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Description:

A manual of the theory and practice of Lucid Dreaming from a spiritual standpoint in light of Hindu Vedanta philosophy. In this volume I include detailed instructions on how to lucid dream as well as various forms of meditation to increase one's lucid dreaming potential. In addition to these are other instructions on how to direct a lucid dream toward spiritual pursuits and realizations, as well as how to comprehensively realize the various layers of one's being within the lucid state.

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