



# Two Worlds, One Consciousness: Unifying Lucid Dreaming And Conscious Living

*Steven Ernenwein*

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For seven years Steven Ernenwein has been exploring the realm of the Dream World. Through his incredible inward travels, he has discovered mysteries of the universe, how the waking and dreaming states compliment each other energetically, and his true authentic spiritual nature. Delve into this firsthand account of consciousness, energy, the nature of existence and the universe, authentic spirituality, God, and how it all unifies as One. Table of Contents: 1. Introduction 2. Why We Dream 3. Is the Dream a Reality? 4. The Spiritual Nature of the Subconscious Mind 5. The Physics of the Dream World 6. Connecting to Energy 7. Conscious Exploration 8. Facing, Transforming, & Healing Fears 9. Consciously Living in Both Worlds appendix i: "Dreams of the New Earth" appendix ii: Techniques for Lucid Dreaming and Energy Connection Meditations appendix iii: "Spiritual Bag of Tricks"

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