



Lucid Living: Experience Your Life Like a Lucid Dream

Tim Freke

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After a life-time studying the world's spiritual traditions, pioneering philosopher **Tim Freke** presents the mystical heart of spirituality in 8 transformative principles. From his personal experience he describes spiritual awakening as similar to the experience of lucid dreaming - except now while in the waking state. Awakening is lucid living. This astonishingly direct book points to an awakened state. Step by step it guides you through a radically new way of looking at the present moment, so you can experience a spiritual awakening as you are reading! It will take you less than an hour to read, but it could change your life for good. Since it was first published ten years ago Lucid Living has come to be seen by many as a modern spiritual classic. In this new edition **Tim Freke** adds an 8th principle to account for the profound developments in his own understanding of awakening.



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