

Published based on [Lucid Dream Secrets Revealed.](#)

# **Lucid Dream Secrets Revealed.**

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.

'Lucid' in this context simply means aware or conscious of. The extent of the lucidity does vary from dreaming session to dreaming session and from person to person. This awareness is dependent on the dream, the stability of the dream, the experiences in the dream, and even how much the dreamer remembers when they wake up. Most of this is fairly largely influenced by your personal awareness during sleep and how much control you take during the dream.

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.

Is it not remarkable that one can actually control the direction of your dream, and that you're not restricted in any way whatsoever?

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.

The bottom line is; lucid dreaming is like having your own personal world of 'virtual reality' with a quality far beyond anything else known to man.

More and more people are learning how to use the skill of Lucid Dreaming. Most of us have a Lucid Dream from time to time but just think how wonderful it would be to be able to have a Lucid Dream anytime you want!

You can open your own doorway to some amazing experiences by learning and mastering the practice of Lucid Dreaming. Imagine if you will, having the ability to meet and interact with famous people, taking fantastic sci-fi adventures, visiting galaxies far away, creating and manipulating fantasy worlds and touring them or ruling them, and even finally having your dream job or hobby without all the work or mess to get there! You can even meet lost loved ones or distant relatives since anything is possible with your lucid dreaming imagination!

Having regular Lucid Dreaming can be a difficult thing to achieve. Until very recently, it was something which required months of training before any results would be seen; and some people never managed to achieve their goal of Lucid Dreaming.

So are there any simple ways of experiencing a Lucid Dream?

Many people who have experienced a Lucid Dream swear by eating certain foods just prior to the dream. If you would like to try this they usually recommend orange juice, milk, cheese, and mustard. These seem to produce the best results.

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 Help?

In the not too distant past this would have been virtually impossible, although modern technology is now able to assist one with regards to lucidity. Interestingly enough, there are now certain devices which have the ability to recognize REM (rapid eye movement) and when they do, they respond with a blinking red diode in order to stimulate and induce a lucid dream. By integrating the red beam of light with the dream, a person is reminded of the fact that they're having a dream and as such, they can then try to control it.

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.

Essentially, this process helps to synchronize the two hemispheres of the human brain. Furthermore, once listening begins, rapid eye movement is almost instantaneous, thus paving the way for a lucid dream.

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

You can also find this article published on [Lucid Dream Secrets Revealed](#).