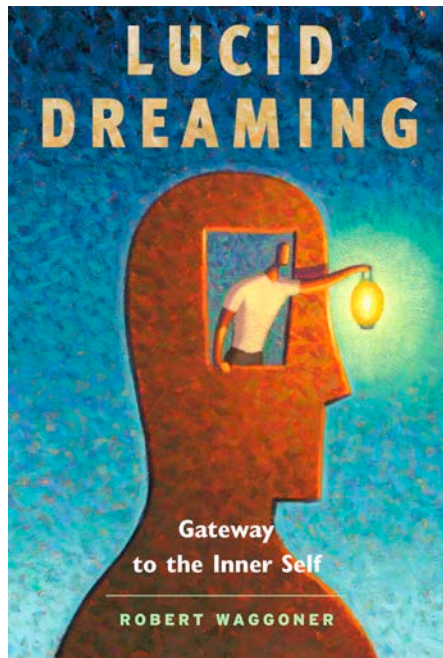


Kansainvälisesti tunnettu selkounien (lucid dream) asiantuntija, kirjailija ja psykologi Robert Waggoner luennoi selkounista Helsingissä helatorstaina 17.5.



Tervetuloa tapaamaan Robert Waggoner ja verkostoitumaan muiden selkouniharrastajien kanssa! Paikkana Valmennuskeskus Arinna, Lönnrotinkatu 23 a 7, 00120 Helsinki.

Ohjelma:

Klo 12-14 Mitä selkounet ovat ja mitä niiden avulla voidaan kokea ja saavuttaa? Robert Waggoner kertoo selkounikokemuksistaan yli 30 vuoden ajalta.

Klo 14-15 Lounastauko

Klo 15-18 Selkounitaidon kehittäminen ja mahdollisuudet tietoisuuden laajentamisessa ja itsetuntemuksen syventämisessä. Aikaa kysymyksille ja keskustelulle.

Paikalle mahtuu maksimissaan 40 ihmistä ja tilaisuuden hinta on 35€ Paikat täytetään ilmoittautumisjärjestyksessä. Ilmoittautumiset ja tiedustelut osoitteeseen open.minded.dream@gmail.com Mikäli luennolle on vielä tilaa, lähetetään vastauksena ilmoittautumisvahvistus ja maksuohjeet.

Robert Waggoner: Lucid Dreaming As a Path to Personal Growth, Healing and Spiritual Wisdom

On the surface, lucid dreaming seems deceptively simple – *a paradoxical state in which you know you are dreaming, while you are dreaming*. There, you can fly through space, create fire breathing dragons, and cast spells like Harry Potter, all in the safety of your subconscious mind.

Historically though, experienced lucid dreamers have used lucid dreaming as an expressway to greater self-realization, spiritual wisdom and access to creativity's source. The Indian Buddhist yogi, Naropa, suggested that the main technique of *dream yoga*, lucid dreaming, provided serious students one of the six pathways to enlightenment.

Scientifically validated for thirty years, recent neuroscientists have deemed lucid dreaming a "hybrid state of consciousness" since the dreaming brain and portions of the waking/conscious brain show simultaneous activation. In other words, when you are lucid dreaming, your conscious mind and your subconscious mind appear joined in a shared creative collaboration, or a unique, hybrid state of consciousness.

Now lucid dreamers have begun to explore lucid dreaming's potential to investigate consciousness, the dream state and the psyche. Already, numerous accounts exist of lucid dreamers using this special state for emotional healing and even physical healing. Moreover, some lucid dreamers feel that they have encountered another layer of the Self and a reservoir of unconscious information; two concepts which Carl Jung theorized, but did not have the tool to validate. Could lucid dreaming serve as a revolutionary tool to scientifically validate some of Jung's ideas, and renew interest in the murky world of the subconscious?

Author, Robert Waggoner, successfully taught himself how to lucid dream in 1975, and since then, has logged more than one thousand lucid dreams. Come and learn how to create a stable lucid dream, so you can explore the beauty, creativity and infinite potential of the subconscious mind.

Short Bio

Robert Waggoner is author of *Lucid Dreaming: Gateway to the Inner Self*, and a past President of the [International Association for the Study of Dreams \(IASD\)](#). For the last ten years, he has been co-editor of the online magazine, [The Lucid Dream Exchange](#), the only ongoing publication devoted specifically to lucid dreaming. Robert conducts on-line workshops with GlideWing Productions and routinely speaks at colleges and conferences worldwide on the lucid dream experience.