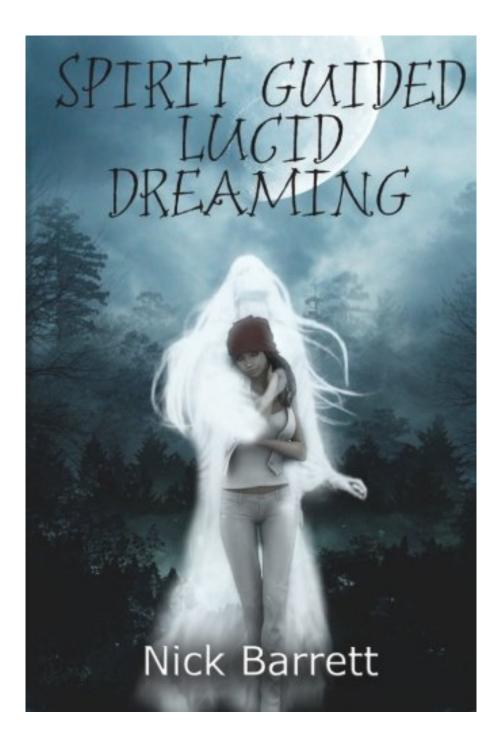


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About the Author

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We are not alone in this vast universe. Celestial beings that are not from this world can be beckoned by us anytime we wish to. Through the art of Lucid Dreaming, being consciously aware within our dreams, we can step through a portal within our minds and contact these very beings. They are waiting for us to make that conscious connection. They bring nothing but guidance, love and admiration for us all. Their wish is to nurture and help us grow our consciousness so that we can evolve into the divine beings we are destined to be. You will discover a divine skeleton key into the unseen worlds; learn distinctive meditative techniques and practices so you too can summon your own Spirit Family through lucid dreaming. Throughout various times within this book, the author gives you personal experiences from his dream journal conversing with his spirit guide. This will help you understand the inner potential and wisdom that a guide can give you.

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More a representation of the authors own spirit guide rather than a guide to spirit.

By Cheryl M-M

It is both edited and written well. I found it a little dry on actual expectations of experience, despite various descriptions of the authors own dream experiences. Instead of the constant talk about his own spirit guide I expected a clearer indication of what a non guided person might be experiencing.

The author suggests taking 4 mg of Galantamine and 200mg Choline to help the body/mind become more receptive to lucid dreaming.

Galantamine can cause serious side effects and should not be taken with any other medication that increases the activity of Acetylcholine.

Using Cholin can raise the Acetylcholine levels. Acetylcholine is a precursusor to choline. So in fact by taking both you are increasing the chances of side effects of Galantamine.

Advocating the use of either or both drugs to put yourself into a state more conducive for lucid dreaming is something I find irresponsible. Whilst I can get on board with the healthy eating, meditating and exercise, I am not sure whether the author has understood the full implications of recommending the intake of certain substances.

AVP-UK

3 of 3 people found the following review helpful.

Makes Lucid Dreaming Easy

By Jane Excelsior

I just finished this book. I loved it. I had read Waggoner's book and Laberge's previously and found them terrifically interesting, but only had one lucid dream after many attempts. After, and while reading, this book I have had at least 10 lucid dreams (some semi-lucid). There was something about paying attention to who was in my dreams that just sort of woke me up inside of them. I really pay attention to which characters appear conscious and which appear more zombie-like. The book is fantastic. Cathy O.

2 of 2 people found the following review helpful.

Let's stay lucid and have fun!

By Vivienne T

Thousands years ago, an ancient Chinese philosopher named Chuang Tzu one day recalled a dream in which he was a butterfly, he pondered, was it that he was the butterfly dreamed Tzu, or Tzu dreamed the butterfly? For eons, this posted question had and has always been studied and explored among cultures all around the globe.

If one asks why we sleep? Why we dream? Why is it important for us to know all about lucid dreaming and explore? Perhaps I could borrow the lucky number 8 (which is talked about in Nick Barrett's book SGLD)to demonstrate--it presents as a reminder of our eternal infinite nature, it is not only a symbol, but also a miniature representation of the relationship between ether and matter--during sleep (or meditative state) we are constantly at the middle touching point--where the finite and the infinite meets and embraces each other. Each time we go into dream state, it is as simple as our consciousness naturally flows from finite world into the infinite reality. We swim in the eternal void, conjure up as much as we could as children of God, with information we brought with us from real life field on earth. If we are lucid (meaning bring our waking awareness into dream state) every dream state is an opportunity for us to experience, experiment, relearn and recreate, without the constraint of time and space.

Ever since I was a child, I always had vivid dreams that were so real, even during bathroom break in the middle of the night, I would murmur to myself, "oh, where was I? I will pick up where I was as soon as I get back to bed!" I believe it is intrinsic knowing in every child that the veil between dream and waking states so thin and the transition so seamless that we almost could not tell the differences. As children we just naturally feel and live in multiple realities without discerning so much, which is why lucid dream was such an effortless thing to many as a child. But as we grow up, our head is occupied by worries, nagging from parents, societal norms, etc.....we gradually forget or lose such capacity.

Nick Barrett has well put together the forgotten in his Spirit Guided Lucid Dreaming and reminds us that just a few techniques could help us get back on track.

To people who are interested in this subject, Nick's book is not overall too technical because this is more

than just the how kind of book. You will notice Nick's wealth of knowledge and wisdom is beyond his age. The way he delivered in his book will help you discover and integrate innate knowing that has always been inside us.

To a beginning dreamer, this book will open doors for you, help you understand the infinite possibilities that await you on the other side of the dream world. But advanced dreamer will not be disappointed because this book also provides so much insight and personal experiences. If you are thinking of picking this book up for a trip, this little gem is going to be a pleasant read and a great trigger for you to really experience lucid dreaming.

What I took away from this book are more than just some techniques, I saw deep truth and ancient knowledge and feel there was much more that Nick already conveyed.

Look forward to Nick's evolution and more insights blossoming from his never-ending new experiences, be it from the dream world or this shared reality we are in. :-)

See all 22 customer reviews...

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