

# Stephen LaBerge

## Quotes

*Dream, Research, Real, Sleep, Differences, Vivid Imagination, Reality, Brain, Night, Perception, Buddhist, Important, Color, Eye, Interesting, Failure, Creative, Evolution, Failing, Teach*

Our brain simulates reality. So, our everyday experiences are a form of dreaming, which is to say, they are mental models, simulations, not the things they appear to be.

~Stephen LaBerge

The consciousness of lucid dreaming is a cultural evolution. It's something that we are talking about and learning about, not biological evolution.

~Stephen LaBerge

Lucid dreaming lets you make use of the dream state that comes to you every night to have a stimulating reality.

~Stephen LaBerge

Pause now to ask yourself the following question: 'Am I dreaming or awake, right now?' Be serious, really try to answer the question to the best of your ability and be ready to justify your answer.

~Stephen LaBerge

If you must sleep through a third of your life, why should you sleep through your dreams, too?.

~Stephen LaBerge

Dreams, remembered or not, can color our mood for a good part of the day.

~Stephen LaBerge

We don't teach our children how to dream.

~Stephen LaBerge

Dreams look real, but they're in your mind, so you realize that the physical world is also a construction, which shows that the mind can affect reality in more ways than you can imagine.

~Stephen LaBerge

Dream research is a wonderful field. All you do is sleep for a living.

~Stephen LaBerge

Some people have vivid imagination, some not so vivid, but everybody has vivid dreams.

~Stephen LaBerge

Control yourself, not your dreams.

~Stephen LaBerge

I have high-tech tastes. If I had \$100 million, I would spend it on research equipment rather than a yacht.

~Stephen LaBerge

It is certainly important to be looking for cures to medical disorders, but it is equally important to conduct research on human health and well-being.

~Stephen LaBerge

In the dream state, the only essential difference from waking is the relative absence of sensory input, which makes dreaming a special case of perception without sensory input.

~Stephen LaBerge

If you dream you do something, it's as if you actually are doing it from your brain's point of view.

~Stephen LaBerge

I have never been awake before.

~Stephen LaBerge

You just don't get funding to go out and find God. Even if you did, you'd have to first define what you mean by 'God.'

~Stephen LaBerge

We dream every night, all the time.

~Stephen LaBerge

Be true to yourself and you will never fail.

~Stephen LaBerge

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