

Published based on [A Practical Look At Lucid Dreams](#)

A Practical Look At Lucid Dreams

Having a lucid dream is essentially a very simple idea. It is nothing more than the condition of being aware that one is dreaming while in the midst of dreaming.

The term 'lucid' simply refers to being aware or conscious, and of course the full extent of your lucidity depends largely on your actual dream experience, together with the amount of detail you are able to remember when you wake up, and of course, the level of control you had over the dream.

The most important part of lucid dreaming, of course is the question of whether or not you have control over the things which are happening in your dream and to be aware that you are dreaming.

You are in the director's chair of your dream meaning that you can have any experience you want in your Lucid Dream.

Imagine for a few moments what that is like. Dreaming usually seems a lot like reality. Most people even feel most of their senses and faculties as if they were awake. The difference is that when lucid dreaming, they know they are dreaming. They know that, no matter what happens, they cannot die or become injured while in the dream state. The normal rules and regulations of reality no longer exist.

This is truly a virtual reality experience which no other can even come close to.

It simply cannot be denied that lucid dreaming is a skill which can only be described as being fantastic. It's hardly surprising really that so many people are now longing to master the art of lucid dreaming. Interestingly enough, most people will have the occasional lucid dream but just imagine if you could experience one whenever you want.

Depending on your own personal desires, lucid dreaming can be your own private doorway to the most incredible experiences. From socializing with world famous celebrities, to visiting distant lands and exotic places, lucid dreaming opens up a whole new world of opportunity. In fact, one can even travel to the most distant planets of the universe or spend some quality time with loved ones who have already departed from this world.

As neat as lucid dreaming sounds, it's a lot more difficult to learn how to do. The process itself is pretty complicated to achieve. In the past most people would spend months, maybe years, attempting to achieve just one lucid dream. In the process they would put themselves through training and instructions and even self conditioning procedures. Then they may have one or even two lucid dreams. Even then they may manage only a few brief minutes or seconds of lucidity. Many others never even succeed just once.

Are There Simpler Methods for Training & Experiencing a Lucid Dream?

Many people who have experienced a Lucid Dream swear by eating certain foods just prior to the dream. If you would like to try this they usually recommend orange juice, milk, cheese, and mustard. These seem to produce the best results.

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?

The technology not only exists, but it is being researched and improved. As this technology improves, so does your chances with experiencing dream lucidity. Some of these devices include masks and eye shade which monitor your eyes and blink a red diode when REM sleep begins. The Rapid Eye Movement portion of sleep is an indicator that dreaming is taking place. The red beam can help people remember that they are in fact dreaming as the red beam becomes part of the dream. Once the person remembers that a red beam during the dream means that they are in control, then they can begin to manipulate the dreaming session.

In addition to these new the innovative devices, recent developments in some technology have also done much

in the line of opening the doors to the world of lucid dreams. Just recently scientists have gone ahead and developed a process known as binaural beats; a process which involves playing sound at different frequencies into each ear.

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 experience Lucid Dreaming for yourself, binaural sound presents the quickest and easiest way to begin.

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