

Published based on [Food And Drinks Which Help Lucid Dreaming](#)

# **Food And Drinks Which Help Lucid Dreaming**

Lucid Dreaming or Conscious Dreaming and is the ability to be aware that you are dreaming. In a nutshell, you are aware that everything you are experiencing is actually within a dream. With lucid dreaming you have a certain amount of control, unlike when you are experiencing normal dreaming.

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 really as simple and as straightforward as what it appears to be? Is it really possible for anyone to experience lucid dreaming?

Luckily, it's really not that hard to begin lucid dreaming, as long as you are determined to learn it. There are proven ways to help you access this ability and use your untapped mental power.

Now, this all starts with you being utterly clear about what it is you want to accomplish or achieve through lucid dreaming. Nobody knows but you. Whether you want some deep mystery solved, or whether for you this is a playtime thing, what matters is that you have your objective totally clear in your mind.

The next step regarding the process of developing your skill is that you will need to master a process which is known as 'dream recall'. This will then allow you to recall details of the dreams you have. You need to bear in mind that unless you are capable of remembering a dream, you won't be able to master the art of lucid dreaming.

This is not going to be an overnight kind of process. You should keep a dream recall register to begin writing down every single detail you can recall of your dreams every day. You will find your capacity for dream recall improving as you do so. Try implementing 'reality checks' during your dreams to begin training your mind to be alert as you dream.

For a lot of people, hypnosis helps them to prepare their mind for lucid dreaming much more quickly. Sometimes, as few as one or two sessions may be needed to get you being able to recall all of your dreams every day. Once you can do this, you are ready to begin trying lucid dreaming.

Occasionally you may find yourself wide awake while you are lucid dreaming. You will be able to easily recall all the vital details of a dream with the power you have so far achieved. Simply allow yourself to relax and go back to sleep. You can continue your dream in your desired direction. You will begin to realize that you have experienced the power of conscious dreaming the previous night, after you wake up.

Going back to sleep for a couple of hours after waking in the morning can induce some excellent lucid dreams, especially if you are new to the experience. These dreams are 'just next door' to lucid dreams because you end up wondering if they were actually dreams or if it was that your thoughts manifested as an anticipated event.

As you can more than likely imagine, it can be hugely beneficial to keep a track of your sleeping patterns so as to afford you the opportunity to see when will be the best time for you to have lucid dreams.

In addition to any other reasons you may have, lucid dreaming is also known to benefit those suffering from sleeping disorders such as insomnia. If you have difficulty going to sleep at regular hours, you simply need to convince your mind that together with sleeping, comes an opportunity for lucid dreaming. In most cases this will be enough persuasion for your mind to take over the responsibility of clearing away any thoughts which may be preventing you from sleeping.

It once was the case that it could take years to learn lucid dreaming; the only way to prepare the mind was meditation, which took a long time to master. A lot of people lack the discipline and would simply give up. New technologies, especially audio technology have made it possible for anyone to experience lucid dreaming.

Nowadays, more and more people are discovering that the easiest and most reliable way of being able to have a lucid dream, is by listening to binaural beats audios.

Not only do these beats help to align brain waves to the correct frequency required for lucid dreaming, but as they are played in different frequencies in each ear, they have a wonderful relaxing affect.

In the years prior to this technology, only certain meditation techniques, which frequently took long years to learn and the perseverance and determination of a sage or saint, were available, and this drove many people to abandon their lucid dreaming quests altogether.

Through listening to the binaural waves of sound, and especially when these are enhanced by hypnosis for preparing the subconscious mind, you can experience lucid dreaming very soon after just your first try.

You can also find this article published on [Food And Drinks Which Help Lucid Dreaming](#)