



The teachings of Carlos Castaneda: The practice of Lucid Dreaming (2014)

Sergey Matyushkov

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During the past ten years I heartily practiced the lucid dreaming and I achieved great results in this quite difficult shaman technique. And now, dear readers, it is the time to tell you about new and safe techniques of entering a fascinating world of the lucid dreaming where your possibilities have no limits...

According to Carlos Castaneda the lucid dreaming is a dream completely controlled by a person who is able to understand that he is not dreaming in his bed but is awaked and is possible to act. Sometimes the world of dreams seems to be more realistic than our day-to-day reality.

Possibly many readers who tried Stephen LaBerge's techniques after reading the books of Castaneda were disappointed. And it is reasonable. Stephen LaBerge proposes the techniques of entering lucid dreaming only for strengthening the "brightness of the impressions" while dreaming which depends on the imagination of the person. Every lucid dream is more realistic than an ordinary uncontrolled dream.

The reader should realize: techniques of Stephen LaBerge have nothing in common with shaman styles of entering into the Lucid Dreaming!

Castaneda's practice of lucid dreaming gives an opportunity to gradually improve the dreaming attention. Further it will provoke the fusion of the dreaming attention and the first attention (daily attention). What does it mean?

If you force your attention to work in the lucid dream as it works in the everyday's life, the dream will become the reality. Remember how the sabre-toothed tiger taught Carlos Castaneda some special breathing exercises. His body immediately reacted and became brawnier.

While dreaming you will have an ability to see the forthcoming events, write the poetry or poems, invent something or even make scientific discoveries (for example the famous Russian scientist D. Mendeleev discovered his Periodic Table in a dream). You will also get to know how to contact the spirits and get the answers to the questions that are interesting you, communicate with the souls of your relatives or close friends who tragically perished, travel to the parallel worlds, discover the physical world while being in the astral body – by waking you will be accept that it really happened.

So, dear reader, let's explore the magic world of the lucid dreaming, and the genuine magic tradition of Toltecs (the ancient nation of Mexico).

"What for do you take care of yourselves - for old age? It is not the best of the worlds. Don't waste your precious time on the daily routine and start from this very moment to explore misteries of the Universe! Time has come, and the path is the dream. It is impossible to imagine. Who are we?.." (Message of Carlos Castaneda)

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