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Two Worlds, One Consciousness: Unifying Lucid Dreaming And Conscious Living

Steven Ernenwein

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Two Worlds, One Consciousness: Unifying Lucid Dreaming And Conscious Living Steven Ernenwein For seven years Steven Ernenwein has been exploring the realm of the Dream World. Through his incredible inward travels, he has discovered mysteries of the universe, how the waking and dreaming states compliment each other energetically, and his true authentic spiritual nature.Delve into this firsthand account of consciousness, energy, the nature of existence and the universe, authentic spirituality, God, and how it all unifies as One. Table of Contents:1. Introduction2. Why We Dream3. Is the Dream a Reality?4. The Spiritual Nature of the Subconscious Mind5. The Physics of the Dream World6. Connecting to Energy7. Conscious Exploration8. Facing, Transforming, & Healing Fears9. Consciously Living in Both Worldsappendix i: "Dreams of the New Earth"appendix ii: Techniques for Lucid Dreaming and Energy Connection Meditationsappendix iii: "Spiritual Bag of Tricks"

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