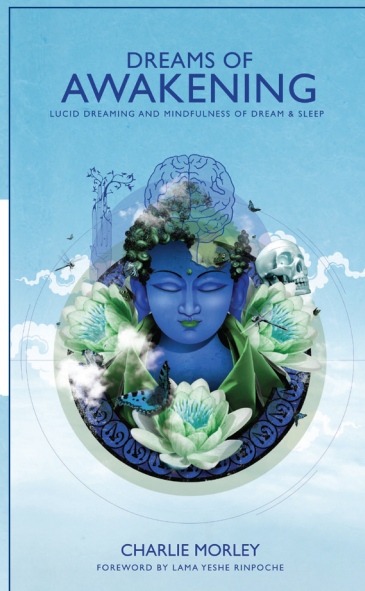


**ALSO AVAILABLE**



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

[www.hayhouse.co.uk](http://www.hayhouse.co.uk)

# LUCID DREAMING CONSCIOUS SLEEPING

GUIDED MEDITATIONS FOR MINDFULNESS  
OF DREAM & SLEEP



CHARLIE MORLEY





# How to Use This CD

## CD ONE

1. **Lucid Living** (music by Agami Sounds): Enjoy this track anytime.
2. **The Tao of Dozing** (Hypnagogic mindfulness meditation): This 20 minute mindfulness meditation track is designed to be used during the daytime as a way to refresh and relax the listener from within the drowsy hypnagogic state. The practice is based on the 'Settling, Grounding and Resting with Support' technique as taught by the Mindfulness Association UK and contains music from Andrew Ford of [www.innerpieces.co.uk](http://www.innerpieces.co.uk).
3. **What Were You Dreaming About?** (dream recall wake up track): Use this track in place of an alarm clock in order to help you recall your dreams more easily once you wake up.
4. **Mindfulness of Sleep** (Mindfulness Meditation into sleep with PAM audio tones): This track contains powerful PAM (Phased Amplitude Modulation) Audio Technology which directly affects the listener's brainwaves to help bring them into a state of deep relaxation and eventually into sleep. Multi-layered delta signals encourage your brain to enter a profoundly relaxed state whilst a combination of theta and gamma tones guide you to the borderline state between sleep and wakefulness, allowing you the opportunity to experience new states of lucid consciousness. This track will work best with either stereo headphones or when played from stereo speakers close to the listener.

## CD TWO

1. **Dreams of the Future** (music by Fybe:One): Enjoy this track anytime.
2. **'Wake Up and Smile!'** (music by Agami Sounds): Use this track in place of an alarm clock in order to help you wake up with a smile, full of beneficial motivation for your day ahead.
3. **Hypnosis Pre-Talk** (script by Katie Glen): This track only needs to be listened to ONCE, as a precursor to the first time that you engage the Lucid dreaming self-hypnosis track.
4. **Lucid Dreaming Self-Hypnosis** (induction by Valerie Austin): This powerful self-hypnosis track has been designed by hypnotherapy experts Valerie Austin and Katie Glen. For full effect it should be listened to for at least 21 days in a row either during the day or at night as you enter into sleep.

Thanks to my friends, family and sangha for their on-going support. Thanks to Cristoforo, Andrew, Fybe:One, Katie, Valerie, Jade and Dr Phil for the music and creative input. Thanks to Heavy Entertainment, Michelle, Duncan, Amy and all the Hay House team. Thanks to Fybe:One again for the amazing CD cover design. Thanks to my teachers and lineage. Thanks to my subby and the dreaming mind.

1. **Lucid Living**. Recorded at Alunawachuma Studios, 2013, music by Cristoforo Gaetani, vocals by Charlie Morley, produced by Cristoforo Gaetani, engineered by Heavy Entertainment.
2. **The Tao of Dozing**. Recorded at Heavy Entertainment, 2013, music by Andrew Ford [www.innerpieces.co.uk](http://www.innerpieces.co.uk), vocals by Charlie Morley, produced by Andrew Ford, engineered by Heavy Entertainment. Copyright © Charlie Morley 2013.
3. **What Were You Dreaming About?** Recorded at Heavy Entertainment, 2013, singing bowls by Charlie Morley, vocals by Charlie Morley, engineered and produced by Heavy Entertainment. Copyright © Charlie Morley 2013.
4. **Mindfulness of Sleep**. Recorded at Phil Davidson Studios, 2013, music and PAM (Phased Amplitude Modulation) audio technology by Dr Phil Davidson, vocals by Charlie Morley, produced by Dr Phil Davidson, engineered by Heavy Entertainment.
5. **Dreams of the Future**. Recorded at Heavy Entertainment, 2013, music by Fybe:One ([www.soundcould.com/fybeone](http://www.soundcould.com/fybeone)), vocals by Charlie Morley, produced by Fybe:One, engineered by Heavy Entertainment. Copyright © Charlie Morley 2013.
6. **Wake Up and Smile!** Recorded at Heavy Entertainment, 2013, music by Cristoforo Gaetani, vocals by Charlie Morley, produced by Cristoforo Gaetani, engineered by Heavy Entertainment. Copyright © Charlie Morley 2013.
7. **Hypnosis Pre-Talk**. Recorded at Heavy Entertainment, 2013, script by Katie Glen ([www.katieglen.com](http://www.katieglen.com)), vocals by Charlie Morley, engineered and produced by Heavy Entertainment. Copyright © Charlie Morley 2013.
8. **Lucid Dreaming Self-Hypnosis**. Recorded at Heavy Entertainment, 2013, main script by Katie Glen ([www.katieglen.com](http://www.katieglen.com)) and hypnotic induction by Valerie Austin ([www.valerieaustin.com](http://www.valerieaustin.com)), vocals by Charlie Morley, engineered and produced by Heavy Entertainment. Copyright © Charlie Morley and Valerie Austin 2013.