



The Lucid Dream Manifesto: Reprint Of: Lucid Dreams, Dreams and Sleep: Theoretical Constructions, 1974 (Paperback)

By Daniel Oldis

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE LUCID DREAM MANIFESTO is a reprint of the original manuscript of: LUCID DREAMS, DREAMS AND SLEEP: THEORETICAL CONSTRUCTIONS published by the University of South Dakota Media Press, 1974. This thesis was one of the first books dedicated to exploring lucid dreams (dreams wherein you realize you are dreaming) within the larger context of dreams and sleep. A general and original theory of sleep and dreams is outlined as a context within which to understand lucid dreams as a natural extension of these mechanisms rather than an exceptional event experienced only by gifted individuals. From theory to praxis, the book offers practical experiments to train the novice in becoming aware in dreams. The original treatise was selected for Dick McLeester's WELCOME TO THE MAGIC THEATRE: A HANDBOOK FOR EXPLORING DREAMS, 1976, a reference book that THE VILLAGE VOICE called one of the best introductions to the sleepy third of your life that we've ever seen.



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