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Wallace, is a fantastic read. The book is divided into 3 parts. Part 1 describes lucid dreaming, and gives exercises and tips on how to become a lucid dreamer.

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ning." --Roshi
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asleep. That's
the promise of
lucid dreaming,
which is the
ability to alter
your own dream
reality any way
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by being aware
of the fact that
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while you're in
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dream.

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is when you're

conscious during

a dream. This

typically

happens during

rapid eye

movement (REM)

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is that it has a

very bitter

taste and is not

made for the

weak stomach,

but if you make

a small habit of

drinking tea or

smoking the

leaves, then you

are able to

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believe me when
I say that after
a while of

taking Calea you
will be able to
do crazy things
like wake up

from your lucid
dream, go to the
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back to your
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and continue to

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