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Using practical exercises sourced from lucid dreaming and dream-work, Tibetan Buddhism and mindfulness meditation, this book explores how to:

- Transform the dark and light shadow side.
- Meet the shadow through your dreams.
- Unlock your creativity.
- Transform Nightmares through lucid dreaming.
- Manifest your hidden potential.

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About Dreaming Through Darkness The shadow is made up of all that we hide from others: our shame, our fears and our wounds, but also our divine light, our blinding beauty and our hidden talents.

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The shadow is a huge source of benevolent power and creativity, but until we bring it into the light this power will remain untapped and our full potential unreached. In this transformative book, lucid dreaming teacher Charlie Morley guides you into the dazzling darkness of the shadow and shows

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you how to unlock the inner gold within.

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Dreaming Through Darkness offers insight into "The Shadow", the parts of ourselves that we have neglected and pushed away, and how we can go about recognizing these aspects of ourselves and make peace with them.

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Darkness is a common occurrence in dreams and it usually refers to the failure to connect with your inner world or any spiritual endeavor. Darkness is usually a mirror of your beliefs and symbolizes unfamiliarity, the unknown, and obscurity. Darkness does not necessarily refer to a lack of light.

Darkness Dream Dictionary: Interpret Now! - Auntyflo.com

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. While lucid (consciously aware) in the dream state and able to act and interact with dream figures, objects, and settings, dream expert Robert Waggoner experienced something ...

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