

Published based on [Exploring How To Have A Lucid Dream](#)

Exploring How To Have A Lucid Dream

In layman's terms, a lucid dream is a dream you have where you are actually aware of the fact that you're busy having a dream.

In this context, lucid means aware or conscious. The degree of lucidity of any dream depends on the stability of the dream itself, how much of the dream can be recalled upon awakening and most importantly, the control that one can exert over the events of the dream.

The most important part of lucid dreaming, of course is the question of whether or not you have control over the things which are happening in your dream and to be aware that you are 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.

Can you even begin to imagine what it must be like, considering that everything which happens in a lucid dream looks, sounds, and even feels just as you would expect it to in reality. Of course the difference between a lucid dream and reality is that in a lucid dream one cannot die or become injured, irrespective of what you decide to get up to.

The bottom line is; a lucid dream is yours. It is your personal virtual reality, and you can be rest assured that even the most sophisticated computers in the world can't provide you with anything similar.

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.

Lucid Dreams are your gateway to amazing and unforgettable experiences. You can talk to anyone from the past or present, have unbridled erotic experiences and even explore other planets; anything that your mind can conjure up can happen you are in control of your dreams!

It can be fairly complicated to achieve controlled Lucid Dreams on a regular basis. Up until recently many people spent months in training and using special self-conditioning procedures before even experiencing one single Lucid Dream. Even then, most people never even succeed once, let alone on a regular basis.

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

Many people who have experienced a Lucid Dream swear by eating certain foods just prior to the dream. If you would like to try this they usually recommend orange juice, milk, cheese, and mustard. These seem to produce the best results.

Other foods are less effective but are still thought to help; pickles, ice cream and popcorn. These foods do have the drawback of having a lot of salt or fat meaning that they are less likely to produce restful sleep.

Is There Technology That can be of Assistance?

Technological developments have made it easier than ever for people to have Lucid Dreaming experiences. Devices which can assist you in having Lucid Dreams include sleep masks and eyeshades which flash a LED when REM sleep is detected, reminding the dreamer that they are dreaming and lets them take control over their 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.

These binaural frequencies synchronize the hemispheres of the brain; by listening to these frequencies, the

brain is helped to achieve REM sleep, the sleep state necessary for Lucid Dreaming.

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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