

Published based on [Food And Drinks Which Help You Have A Lucid Dream](#)

Food And Drinks Which Help You Have A Lucid Dream

Rather than go into a long winded explanation, let's just say that a lucid dream is a dream just like any other dream, apart from the fact that with a lucid dream you actually know that you're having a dream while it's happening.

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.

Without a doubt, the most remarkable aspect of lucid dreaming is that one is able to actually identify the fact that you're having a dream.

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.

Think about this for just a moment. Lucid Dreaming seems real it feels, looks, tastes and smells like reality; but with the difference that you know it's all a dream and that no matter what you decide to do, you'll be safe.

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

Lucid Dreaming is an amazing thing; and an increasing number of people are trying it out for themselves. Almost everyone has a Lucid Dream occasionally, but can you imagine how great it would be to be able to have a Lucid Dream at will?

Lucid Dreaming gives you the opportunity to do anything you've ever wanted to do; to experience anything you've ever wanted to experience. You can meet your favorite celebrities of the present and the past, visit other planets, have wild erotic experiences; anything which is within the power of your imagination is possible in Lucid Dreaming.

Unlike in the past, experiencing lucid dreams on a regular basis is no longer as complicated as what it once was. Admittedly, people often had to spend months at a time receiving instruction and learning how to condition themselves before they could experience lucid dreaming. Even then, while some managed to achieve a certain degree of success, others simply failed miserably.

Some Simple Ideas that May Produce a Lucid Dream

While some people may not agree, others believe firmly that certain foods have the ability to induce a lucid dream. In fact, it's recommended that you have cheese, milk, orange juice and even mustard immediately before going to sleep.

Furthermore, it is said that other foods such as pickles, popcorn, fish, and even ice cream, can all help those wishing to experience a lucid dream. While these foods may not be as effective as those mentioned first, it is believed that these certainly do help to improve dream recall. Many also believe that these foods help to prepare the brain for future lucidity. The big problem however is, none of these foods will be much good as far as a good night's rest is concerned, given that they are full of sugar, salt, and fat.

Can Technology Assist You?

The technology not only exists, but it is being researched and improved. As this technology improves, so does your chances with experiencing dream lucidity. Some of these devices include masks and eye shade which monitor your eyes and blink a red diode when REM sleep begins. The Rapid Eye Movement portion of sleep is an indicator that dreaming is taking place. The red beam can help people remember that they are in fact dreaming as the red beam becomes part of the dream. Once the person remembers that a red beam during the dream means that they are in control, then they can begin to manipulate the dreaming session.

One of the most exciting developments in Lucid Dreaming comes to us from the world of audio technology.

Audio researchers have discovered a process called binaural beats, in which different frequencies are played into each ear.

These sound waves synchronize the hemispheres of the brain and produce the brainwaves of REM sleep, which is the state needed for Lucid Dreaming to occur.

If you've always wanted to try out Lucid Dreaming, binaural sound is certainly the quickest and easiest way to begin.

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