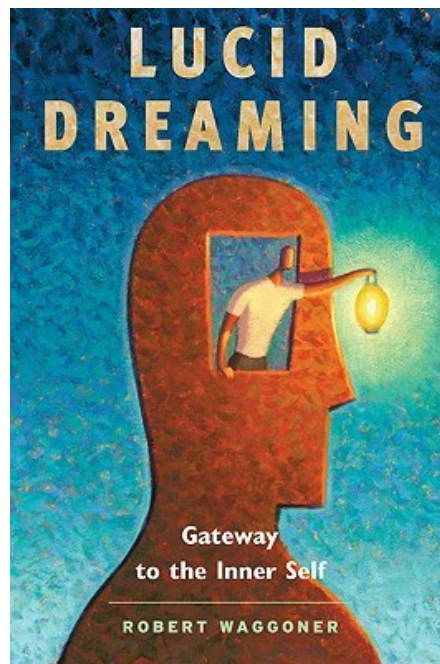




Lucid Dreaming: Gateway to the Inner Self

Robert Waggoner

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Lucid Dreaming Lucid Dreaming: Gateway to the Inner Self is the account of an extraordinarily talented lucid dreamer who goes beyond the boundaries of both psychology and religion. In the process, he stumbles upon the Inner Self.

Lucid Dreaming: Gateway to the Inner Self Details

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From Reader Review Lucid Dreaming: Gateway to the Inner Self for online ebook

Jude Bee says

"The year 1995 marked twenty years of lucid dreaming for me.' Thus begins Waggoner in the 7th chapter of his book 'Lucid Dreaming'. Such an anecdotal formula is certainly exercised a lot in 'Lucid Dreaming'. No matter where you place it along the axis connecting the TOPICAL with the TOPOLOGICAL, one thing is certain: the author shows little to no interest in movements other than the lateral. If the publications in the field of lucid dreaming follow that of self-help books, that is, you need to read 20+ books to dig out one that is not just super-facial -- if not downright farcical -- we, the royal first person plural, wonder when can we see a book on lucid dreaming that can be considered substantial. (I'll be thrilled if you have a recommendation in that regard)

Lucidly Waggoner dreams his book into a bestseller, and subconsciously the crowd follows.

Kris Madaus says

I just couldn't bring myself to read through this book. The author doesn't seem to be coming from a scientific background. He even states in the first few chapters that his colleagues didn't give his ideas much attention. Maybe there is a reason for this?

I think the main problem I had is that it is clear that the author is making a huge assumption that dreams are not a random product of the mind, based on experiences. He continuously asserts that there is a greater meaning in the dreams and how they play out that is independent from our expectations. I have not found this to be true, and he offers no scientific evidence to support his claim. And yet, this is the basis for the entire book. I have very little patience for bad science, and the first few chapters set the scene for an entire book full of it. I couldn't continue.

If you would like to read a good book about lucid dreaming that is based on real scientific research, experiments, and evidence, pick up the Stephen LaBerge book "Exploring the World of Lucid Dreaming".

Cristian Fusoiu says

Brilliant.

This book explored many aspects of life through the medium of dreams.

Topics included are psychology (exploring unconscious thoughts via lucid dreaming was the most interesting) , philosophy (who are we when we dream? who are we? what are dreams?) , spirituality (the existence of both mind-created and free will entities in dreams is my favorite one here).

This book was recommended to me by my Transpersonal Psychology teacher, so if you are into getting to know yourself better I would warmly recommend this different approach of yourself.

The book is filled with lucid dream reports and experimentation with lucid dream techniques :)

Awesome read !!!

?????????????? says

I fell asleep many time reading this book.

It is not what I expected. I thought it will be giving me an idea about lucid dreaming and how it is achieved.

You will be reading long boring dreams dairy .. with some tips how to achieve tasks in your lucis dreams, but not how you actually start lucid dreaming.

I'm on page 150 and I cannot waste more time on this.

3/5 is bit generous

Ada Heath says

There are a lot of reasons I love this book, but the major one is that it delves really deep into the spiritual implications of lucid dreaming. It goes beyond pleasure-seeking (like flying for fun), to pushing the boundaries of the mind, delving into topics like dream telepathy, healing and subconscious unity. As a result, it isn't a technique book, but rather an explorative journey into the many aspects of conscious dreaming.

Despite conquering some heavy territory in this book, it's a really engaging read. There's also a lot of it to read (320 pages), so he really gets into the nitty-gritty. His writing really opened me up to the idea that there's more to dreaming than what you create in your own mind, that there seems to be an underlying awareness, or consciousness, which has our best interests in mind. Robert also got me really thinking about the broader scope of one's lucid dreaming journey – how it often begins and ends in pleasure-seeking, but that there's so much more territory to discover beyond that point.

Speckled throughout the book are lucid dreaming accounts, often his own, to illustrate experiences and points he's trying to make, which I love – I'm a big fan of stories, as it brings a human element to heavier subject matters. And you really get a sense that Robert is a cool guy – he doesn't vibe pretentiousness at all. He draws a lot from psychology in the book, particularly from Freud and Jung, which I find enriches the read.

One concept he brings up a lot is communicating to whatever is “behind the dream”. Instead of engaging dream characters in dialogue, which is often fruitless, he suggests declaring questions or statements to whatever exists beyond the dream. This apparently has very effective and intelligent results. Another idea he played with was to experience being something intangible, like unconditional love, by declaring to the dream, “I want to experience being unconditional love”, or a particular color, or an atom, and so on.

A lot of ideas in the book, like those ones, are better suited to people with lucid dreaming experience, so I wouldn't recommend this book for beginners in a practical sense – I would, however, recommend it to beginners to simply open their mind to the possibilities of lucid dreaming, and to pump ‘em up about it. I know once I have more experience behind me, I'll be coming back to this one.

Pros:

-Goes in-depth with the possibilities of lucid dreaming, territories that most other books don't delve into

- Well-written, engaging and fun
- Information is well-organized
- Very dense at 320 pages

Cons:

-very little information on technique, aside from several pages in an appendix. While helpful, I know that personally I would need more to go on than that, so this book is best used in conjunction with a more technique-heavy book (like 'Am I Dreaming?' by Daniel Love)

All in all, this is an essential book to have when learning how to lucid dream, as it opens up one's mind to a world of wonderful possibilities.

Harley says

For as long as I can remember, dreams have fascinated me. My interest probably grew out of hearing the Bible story of Joseph and his dreams multiple times as a child. Like the author, Robert Waggoner, I read Carlos Castaneda in the early 1970's and even kept a dream journal. I dreamed of marrying my wife a month before I met her. I believe in the predictive power of dreams. Unfortunately, I stopped keeping the dream journal after I married my wife. Waggoner, on the other hand, kept studying his dreams.

I read **Exploring the World of Lucid Dreaming** by Stephen LaBerge when it first came out and was fascinated, but I never experienced a lucid dream. In talking with my wife, she shared that she is able to change her dreams and has done it since childhood. I have never had any power over my dreams. I have talked with others who also claim to have had lucid dreams.

I heard about this book on the podcast, **Future Primitive**, where the author was being interviewed. And the exciting thing for me is while reading this book I did have two brief lucid dreams. I enjoyed reading this book, though, it was slow going at times. The book is full of examples of lucid dreams. I think our dreams have much to teach us if we learn how to become lucid while dreaming. Waggoner's book is one stop along that road.

I recommend this book to anyone interested in dreams and lucid dreaming.

Richard says

So, I love the subject matter, and I think the book is well-written. I love his style and the context. However, it was far, far, far too long. And it wasn't even that long. But I felt he made his points quickly and it would have done well as a 140 page book. It went on twice that long, and I found myself unable to stay with it. Instead, I want to go read Castaneda and his adventures with Don Juan Matas.

Iona Stewart says

This is by far the best book I've read on the subject. The highly intelligent author delves much more deeply

into all aspects of lucid dreams and dreaming than any of the other authors whose books I've read. I would give the book ten stars if I could.

I have learnt that a valuable technique when lucid dreaming is to ask the dream itself for information/help/guidance. You can ask a dream figure to explain dream symbolism or tell what it represents.

The author refers constantly to the works of Carlos Castaneda so I will be re-reading some of these. (I read them many years ago.) Don Juan's advice of looking at our hands in the dream state will stabilize the dream and "renew the power of dreaming".

Also, to maintain the lucid dream state you must modulate your emotions.

You do not control your lucid dreams but merely direct their focus.

There is a strong correlation between lucid dreams and out-of-body experiences. In fact I have difficulty in distinguishing between them, since it turns out that experiences in lucid dreams as in OBEs can be "real", i.e. you can meet with other "real" people in mutual dreams, both people you know and those you don't. OBEs are characterized by the experience of buzzing vibrations. But in both OBEs and lucid dreams you can fly around. I would recommend Robert Monroe's "Journeys out of the body" for a fascinating, comprehensive account of OBEs. Though not a recent book it is the best I have encountered on the subject so far.

Apparently, the most common difference between a lucid dream and an OBE involves the lucid dreamer's ability to change the "internally generated" environment experienced, while those having an OBE do not report consciously changing their environment. Also the memory of a long OBE experience seems crystal clear and is easily recalled as opposed to the recalling of a long lucid dream. And those experiencing OBEs report returning to their body.

In a lucid dream where the author asked a boy the right way back to a hotel, he received valuable advice. The boy said "here, any way is the right way".

The simplest method to move in lucid dreams is "concentrated focus with intent". Concentrate on the goal as your sole focus then intend yourself there.

In lucid dreams you can fly into outer space, past planets. Waggoner sees a planet with rings and four moons. He speculates whether these journeys represent "a movement of inner depth with the wings of the mind".

Waggoner's niece dreams of her great grandmother and receives a message for her mother which proves to be significant to the latter. So was this just a dream figure or her actual great grandmother?

He finds that he is not always directing the actions of dream figures. One dream figure told him that he was a character in her dream. Some dream figures insist that they are real, and get really offended when the opposite is suggested.

You do not create the particulars of your dream, just suggest a general intent.

Waggoner relates a plethora of striking, significant and elucidating dreams in the book.

He discovers that the unconscious is not chaotic, primitive and archaic. He knows beyond a doubt that the unconscious is "conscious, responsive and alive".

The dream space contains various types of dream figures, behaving with varying degrees of awareness. Some

appear to “possess the ability to reason, remember, comprehend and perform purposeful actions”. When the author says in a dream “All thought-forms disappear” many of the figures do so. In one case those left behind looked at him in disdain as if to say “Can’t you tell the difference?”

Moving consciously deeper into the unconscious we meet knowledgeable dream figures that may represent fragments of conscious awareness, and the inner Self. When we focus on dream objects and dream figures, we remain involved with the reflections of the self. We need to intentionally focus away from the presented dream environment and toward the presumed awareness behind the dream.

“Once the lucid dreamer directs questions or intentions to the awareness behind dreaming, he or she creates an opening from which to engage the subliminal or inner Self.” The lucid dreamer can then encounter a consciously aware, much larger aspect of Self.

The author learnt to ignore the objects and dream figures and simply shout out his requests to the dream, or “inner ego”. Responses came.

There are guides and guardians in our dreams that offer assistance or support.

Staring at an object for a long time will normally “collapse” the dream, and you will wake up.

In a lucid dream you can heal yourself in various ways: 1) symbolically and literally entering and manipulating the dream body 2) directing healing intent 3) directing affirmations etc. 4) creating symbolic healing imagery 5) seeking information about the cause or meaning of the illness 6) seeking a dream doctor, medicine, or healing environment. Some techniques are more effective than others.

Sometimes light projects from one’s hands which can be used to heal the body. In one case warts that were healed in a lucid dream turned black overnight and fell off within ten days.

Dream figures may not provide answers about health problems, whereas the awareness behind the dreaming will.

Others can also be healed in lucid dreams if they want to be healed. “The lucid dreamer’s intent appears to engage a deep source of transpersonal healing energy with surprising effects.”

Important factors in lucid dream healing include 1) a positive expectation or positive belief about possible success 2) greater “surrendering” to the lucid dream and acceptance of its own intuited information 3) the use of healing techniques one can perform by one’s own actions 4) a willingness to call on inner energy.

There is a chapter on “forward-looking precognitive” lucid dreams and one on mutual dreaming. The author distinguishes between dual-person-lucid and one-person-lucid mutual dreams. The material presented shows that what happens in lucid dreams is or can be “real” and not just something happening within the mind as often stated. In lucid dreams the author encountered “real” people previously unknown to him who gave him information that turned out to be correct.

Additionally, there is a chapter on interacting with the deceased.

In Appendix B we are given tips and techniques for achieving lucidity, including Castaneda’s finding-your-hands approach, Stephen Laberge’s MILD technique, the NAP-TO-LUCIDITY technique and Paul Tholey’s critical-mind technique.

I usually don’t re-read a book unless at least 20 years have passed since the first reading, but this book warrants an immediate re-read since it contains so much valuable information that one might have missed.

So now I will be re-reading this one. I highly recommend that you buy this excellent, illuminating, extremely well-written book. Enjoy this wonderful read!

Gregg says

To me, finding this book was like opening a gift on Christmas morning. This book ranks high on my list of good books on lucid dreaming. Because it contains the findings of all of the other books I've encountered, this text is good reference material. Most of all the major areas on the subject are explored, with new interpretations added. Mr Waggoner is an accomplished lucid dreamer, and has a doctorate degree in psychology, so his thoughts are those of a professional, competent practitioner.

As a true inter world explorer, Mr Waggoner was able to take mental notes, as well as try particular experiments, that seek to map out the mechanics of the astral world. Some of these experiments included, talking to other dream characters to determine their autonomy, trying to predict the future, different ways to stay in the dream longer, as well as asking the dream world for greater clarity and awareness.

When it comes to lucid dreaming it is all about "awareness", God is what it is because of its awareness, and we are what we are because of our "limited" awareness. As we evolve, we become what we used to think of as God, but by that time of course, God has evolved to be something else, and from our newly elevated position, we have a newer definition of what God is, and the cycle perpetuates. Remember, even God has a definition of God, and our cycle mimics its cycle on a higher level, as above so below.

The author covers the various techniques on how to sustain lucidity, and why these methods seem to work. The text also talks a lot about the larger self as a manifestation of the dream environment. If you are dreaming the dream, who or what is dreaming you ? When you ask the dream to elucidate you, what is giving you the unknown knowledge ?

Other ideals that are explored such as healing yourself and others in a lucid dream, and asking other dream characters (before you sleep) how to go lucid, and stay lucid. What does this say for having a paradigm shift in self healing, as well as our view of the health care industry, let alone the preventive health care field. The book does an excellent job in exploring these ideals, and presenting documented evidence from lucid dreamers who have experienced success in some of these areas.

Mr Waggoner's most lucid text covers just about all of the accumulated knowledge of lucid dreaming. Every so often in any field, before the next wave can begin, there needs to be a competent assessment of what has been learned up to that point. As interpretations are made and consistent results are arrived at, the field advances. This book acts as a spring board for the current, and next generation of lucid dreamers.

This book significantly added to my lucid dreaming life. The information was dressed up with just the right amount of seasoned competency, and served with a side order of direct experience.

John Davis says

Absolutely painful to read due to author's high degree of self-assuredness and anecdotal content. I did not get very far.

Sharon says

Not sure that I've given a 1 star book review on goodreads yet, but here goes. Highly anecdotal, unscientific. The author suggests a tie between lucid dreaming and ESP and out of body experiences, which is laughable to me. I've been lucid dreaming for ~30 years with varying frequency, and I assure you that no magic has transpired. Musical and artistic creation, problem solving, exploration of my own psyche - yes. Psychic travel and fortune telling - ummmm, no. I will be open minded enough to acknowledge that ESP and precognition might be real, but they feel like completely independent topics to me. If one has abilities in waking life, they should naturally carry over to lucid dreams, but lucid dreams surely are not the origin of such abilities. I see lucid dreaming as a way to experience life with less gravity and fewer constraints from the super ego. While magic would be fun, that has not been my experience.

Also, my own experience differs from the author's suggestion that emotional intensity is to be combatted in lucid dreaming in order to avoid awaking. To me, the bliss of lucid dreaming is to seek out an adrenaline rush; to become immersed in something that seems almost overwhelming to the senses (like conducting a symphony of my own music, painting the sky, rearranging a city skyline). What is more intense than blowing ones own mind? To me, that is the goal anytime I become lucid. I'd rather have 1 short lucid dream that is intense than to have 100 longer but more mundane lucid dreams IF the belief that intensity shortens dreams is even true. Obviously, this review is no less anecdotal than I am criticizing the book for being. That said, this is just a humble review and it's too bad that the author felt authoritative enough to write a book on this without some real science. Very interesting stuff, but I couldn't stomach the magical thinking.

Sunya says

I cannot say enough good things about this book!

I found myself easily emotionally engaged with the content. I experienced Robert as being curious and enthusiastic, and my interest in my dream practice came alive like never before.

What I like best is that this book left me with more questions than answers - Robert raises many questions in the book about the nature of dreaming, and carefully avoids giving any definitive answers, leaving an open space for the reader to ponder and explore.

He offers many accounts of his own lucid dreaming experiences, and I found that simply by virtue of reading this book, my mind picked up many of his ideas which expanded my dreams quite a bit. I never thought to ask dream characters who they are, or what they represent, or to ask the dream what was beyond "this" dream, all of which I noticed happening quite spontaneously in both lucid and non-lucid dreams after reading the book.

I can sincerely say reading this book has changed my life. I have come to realize that "expansion of consciousness" is about asking good questions, and listening carefully to the answers. Robert offers so many good questions and seems to be so inquisitive, I was roused from my apathetic, depressed mid-life stupor and less than a year later I am coming alive again, in no small part due to learning to communicate with myself more effectively after reading this book.

Jay says

I'm fascinated by the topic of lucid dreaming, but frustrated with the lack of serious literature on the topic. There was something very off putting about Robert Waggoner's book (attributing dreams to a personal god being one of them) but I couldn't quite put my finger on it until I flipped ahead and found the chapter on utilizing lucid dreaming for ESP. Then it was clear why I didn't like him, he's a quack.

Pontus Presents says

Anecdote after anecdote, based on zero scientific background and very uninteresting. Lucid dreaming definitely does not need books like this unless they can prove what they are saying. Telepathy? Mutual dreaming? Seeing the future in dreams? This is not what I expected when I picked up this book. While the first parts of the book was okay (exploring the psyche, etc) and somewhat reasonable, the rest just seems like everything a "spiritual" individual would want lucid dreaming to be.

Lucid dreaming in itself is already a fantastic tool with endless of possibilities; why do people feel the need to add extra weird, spiritual-, world-changing elements to dreams?

Read/listen to anything Daniel Love has to say about lucid dreaming instead if you are interested. Books like this are unfortunately a big waste of time.

Allie says

Excellent. I want to write a review to convince you of its excellence... but maybe later.
