

Published based on [Experiencing a Lucid Dream for the first time.](#)

# **Experiencing a Lucid Dream for the first time.**

Any dream in which you are conscious that you are dreaming and can manipulate the dream is considered a Lucid Dream.

Lucid in this context denotes this awareness. How lucid your Lucid Dream is has to do with the stability of this dream, the amount of control you have over the happenings in your dream and the amount of recall you have once you awake from this dream.

Having control over your dream is the amazing thing about the experience of Lucid Dreaming. Knowing that you are dreaming even while in the middle of a dream is something which is hard to compare with anything else.

You are in control and can decide the direction things go and other than your imagination, there is no limit to what you can do.

Just think about this for a moment. A Lucid Dream is like reality in every aspect; you can see, feel and use all of your senses, but with the knowledge that you are perfectly safe and can do literally anything you want.

To a great extent, by mastering the art of lucid dreaming, you're taking control of your own private world of virtual reality.

Lucid Dreaming is an incredible skill and many more people are learning to experience it. The Lucid Dream is very rarely experienced by those who are unaware of it or who have not taken the time to learn how to do it. Can you imagine how fun and thrilling it would be to be able to have a lucid dream whenever you wanted to?

A lucid dream can in many ways be compared to a gateway to the most fantastic experiences, where one is able to meet and mix with your favorite celebrities, or mingle with wild and exotic animals, or even travel to distant galaxies. That's right, you can explore all your fantasy world's or you can visit your lost loved ones.

Being able to have Lucid Dreams on a regular basis was until very recently a very difficult thing to accomplish. People would spend as long as a year training themselves before having even the first lucid dream; others never managed to achieve it.

So are there any easier ways to have a Lucid Dream?

Interestingly enough, there are many people who believe certain foods such as orange juice, cheese, milk, and mustard, have the ability to help induce a lucid dream, providing they are consumed immediately before you lie down to sleep.

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?

Of course as technology continues to advance at an alarming rate, the ability to assist with lucidity improves. In fact one can now purchase certain devices which have the ability to not only stimulate, but also to induce lucid dreaming. From masks to eyeshades, these innovative devices are able to recognize rapid eye movement and in turn they respond with a blinking red diode the minute one starts to fall asleep. The purpose of this is to integrate the beam of light into the dream itself in order to remind the subject that they are dreaming. This in turn enables you to start taking control once you become aware of the fact that you're dreaming.

In addition to the devices mentioned above, there have also been some marvelous developments in sound technology which by all accounts have quite literally opened the doors to the world of lucid dreaming. Scientists have developed a process known as binaural beats which utilize sound waves of different frequencies played into each ear.

Binaural frequencies help to synchronize the hemispheres of the brain and make your brain more likely to reach REM sleep, which is needed in order for Lucid Dreaming to happen.

If you have ever wanted to experience a fantastic Lucid Dream session and not have to work hard to learn how to do so, then this is definitely your most reliable method to getting started!

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