

Published based on [Dream Control - Fun And Fantasies](#)

Dream Control - Fun And Fantasies

You can control your dreams by learning and implementing what is called 'lucid dreaming'. Dream control is not only possible using this method, but it enables you to be completely aware of dreaming and in this state you can control the activities of your dreams. You can also control the outcome of your dreams.

What does "lucid dreaming" mean? How does it work and what are the benefits of lucid dreaming, if any? Is it possible to achieve and make nightly journeys into our world of dreams. Our private world of adventure, fantasy and whatever else our imagination can invent. For answers to the questions about the subject of dream control, keep reading.

What does Dream Control Mean?

Dream control is something which is available to us through the use of lucid dreaming and grants us the ability to know, even while in the midst of a dream, to be aware that you are doing so ? this lets you start to take control over the direction of your dreams! Even while you are fast asleep, your mind can be in total control of what happens.

People who have recurring nightmares can find relief by using lucid dreaming ? this simple, but very powerful technique can help them to stop their nightmares and get the rest they need.

Common Techniques For Inducing Lucid Dreaming

A very successful way to reach lucid dreaming uses binaural audio, with this you listen to 2 different types of frequencies simultaneously, for the purpose of altering the brain waves, to bring on a relaxed stage, and also the rapid eye movement (REM) stage of sleep, which is where the lucid dreaming occurs.

Prior to modern technology and all kinds of programs made available on DVDs or CDs, the most popular means of dream control techniques were meditation and self hypnosis. With meditation and self hypnosis, many people reportedly found it difficult to achieve a state conducive to dream control.

There have been other approaches to lucid dreaming developed by experts over the years, they worked in the fields of psychology and science to do this. Aside from the way you get there, the end result is the same, training your mind as it is asleep, to know when it is dreaming.

To obtain this, it is essential to begin while awake and the key is to remember to say something or do something while dreaming to trigger recognition that is necessary for the mind to be aware and allow us the ability to control the activities in our dreams.

It's as simple a thing as reminding yourself while you are awake and before going to sleep you'll be dreaming and in that dream you'll remember to say or do something, something specific, at which time you will know that you are dreaming.

Known as MILD (mnemonic induction of lucid dreaming) this technique was developed by Dr. Stephen LaBerge and it has allowed many thousands of people to begin lucid dreaming and using dream control to rid themselves of recurring nightmares and achieve a feeling of empowerment.

You can achieve lucid dreaming, by also keeping a record of what you remember about your dreams, upon waking in a journal or notebook, that you have by your bed. Do this enough nights and you will begin to recollect the facts you've written, and then you will start having dreams like the ones you wrote the facts about, which this can enable you to start managing your dreams.

With lucid dreaming you can go anywhere you desire, meet anyone you would like to meet and tame those creatures from your nightmares. Explore the fantastic imaginary worlds of fantasy and adventure of your dreams. Become a free spirit. Anything you want is yours and only limited by your imagination. You can be a free spirit, free of societies restriction, constraints and limits. With lucid dreaming you will be in complete control of all your nightly fantasies and adventures.

However, keep in mind that you can have too much of a good thing, even dream control. Experts in the field have said that our dreams can be a way of our subconscious minds trying to tell us something important. It's important to give yourself a few nights off from lucid dreaming now and then, as amazing of an experience as discovering dream control can be.

You can also find this article published on [Dream Control - Fun And Fantasies](#), and on the tag pages [Dream Control](#).