



Big Dreams: Psi, Lucid Dreaming and Borderlands of Consciousness (Dream Like A Boss Book 2)

Ryan Hurd

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What is your most *extraordinary* dream? Combining dream research with practical how-to advice, this book explores the science, psychology and mystery of Big Dreams. Big dreams can include premonitions, out-of-body journeys, and ancestral visitations, as well as emotional encounters in the lucid dreamworld that stick with you, sometimes for a lifetime.

This book reviews the latest research into psychic dreams, as well as the sacred context (and best practices) for lucid dreaming and sleep paralysis. Erotic ghost experiences, past life experiences, lucid nightmares and other tabooed borderland states of consciousness are also explored from the vantage of contemporary dream science and sacred psychology in this unique volume that combines personal narrative, case studies and documented research.

Advanced Praise

"BIG DREAMS bridges the gap between scientific dream research and psychotherapeutic dreamwork, by skillfully blending immense personal experience with extensive scientific knowledge. Hurd has had some extraordinary experiences, and has contributed some unique and valuable perspectives to the lucid dream community. I've been systematically reading virtually every book ever published on lucid dreaming, and there were new ideas and material in here that I had never seen before. A treasure chest overflowing with fascinating information and practical advice about psychic dreams, sleep paralysis, false awakenings, and lucid dreaming. A delight to read."

—David Jay Brown, Author of *The New Science of Psychedelics* and *Mavericks of the Mind*

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