



Dreams of Awakening: Lucid Dreaming And Mindfulness Of Dream And Sleep

By Charlie Morley

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This text is a thorough and exciting exploration of lucid dreaming theory and practice within both Western and Tibetan Buddhist contexts. It not only explores lucid dreaming practices, but also the innovative new techniques of mindfulness of dream and sleep, the holistic approach to lucidity training which the author co-created.

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Editorial Review

Review

Joyfully exploring consciousness, lucid dreaming and Buddhism, Charlie Morley gently stretches the reader's mind to accept dream yoga's premise of real awakening. I recommend this for everyone on the lucid dreaming path. -- Robert Waggoner, author of *Lucid Dreaming: Gateway to the Inner Self* I have done joint workshops with Charlie and consider him to be the most authentic practitioner of lucid dreaming teaching in Europe. He has been lucid dreaming since he was a teenager and has developed both a practical and theoretical understanding of this subject, which I consider to be unique. -- Prof Rob Nairn, author of *Living Dreaming, Dying* His clarity, humility and humanity make it easier for people to understand this deep and important subject of lucid dreaming. -- Lama Yeshe Rinpoche, author of *Living Dharma* This is an exciting book by a brilliant young teacher that will enthrall all those fascinated by the possibility of both lucid dreaming and lucid living. -- Tim Freke, author of *Lucid Living* and *The Mystery Experience* Through our collaborations together, I have to say that Charlie is proof of evolution. He's the next generation, sharp of mind and sweet of heart. He's like a DJ mixing old and new to create a practice that's relevant, useful and most importantly, one that works. I wholeheartedly recommend his book. He's the real thing. -- Ya'Acov Darling Khan, co-author of *Movement Medicine: How to Awaken, Dance and Live your Dreams* This exciting book by a brilliant young teacher will enthrall all those fascinated by the possibility of both lucid dreaming and lucid living. -- Tim Freke, author of *Lucid Living* and *The Mystery Experience* Charlie is able to make lucid dreaming cool, fresh and relevant to anyone, and crucially he makes the process easy to understand. As a hypnotherapist, I can see that he writes from his heart with no hidden agendas, which is a very refreshing approach. -- Valerie Austin author of *Self Hypnosis: A Step-by-Step Guide to Improving Your Life* Less sleep but more fun and more refreshed? Sounds like a dream to us. Red magazine Charlie Morley isn't your average gentle Buddhist. The Scottish Sun

About the Author

Charlie Morley has been lucid dreaming since his teens and at the age of 25 became one of the first Westerners officially "authorised to teach" lucid dreaming practice within the Karma Kagyu lineage of Tibetan Buddhism. This offers him a unique insight into lucid dreaming and a rare ability to synthesise both Western and Eastern perspectives on lucidity. www.charliemorley.com

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