

Published based on [Have You Every Had A Lucid Dream?](#)

Have You Every Had A Lucid Dream?

If you are not yet familiar with the phrase, Lucid Dreaming is a relatively simple concept.

Lucid Dreams are those where you are aware of the fact that you are dreaming while you are dreaming. How lucid exactly your lucid dream is depends on how much control you have over the events of the dream, how stable the dream is and how many of the events of the dream you can remember once you wake up from it.

The most striking aspect of having a lucid dream is this very control. Knowing that the things going on around you are only a part of your dream is something which is quite unlike 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 take a moment to consider the possibilities. When you are Lucid Dreaming, everything feels and looks real, but you are aware that you are dreaming and will be safe no matter what happens in your dream.

This is, for all practical purposes, your inborn virtual reality world and you make up all the rules. The depth of realism and imagination is not hemmed in by a budget or computer graphics.

Lucid dreaming is an incredible skill that more and more people are mastering. Having a Lucid Dream is something almost everyone experiences very occasionally, but just imagine how exhilarating it would be if you could Lucid Dream whenever you want to!

Lucid Dreaming lets you do anything you've ever wanted. You can meet celebrities, have unrestrained erotic experiences, visit other worlds; if you can imagine it, it can happen in your Lucid Dream.

Unfortunately though, being able to experience lucid dreams on a regular basis is not always very easy. Until recently, the vast majority of people wanting to experience lucid dreaming would dedicate months and months in order to receive suitable training and self conditioning. Admittedly, many of these people did eventually manage to have lucid dreams but for the most part they were very brief experiences, while many people on the other hand never achieved any level of success at all.

Are there any easy ways for someone to experience a lucid dream?

There are those who maintain that certain foods can foster Lucid Dreaming if eaten before bed; among these are mustard, dairy products and orange juice.

Other people have found success with foods such as: Pickles, Ice cream, Popcorn, and Fish. Although, the success rate for these foods has not been as successful as the foods described above. The claim is that these high acid and fatty foods help prepare the brain for the lucidity session. There are two main problems with eating these foods. The first is that these foods do not induce a restful night's sleep, and eating before bed can cause weight gain.

Can Technology Assist You?

New technologies can make it somewhat easier to experience Lucid Dreaming. There are devices which can help to stimulate you to have Lucid Dreams such as eyeshades and sleep masks which activate a LED when rapid eye movements are detected. This light reminds you that you are dreaming; letting you take control of the dream!

In addition to these new the innovative devices, recent developments in some technology have also done much in the line of opening the doors to the world of lucid dreams. Just recently scientists have gone ahead and developed a process known as binaural beats; a process which involves playing sound at different frequencies 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.

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