

Published based on [Can Anyone Experience Lucid Dreaming?](#)

# Can Anyone Experience Lucid Dreaming?

Essentially, lucid dreaming is a skill which some people have developed which allows them to actually be aware of the fact that they're dreaming, and that things which appeared to be happening, are not. Furthermore, people who experience lucid dreams tend to have the ability to exercise a certain amount of control over a lucid dream.

The power of having complete control over the direction of your dreams is something straight out of metaphysical existence. Suddenly, all the limitations you ever felt in life just cease to exist.

Is lucid dreaming as straightforward as all that? Is lucid dreaming something which can be experienced by anyone?

As a matter of fact, lucid dreaming isn't all that hard, as long as you have a burning desire to learn these amazing, tried and true techniques of expressing your innermost desires.

You need to know what you hope to achieve through lucid dreaming. Are you after something specific which can help you with other areas of your life, or do you just want to turn your dreams into a playpen of the imagination? Whatever your reason for wanting to learn lucid dreaming, know your goal and be determined to reach it.

Next you have to learn the actual techniques of lucid dreaming. The first step is to learn the process of Dream Recall, which is exactly what it sounds like. You need to begin practicing remembering your dreams in detail. This is a step on the road towards lucid dreaming.

The process is slow, but it can be achieved by maintaining a Dream Recall Register in which you enter as many details as you can remember about your dreams daily. Slowly but surely, you'll realize that you can remember even the most vivid details of your dreams. Periodic reality checks during the course of dreaming will train your mind to be aware in dreams.

Hypnosis is also something which many people have found to have the ability of reducing the amount of time it takes to prepare one's subconscious in preparedness for lucid dreaming. In fact, in many instances, one or two sessions of hypnosis will be adequate for allowing you to remember your dreams consistently. When you reach that point, you know your mind has been suitably conditioned.

When you begin lucid dreaming, you might suddenly wake up from a dream. But you'll be able to remember the dream you were having in vivid detail. Just relax and fall back asleep, and you'll be able to go back to the same dream and continue on with it. When you wake up in the morning, you'll realize then that you have the authentic power of conscious dreaming.

Going back to sleep for a couple of hours after waking in the morning can induce some excellent lucid dreams, especially if you are new to the experience. These dreams are 'just next door' to lucid dreams because you end up wondering if they were actually dreams or if it was that your thoughts manifested as an anticipated event.

As you can more than likely imagine, it can be hugely beneficial to keep a track of your sleeping patterns so as to afford you the opportunity to see when will be the best time for you to have lucid dreams.

Lucid dreaming can be a helpful practice for those with sleeping troubles such as insomnia. When you are having a hard time getting to sleep, remind yourself that sleep means lucid dreaming; and your subconscious mind will make sure that you get to sleep quickly.

Now until recent times, this craft known as lucid dreaming took up a great deal of one's time, and many grew frustrated and quit because of this. But recent advances in audio technology have made things far, far easier for anyone who seeks to experience lucid dreaming.

More and more people are saying that binaural audios are giving them a faster, easier way to enter through the door of the realm of lucid dreaming.

Not only do these beats help to align brain waves to the correct frequency required for lucid dreaming, but as

they are played in different frequencies in each ear, they have a wonderful relaxing affect.

Before binaural audio technology, meditation was the method of choice for those wanting to learn lucid dreaming, and this was a process which could sometimes take years to master. Many simply gave up, not having the determination to pursue the practice.

It is possible to experience lucid dreaming very soon after first attempting it by listening to binaural sound waves combined with hypnosis to prepare your subconscious mind.

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