



# Lucid Dreaming: Use Your Psychic Powers to Explore the World of Your Dreams

*Tony Crisp*

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**Lucid Dreaming: Use Your Psychic Powers to Explore the World of Your Dreams** Tony Crisp

To awaken during sleep and exercise full control over what happens in dreams is one of the most amazing adventures a human being can have. Lucid dreaming offers a direct link to the deepest parts of the mind, the emotions, and the imagination, allowing us to release the enormous potential within us. It is also a doorway into a new awareness of hidden aspects of waking reality. Tony Crisp's practical exercises and step-by-step instructions explain how to become fully conscious while dreaming— to use dreams for self-exploration, problem solving, enhancing self-confidence, learning new skills, fostering creativity, and strengthening relationships.

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