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of all that we hide from

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Using practical exercises sourced from lucid dreaming and dream-work, Tibetan Buddhism and mindfulness

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- Meet the shadow through your dreams.

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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

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the shadow and shows
you how to unlock the
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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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*Transform the dark
and light shadow side *

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Unlock your creativity

*Transform Nightmares
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meditation, this book
explores how to:
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light shadow side,
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and transform
nightmares through
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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,

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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

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Darkness Dream

Dictionary: Interpret

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Lucid Dreaming:

Gateway to the Inner

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who goes beyond the

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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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through the holes in
the bucket squint your
eyes because it's
coming soon let the
light come in. Shine-
Light doesn't ask
permission to Shine
Shine-Light just goes
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thought was broken

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