



## Meditation For Lucid Dreaming

*By Jamie Alexander*



**Meditation For Lucid Dreaming** By Jamie Alexander

### **Do you know what meditation and lucid dreaming have in common?**

You're completely aware in both of them.

### **That means meditation is the key to unlocking lucid dreaming**

In this book I'm going to show you how you can use meditation to enter the dream world from an awakened state.

You just need to lie down in your bed and close your eyes then you'll learn how to pull yourself into a dream without losing consciousness.

You will have lucid dreams a lot more often, not just because you'll be able to enter the dream world when you want because you will also become so aware you'll become lucid spontaneously during regular dreams too.

I'm going to give you the key and you only need to open the door.

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