

# LEARN TO CONSCIOUSLY INTERACT WITH YOUR DREAMS



## Side 1: Explore the Levels of Lucid Awareness

- Level 1: Floating
- Level 2: Playful involvement
- Level 3: Power to reason
- Level 4: Self-reflection
- Level 5: Observer & actor present
- Level 6: "In here" and "Out there" awareness
- Level 7: Action doesn't grip you
- Level 8: Dream no dreams, desire no desires
- Level 9: Experience web of interconnection
- Level 10: Transcendent, ecstatic state

**Meditations by Marion Moss Hubbard, Ph.D.**  
Marion is a published author, consultant, and speaker on a variety of topics designed to bring out the best in people. She has a special gift for helping people listen to and act on the logic of their hearts. She uses lucid dreaming as one of her personal tools for expanding consciousness.

## Side 2: Use Lucid Dreams to Fulfill Your Heart's Desires

- Rehearse for peak performance
- Change outcome of repetitive dream/nightmare
- Help with difficult emotional issues
- Understand & rid yourself of physical ailments
- Discover creative solutions to problems
- Improve communication with role playing, shared dreaming, and telepathy
- Explore other dimensions of reality
- Achieve a sense of completion & fulfillment of life purpose

**Harp Music by Linda Hill**  
Linda is a minister, credentialed music teacher, composer, and recording artist. She has a special gift for weaving her music into the heart and soul of the listener. The gentle and soothing tones of her harp relax the mind, open the body, and uplift the spirit!

### ORDER FORM

	Price	Quantity	Amount
Lucid Dreaming: Meditations to Cultivate Your Field of Dreams	\$10.95	_____	_____
Shipping and Handling: (Add \$3.50 for 1st tape, \$0.50 for each additional)			_____
California Residents add 8.25% sales tax (for 1 tape sales tax is \$0.90)			_____
	<b>Total</b>		_____

**Enclose order with check or money order & mail to:**

Heroic Journey Consulting  
1010 University Avenue, #170  
San Diego, CA 92103

**Tape also available for purchase online at:**

[www.heroicjourney.com](http://www.heroicjourney.com)

**Send this order to:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_