



Lucid Dreaming, Conscious Sleeping: Guided Meditations for Mindfulness of Dream Sleep

By Charlie Morley

Hay House UK Ltd, United Kingdom, 2013. CD-Audio. Book Condition: New. Unabridged. 140 x 123 mm. Language: English . Brand New. In this collection of guided meditations, hypnotic inductions, wake-up tracks and teachings, Charlie Morley presents his first ever audio guide to help us sleep more mindfully and dream more lucidly. Using music from cutting-edge producers such as Fybe:One, hypnosis inductions from hypnotherapy expert Valerie Austin and PAM (Phased Amplitude Modulation) Audio Technology from Monroe Institute board adviser Dr Phillip Davis, this is not your usual go to sleep CD, but rather a collection of inspired tracks designed to wake us up to the third of our lives that we spend asleep. Based on more than 13 years of personal experience and the best of both Western and Tibetan Buddhist sources, these tracks allow the listener to unlock their own innate capacity for lucid dreaming and mindful sleeping. Bedtime just got interesting. Running Time: Approx. 2 hours CD One 1. Lucid Living 2. The Tao of Dozing 3. What Where You Dreaming About? 4. Mindfulness of Sleep CD Two 1. Dreams of the Future 2. Wake Up and Smile! 3. Hypnosis Pre-talk 4. Lucid Dreaming Self-Hypnosis.



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