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A Lucid Dream Is Amazing!

Lucid Dreaming is not a terribly complicated concept; it is simply the state of being aware of dreaming while you are dreaming.

The expression 'lucid' in this context means aware or conscious. But the extent of your 'lucidity' can vary according to how stable the dream experience itself is, how much you manage to remember about the dream when you wake up, and also how much influence you have in taking control of the dream itself.

The most striking aspect of having a lucid dream is this very control. Knowing that the things going on around you are only a part of your dream is something which is quite unlike anything else.

You are in control and can decide the direction things go and other than your imagination, there is no limit to what you can do.

Think about this for just a moment. Lucid Dreaming seems real it feels, looks, tastes and smells like reality; but with the difference that you know it's all a dream and that no matter what you decide to do, you'll be safe.

Lucid Dreaming is far more advanced and has far more realism than any virtual reality generated by even the most sophisticated computer technology.

More and more people are learning how to use the skill of Lucid Dreaming. Most of us have a Lucid Dream from time to time but just think how wonderful it would be to be able to have a Lucid Dream anytime you want!

A Lucid Dream offers you the chance to have any experience you can imagine. You can meet and hang out with your favorite celebrities and historical figures, have erotic experiences, visit other worlds, speak with a long lost loved one; anything at all! There are no limits other than your imagination.

Being able to experience Lucid Dreaming on a regular basis is something which it used to take a long time to be able to do. Some spent months before they could have a Lucid Dream and some were never able to master the technique.

So are there any simple ways of experiencing a Lucid Dream?

There are those who claim that the odds of having a Lucid Dream will be increased by having certain foods close to bedtime. Some of these foods are orange juice, milk, cheese and mustard.

Other foods are less effective but are still thought to help; pickles, ice cream and popcorn. These foods do have the drawback of having a lot of salt or fat meaning that they are less likely to produce restful sleep.

Can Technology Assist You?

As time moves on, so too does technology so it comes as little surprise that technology can nowadays assist people with regards to lucidity. In fact, technology can now be used in order to both stimulate and induce lucid dreams. Various devices which come in the form of masks and eyeshades can now detect REM in a person and when they do, they then begin to blink a red beam of light. By integrating this beam of light with the dream, it is hoped that the beam of light will serve to remind the subject that they are dreaming, thus providing them with an opportunity to try and control the direction of the dream.

The most exciting developments have been in audio technology. Sound waves at slightly different frequencies are played in to each ear of the listener a technique known as binaural beats. This can open the experience of Lucid Dreaming to many people.

These binaural beats are designed to assist the dreamer in synchronizing both hemispheres of the brain. Just by simply listening to these special frequencies the mind goes almost instantly into the REM sleep mode. This is exactly where they need to be in order to begin a Lucid Dream session.

If you have always wanted to try Lucid Dreaming for yourself, binaural sound presents the quickest and easiest way to begin.

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