

Published based on [Another Night, Another Lucid Dream!](#)

Another Night, Another Lucid Dream!

If you are not quite sure what it is, Lucid Dreaming is actually pretty simple.

Lucid Dreams are those where you are aware of the fact that you are dreaming while you are dreaming. How lucid exactly your lucid dream is depends on how much control you have over the events of the dream, how stable the dream is and how many of the events of the dream you can remember once you wake up from it.

Having control over the dream is the most important part of a Lucid Dream. It's an amazing thing to be in a dream yet to know that it is in fact a dream.

Having the ability to control the direction of a lucid dream is simply astounding to say the least, particularly because there are virtually no limits.

Just consider that for a moment. Lucid Dreaming looks, feels and engages all of your other senses as if it were really happening but you know that you are only dreaming and will be totally safe no matter what you do.

Lucid dreaming is a virtual reality experience far beyond the capabilities of any computer technologies to produce.

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.

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.

Unfortunately, experiencing regular lucid dreams where you have the ability to control them has until recently been a fairly complicated process. In fact, many people had no option but to spend months undergoing instruction and learning how to condition themselves. Even then, while many people did manage to experience lucid dreams, even if only for brief moments, others never succeeded at all.

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

Some people report that certain foods can encourage Lucid Dreaming if consumed shortly before sleeping Mustard, Orange Juice and dairy products among them.

Others which have been mentioned are popcorn, ice cream and pickles. These are not felt to be as effective as the three mentioned above, but they are sworn to by many who say that they create the mental condition necessary for Lucid Dreaming. Of course, many of these foods are not conducive to restful sleep due to their high fatty acid, fat and salt content.

How can technology help?

Technological developments have made it easier than ever for people to have Lucid Dreaming experiences. Devices which can assist you in having Lucid Dreams include sleep masks and eyeshades which flash a LED when REM sleep is detected, reminding the dreamer that they are dreaming and lets them take control over their 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.

Binaural frequencies can synchronize the hemispheres of the brain; as you listen, your mind reaches the state of REM sleep; which is necessary for Lucid Dreaming to occur.

If you've always wanted to try out Lucid Dreaming, binaural sound is certainly the quickest and easiest way to begin.

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