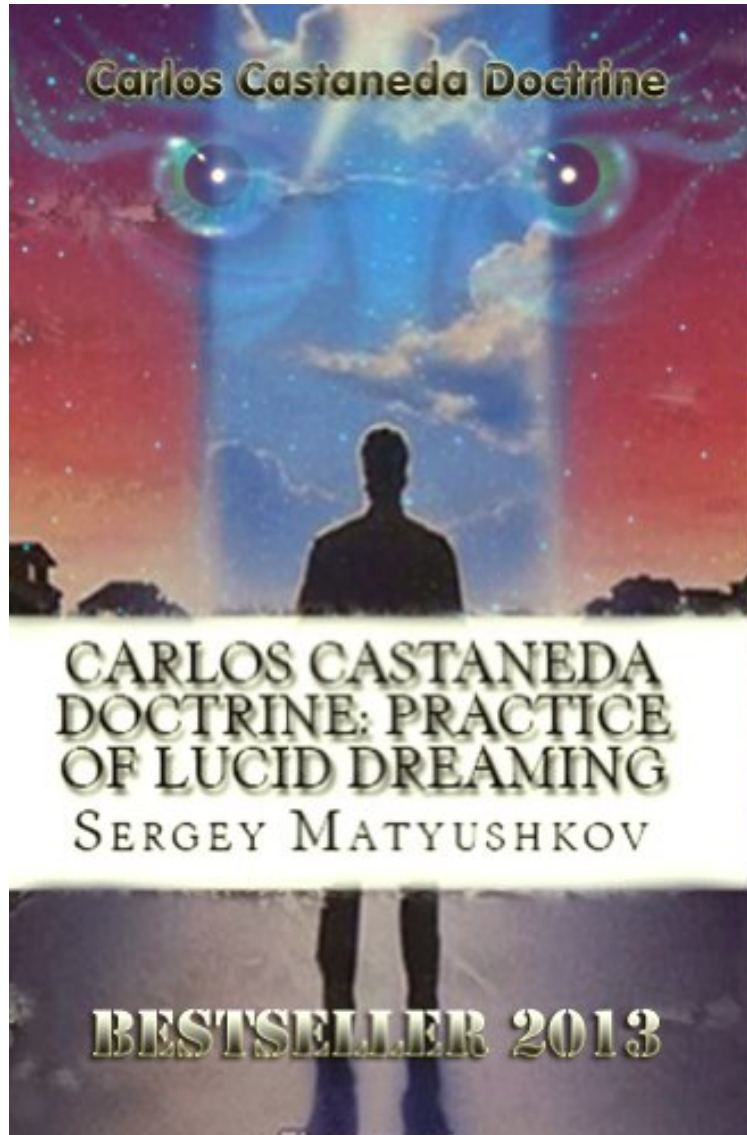


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Lucid dreaming (the original Russian version) (Russian Edition)

Von Sergey Matyushkov

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Kurzbeschreibung During the last ten years I practiced diligently the lucid dreaming and I got serious results in this shaman technique not so simple. And now it is time to tell you, dear readers, about new and secure techniques of entering in a fascinating world of the lucid dreaming where your possibilities are unlimited According to Carlos Castaneda the lucid dreaming is the controlled dream when the person is aware 100% that he is not dreaming in his bed but awakened and make some actions. Sometimes the dreams world seem more realistic that our daily reality. Maybe many readers after the Carlos Castaneda books using the Steven LaBerge techniques remained deceived. And it stands to reason. The techniques of entering in lucid dreaming that proposes Steven LaBerge, are directed only on the repeated reinforcement in a dream brightness of the impressions that depend on the imagination of the person. Every lucid dream is more realistic than ordinary uncontrolled dream. The reader must get clear: techniques of Steven LaBerge have nothing to do with shaman practices of entering into the Lucid Dreaming! The practice of lucid dreaming after Castaneda allows step by step to develop the dreaming attention. Afterwards this will bring the fusion of the dreaming attention with the first attention (daily attention). What does it mean? If you'll make work your attention in the lucid dream as it works in the daily life, the dream will be the reality. Remember how the Sabre Tooth Tiger learned Carlos Castaneda to special breathing exercises. The physic body immediately responded and became more muscular. In your dreams you can see the forthcoming events, write the poetry or poems, invent or make scientific discoveries (like the Russian scientist D. Mendeleev saw his Periodic Table in a dream). And you can also contact the spirits and get the answers to the questions that interest you, communicate with the souls of your parents or friends tragically perished, travel in the parallel worlds, study the physical word in the astral body - you'll see on your own that it happened. So, dear reader, lets dive into the magic world of the lucid dreaming, in the genuine magic tradition of Toltecs (ancient Mexico tribe). Why do you preserve yourself for? For old age? It is not the best of the worlds. Dont waste your precious time for the daily routine and start from now on to penetrate the mysteries of the Universe! Its time, and the path is the dream. It is impossible to figure it out. Who we are? " (Message of Carlos Castaneda)

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