

Published based on [Imagine Being Able To Lucid Dream!](#)

Imagine Being Able To Lucid Dream!

If you are unfamiliar with the term, a lucid dream is one in which you are aware that you are dreaming.

The expression 'lucid' in this context means aware or conscious. But the extent of your 'lucidity' can vary according to how stable the dream experience itself is, how much you manage to remember about the dream when you wake up, and also how much influence you have in taking control of the dream itself.

Having control over the dream is the most important part of a Lucid Dream. It's an amazing thing to be in a dream yet to know that it is in fact a dream.

You are in control of your dream and can have any experience with your lucid dream that you want to have.

Imagine for a few moments what that is like. Dreaming usually seems a lot like reality. Most people even feel most of their senses and faculties as if they were awake. The difference is that when lucid dreaming, they know they are dreaming. They know that, no matter what happens, they cannot die or become injured while in the dream state. The normal rules and regulations of reality no longer exist.

This is the kind of personal virtual reality experience which no computer yet created can come close to.

Lucid Dreaming is an incredible skill and many more people are learning to experience it. The Lucid Dream is very rarely experienced by those who are unaware of it or who have not taken the time to learn how to do it. Can you imagine how fun and thrilling it would be to be able to have a lucid dream whenever you wanted to?

A Lucid Dream can be a doorway to some amazing experiences! Meeting and interacting with your favorite celebrity, having untamed erotic fantasies, taking a trip to distant planets, visiting fantasy worlds and touring them, conversing with a lost loved one, in fact anything at all; there are no limits to your imagination!

Being able to Lucid Dream whenever you want is an ability which people once had to spend a very long time to learn. People would spend months and months in training before they had their very first Lucid Dream. Some people found that no matter how hard they tried, they were never able to have a Lucid Dream.

Are There Simpler Methods for Training & Experiencing a Lucid Dream?

Many people feel that particular foods can encourage or induce a lucid dream. You should try these immediately before going to sleep. Orange Juice, Milk and Cheese and also Mustard have been reported as being good things to consume for the best results.

Some other people have noted that pickles, ice cream, popcorn, and even fish have assisted them. These may not be as effective in aiding Lucid Dream occurrences. The idea that some people claim is that these foods containing high sugar, high fat, and even high acid content, prepare your brain for the session. They even claim that they prepare your brain to recall the Lucid Dream afterwards. The main issue is that these foods hamper the body and mind's ability to produce restful sleep.

Is technology able to help?

As time moves on, so too does technology so it comes as little surprise that technology can nowadays assist people with regards to lucidity. In fact, technology can now be used in order to both stimulate and induce lucid dreams. Various devices which come in the form of masks and eyeshades can now detect REM in a person and when they do, they then begin to blink a red beam of light. By integrating this beam of light with the dream, it is hoped that the beam of light will serve to remind the subject that they are dreaming, thus providing them with an opportunity to try and control the direction of the dream.

Even more exciting devices are coming to the market. One of these is a piece of sound wave technology. This has opened up a new realm for those whom desire a Lucid Dream. The process involves playing a different sound wave in each ear. This process is known as binaural beats.

The aim of this process is to synchronize the two hemispheres of the brain and in so doing, induce REM. In fact, when one listens to these sounds, the REM state of sleep is almost instantaneous and of course, this is the type of sleep required in order to experience a lucid dream.

If you have always wanted to experience Lucid Dreaming for yourself, binaural sound presents the quickest and easiest way to begin.

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