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Facts And Fantasies With Lucid Dreaming

Lucid Dreaming - that is, Conscious Dreaming - is the craft of having awareness while you are deeply dreaming. In other words, while you dream, you know with perfect clarity that every event is not happening as fact, but also this not the 'it's just a dream' experience. For you see, when lucid dreaming, your awareness gives you tremendous power over how the dream goes, almost like consciously fantasizing but having all of the vividness and time-and-place-bending powers of the usual dream.

The power of having mastery over shaping the events of your own dreams is part of the very definition of the metaphysical. All of the normal dream-time rules, like 'timelessness', 'teleportation', and so on still apply: so, step into an existence where your usual limitations have suddenly vanished without a trace.

Is it as simple as that? Can you experience lucid dreaming and do anything you want that under normal circumstances is impossible while being awake in reality?

You can easily practice lucid dreaming. Many studies prove that you have the ability to do this, if you commit yourself to learning how to harness this powerful medium while expressing your inner desires.

Perhaps most important of all is that you need to be perfectly clear regarding your personal objective in trying to master lucid dreaming. Are these lucid dreams for your own private playground, or do you have something more serious in mind? It doesn't much matter, just as long as you've got it crystal clear in your mind's eye.

Then you will begin the process of learning how to lucid dream. First you will have to learn the process of Dream Recall, which is recalling a dream the night before. You cannot achieve lucid dreaming unless you can remember a dream.

This can be a slow process, but success is achieved by maintaining a Dream Recall Register, or 'dream journal', where you write down your dreams in as much detail as you possibly can, especially upon waking. Slowly but surely, you will in this way train your mind to be able to remember even the minutest details of your dreams. You are subconsciously opening the doorway between day and dream, and this is the bridge you cross into lucid dreaming.

Also, many have discovered that hypnosis, and even only a session or two, can drastically cut down on their necessary prep-time for making their subconscious mind ready to experience lucid dreaming.

Now, be prepared for suddenly waking up during a lucid dream. We all might wake up during any dream. But if this happens to you, you'll find the dream you awakened from easy to recall; and all you do then is relax, go back to sleep, and resume the dream. You'll realize then that you have the power of lucid dreaming within you!

You can also induce lucid dreaming by going back to sleep just a couple of hours after you get up in the morning. This type of dreaming can cause you to wonder if you were really dreaming or if you have somehow manifested your thought-forms into reality. Dreaming at this time is the closest you can get to actual lucid dreaming.

You can easily set an alarm to go off a couple of hours before your scheduled wake-up time. And when the alarm sounds, just wake-up, switch it off, and go to sleep in order to enjoy lucid dreams. In this regard, its extremely useful to keep track of your sleeping patterns so as to discover the best time to have lucid dreams.

Lucid dreaming can be a helpful practice for those with sleeping troubles such as insomnia. When you are having a hard time getting to sleep, remind yourself that sleep means lucid dreaming; and your subconscious mind will make sure that you get to sleep quickly.

Recent advances in sound technologies have made it much faster and easier for one to learn lucid dreaming.

More and more people are saying that binaural audios are giving them a faster, easier way to enter through the door of the realm of lucid dreaming.

Essentially, the reason why these audios are effective, is because they involve playing relaxing sounds to the

listener using different frequencies for each ear. This results in a phenomenal amount of realization in addition to bringing the brain waves into the correct frequency necessary for lucid dreaming.

In the absence of this technology, meditation techniques had to be used by most people to master lucid dreaming. Due to the austere nature of and very long time period required for mastery of the prolonged meditation which could lead to lucid dreaming, the vast majority of people just gave up in frustration.

The bottom line is; that by making use of by binaural beats, you should be able to experience lucid dreaming relatively soon after your first attempt, particularly if you combine this sound technology with hypnosis.

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