



# Bamso: The Art of Dreams

*Asanaro*

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# Bamso: The Art of Dreams

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**Bamso: The Art of Dreams** Asanaro

**A journey through the mysterious world of dreams.**

In this mystical memoir of his spiritual journey through the world of Dreams, teacher of pre-Buddist Tibetan martial arts and philosophy Asanaro describes his apprenticeship with his master, Alsam. As the young apprentice opens his vision to the Astral World, he learns that the art of mental projection allows him to jump through time and space . . . and what he discovers isn't at all what he had expected.

Written in the form of a teaching story, *Bamso* uncovers for readers the fundamentals of astral projection and 'doubling' the art of lucid dreaming. Presented in an engaging yet instructive manner, this book will captivate fans of Carlos Castaneda and Paulo Coelho.



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