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Do You Like The Idea Of Being Able to Lucid Dream?

In simple terms, if one has a dream and they're actually aware of the fact that they're dreaming, then that is known as a lucid dream.

Lucid, of course denotes consciousness. The extent to which you are lucid within your dream depends on how stable the dream is, how much of the dream you can recall upon waking and how much control you have over the course of the dream.

The most important part of this equation is the control you have over the events of your dream and that you know that you are in fact dreaming.

You are at the wheel of this ship and have full control over what happens. Other than your imagination, there are no boundaries to what you can do in your Lucid Dream experiences.

Take a moment to imagine this. Your dream feels and looks like reality, you have most or all your senses, the only difference is that you know you are in fact sleeping. You are aware that no matter what happens, you are completely safe. You cannot die, become injured, or mess up your real life in a Lucid Dream. You can dig yourself into all sorts of imagined trouble and fantastic adventures since there are no rules or limits to your dreaming world or physical powers.

This is truly a virtual reality experience which is far beyond the capabilities of any computer in existence today.

Most people rarely, if ever, experience Lucid dreaming without first learning of the skill. However, it is an incredible skill that, with the right training and practice, even more people in today's society are learning to master. You too could have the exhilarating Lucid dream anytime you wanted to with the right skill set.

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 easier ways to have 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.

Other foods of note are pickles, ice cream, popcorn and fish. Although they are not as effective as the three foods and drinks described above. Some people say that they improve your overall dream recall and "prepare" your brain for future lucidity. The main problem is of course that they are high in fatty acids, salts and sugars which definitely doesn't assist you in getting a good nights rest!

Can Technology Assist You?

There are new technologies which can assist you in having Lucid Dreams. There are sleep masks and eyeshades which turn on LEDs when REM sleep is detected; the idea is that the red light of the LED will let dreamers know that they are dreaming; this is the first step to taking control of the dream.

Furthermore, there have recently been some astounding developments with regards to sound technology. In fact, these developments have to a great extent made lucid dreaming possible for one and all. A process which uses binaural beats has recently been developed by scientists. This process involves playing sound at different frequencies into each ear.

The aim of this process is to synchronize the two hemispheres of the brain and in so doing, induce REM. In fact, when one listens to these sounds, the REM state of sleep is almost instantaneous and of course, this is the type of sleep required in order to experience a lucid dream.

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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