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the Life of Your Dreams. The Shadow is the part of us made up of all that we hide from others: our shame, our fears and our wounds, but also our divine spirit, our blinding beauty and our hidden talents.

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Using practical exercises sourced from lucid dreaming and dream-work, Tibetan Buddhism and mindfulness meditation, this book explores how to:

- Transform the dark and light shadow side
- Meet the shadow through your dreams
- Unlock your creativity
- Transform Nightmares through lucid dreaming
- Manifest your hidden potential

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Dreaming through Darkness: Shine Light Into The Shadow To Live The Life Of Your Dreams: Amazon.co.uk: Morley, Charlie: 9781781807354: Books. £12.99.

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Darkness in a dream can be an omen of a painful and long illness. If you dream of seeing yourself in darkness, it is a sign that you will be confronted with some difficulties. If, however, you manage to turn the light on, the dream foretells the ability to overcome obstacles. Darkness represents fear of the unknown and unexpected problems.

Darkness Dream Dictionary: Interpret Now! - Auntyflo.com

The shadow is a huge source of benevolent power and creativity, but until we bring it into the light this power will remain untapped and our full potential unreached. In this transformative book, lucid dreaming teacher Charlie Morley guides you into the dazzling darkness of the shadow and shows you how to unlock the inner gold within.

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Dreaming Through Darkness - Hay House

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“We are not here to curse the darkness, but to light the candle that can guide us thru that darkness to a safe and sane future.”
— John F. Kennedy “Normal people have no idea how beautiful the darkness is.”

40 Famous Quotes About Darkness and Light

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