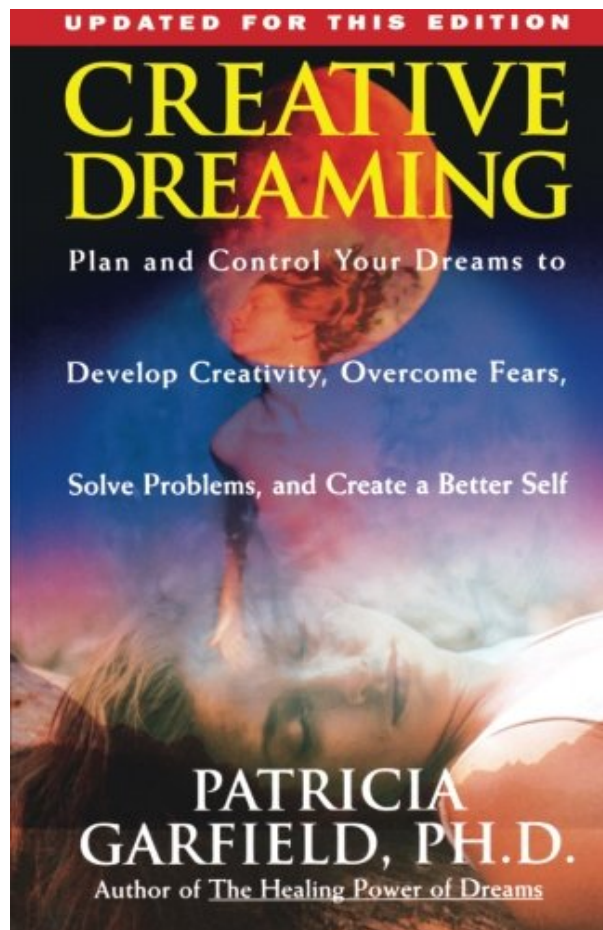


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Plan and Control Your Dreams to

Develop Creativity, Overcome Fears,

Solve Problems, and Create a Better Self

PATRICIA
GARFIELD, PH.D.

Author of *The Healing Power of Dreams*

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Dreams are more than just random images that play in your head at night. They are a source of inspiration and transformation that can have a profound effect on your waking state. While everyone dreams, not everyone makes use of this unique resource. Patricia Garfield presents techniques and information, drawn from many dreamers and widely varied cultures and times, that will enable you to plan your dreams ahead of time, influence them while they are occurring, and recall them and their lessons forever afterward.

- Sales Rank: #171724 in Books
- Published on: 1995-07-01
- Released on: 1995-07-01
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .80" w x 5.50" l, .89 pounds
- Binding: Paperback
- 272 pages

Features

- ISBN13: 9780684801728
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Learning to fly...

By Maria_airaM

I read this book for the first time in high school while I was doing research for a term paper. As a by product of that research, I learned how to manipulate my dreams, and best of all, how to fly in them. This has been one of my favorite things to do for the last 30 years. Yes, something I do while asleep. I also learned how to stand up to my fears within the dream, and consequently, in my waking life. Another benefit is that I have dreamed about work, real detailed dreams where I'm sort of reviewing things I have read in manuals and reached conclusions within the dreams that solved problems I was having at work in my waking life. I've gone into work the next day and attempted the procedures (I support computers) that I thought would resolve the problem, and they have! And not just once.

This book changed my life.

6 of 12 people found the following review helpful.

even the skeptical will believe

By A Customer

this book is incredible. patricia takes you thru each system of dreaming chapter by chapter and gives great details. she also gives explanations of why ancient cultures have used these methods for centuries!

14 of 14 people found the following review helpful.

A little further reading into the book reveals the how to part...

By Erik Wood

I read this book many years ago when it was still in hardcover. Unless it has significantly changed with newer editions, it does indeed contain solid techniques on how to evoke a lucid dream. The techniques are simple and few, but they are all one needs to prepare the unconscious mind for the journey, and then to notice that it is in the dream state upon arrival.

When we dream, we accept what we experience as reality. The techniques help make it second nature to notice the differences between dream reality and waking reality. Once we are practiced at paying attention to our surroundings in our waking state, we naturally continue that behavior in our dream world. Say the dog starts talking to you... You'll notice it's odd and you'll become aware of fact that you're not really awake, but floating in the 'Matrix' of your unconscious mind. All of a sudden you have awareness. With awareness you'll suddenly have control over your reality. With a little practice you'll soon be flying, changing your surroundings, adventuring, drinking from streams of pure creativity and having great sex with anyone you want. Just don't get yourself too excited about the fact that you're there or you'll wake yourself up.

I'd like to point out the fact that your brain continues to run its own programs whether you're lucid or not. When you're lucid, you will have control, but you are not in control. There will be characters, situations, surroundings, and the usual bizarre gamut of dream content that will pop up everywhere. You'll never be out of things to do. The kicker is that unlike the waking life distractions of television, video games, or drugs, literally EVERYTHING in your dream state is built upon the symbolism, meaning and combined experience of your memory and creative inner life. It all has meaning, both simple and complex, and nothing will fail to entertain, excite or inspire.

I successfully practiced the simple techniques outlined in this book. They are all that was required. After that is learning to understand your own internal symbolism to more fully appreciate the experience. The rest of the book talks in detail about how different cultures treat such dream symbolism. This is important, because for those cultures, dreams are an important tool in everyday life. While dreams may be entertaining, they offer unique perspective on our waking experience that helps us to better understand and choose our path. The book also talks about instances of out of body phenomena experienced jointly by groups of lucid dreamers. This material was immensely helpful in understanding the nature of, and potential extent to which a practiced dreamer could take lucid dreaming.

Forget so-called dictionaries of dream symbolism. They are about as meaningful to the individual experience as are newspaper horoscopes. You must learn to understand what your dreams mean to you, not what they mean to Jung or Freud, or someone else.

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