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# **Dreams And How To Approach A Lucid Dream**

Very simply put, a dream in which you are conscious that you are dreaming is known as a Lucid Dream.

In the context of dreaming, 'lucid' means being aware or conscious, but of course the lucidity of a dream can vary dramatically depending on the dream itself, how much of the dream you remember, and also how much influence you have with regards to controlling the dream.

This last point which has been mentioned is without a doubt the most amazing thing of all. Actually being able to realize that one is dreaming is something which words simply cannot explain.

Is it not remarkable that one can actually control the direction of your dream, and that you're not restricted in any way whatsoever?

Just imagine that for an instant. It looks feels and sounds exactly the same as normal reality, except that you know that it isn't. You know that you are perfectly safe; you cannot die or get injured when lucid dreaming. There are no normal rules and regulations about what you get up to!

This is the kind of virtual reality experience which computer experts can only dream of.

Lucid Dreaming is an astonishing experience; more and more people are finding this out for themselves. While most people have a Lucid Dream at some point in their lives; wouldn't it be incredible if you could have Lucid Dreams whenever you wanted to?

Many people tend to describe a lucid dream as being a doorway or gateway to the most wonderful experiences imaginable. In fact when you have a lucid dream and you're able to control it, you can then head off to any place you wish, whether you choose to go and meet your favorite celebrities, or whether you choose to go and visit loved ones which are no longer here with you. The amazing thing is you are only limited by your own imagination.

Unfortunately though, being able to experience lucid dreams on a regular basis is not always very easy. Until recently, the vast majority of people wanting to experience lucid dreaming would dedicate months and months in order to receive suitable training and self conditioning. Admittedly, many of these people did eventually manage to have lucid dreams but for the most part they were very brief experiences, while many people on the other hand never achieved any level of success at all.

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

Many people feel that particular foods can encourage or induce a lucid dream. You should try these immediately before going to sleep. Orange Juice, Milk and Cheese and also Mustard have been reported as being good things to consume for the best results.

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 help people to experience lucid dreaming?

As technology improves, so does the chance to get assistance with your Lucidity. There are now modern devices that you can use to stimulate and induce lucid dreams. There are innovative devices like masks and eyeshades that notice faster eye movement and blink a red diode when you begin to doze. This red beam is integrated into the dream, and reminds the person who is asleep that they are dreaming. The person can then start to control the dream once they realize that it actually is a 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 beats serve to induce a synchronizing in both hemispheres of the brain. As if instantly these two special frequencies induce the brain to produce a state of REM sleep. This is where your Lucid Dream can begin.

While everyone has their own preferences, this new process which uses binaural beats is by far the easiest and most reliable way for anyone to get started.

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