

ONEIRONAUTICS A FIELD GUIDE TO LUCID DREAMING



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Oneirology Wikipedia

Oneirology (/ ɒ ɪ r ɪ d i /; from Greek , oneiron, "dream"; and - , -logia, "the study of") is the scientific study of dreams. Current research seeks correlations between dreaming and current knowledge about the functions of the brain, as well as understanding of how the brain works during dreaming as pertains to memory formation and mental disorders.

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