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Dreaming is indeed a  
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haven't yet – that the inherent power of your mind to shape your reality is just enormous. Because the book comes from two academics, it seems safe to trust their guidance and try lucid dreaming for yourself.

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1 The World of Lucid  
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realized I was

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dreaming. I raised my arms and began to rise (actually, I was being lifted). I rose through black sky that blended to indigo, to deep purple, to lavender, to white, then to very bright light.

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done a lot of scientific studies into lucid dreaming over the years, using his own experiences and the experiences of others and has come up with great, easy to follow techniques that the reader can use over a period of time to try and become lucid while dreaming.

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### **Stephen ...**

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" [A] solid how-to  
book...For amateur  
dream researchers,

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this is a must. **WHOLE EARTH REVIEW** This book goes far beyond the confines of pop dream psychology, establishing a scientifically researched framework for using lucid dreaming-that is, consciously influencing the outcome of your dreams. Based on Dr. Stephen LaBerge's extensive laboratory work at Stanford University mapping



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Dreaming," Stephen  
LaBerge and Howard  
Rheingold, argue that  
anyone can learn how  
to get into a lucid  
state. However, they  
do not teach you that

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just because it is fun.  
Instead, they believe  
that you can use lucid  
dreaming to improve  
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