PHDC7222 : Lucid Dreaming and Waking Life 清醒梦与人生

This course focuses initially on a critical re-examination and redefinition of the technical definition of "lucid dreaming" and an on-going exploration of the nature of "lucid dreaming." The course emphasizes practical experience incubating lucid dreams and making use of lucid dream experiences to enliven and deepen the creative possibilities of waking life, particularly in the areas of creativity, technical innovation, personal expressivity, and the cultivation of increased psycho-spiritual development and maturity.

Credits 3