

Published based on [Lucid Dreaming Explained](#)

Lucid Dreaming Explained

Lucid Dreaming, also known as conscious dreaming is the practice of remaining aware of oneself as well as the fact that one is dreaming while dreaming. While in a dream, you are conscious of the fact that the things you see and experience are only a dream. You can have some control over your dreams once you are able to practice lucid dreaming, unlike in ordinary dreams.

Having control over your dreams is an incredible experience. Everything which you thought you couldn't keep from holding you back from your goals just falls before you and you have new found mental clarity, even when awake.

However, is it really that easy to have lucid dreams? Can anyone experience lucid dreaming and reap the benefits?

But the fact of the matter is, lucid dreaming is not at all that difficult, as long as you know what you're doing. You really just need old fashioned determination and passion.

First, you must decide exactly what you want to accomplish here. Are you just trying to make your dreams a playground through lucid dreaming, or is there a specific goal which you are aiming to achieve through lucid dreaming? Whatever your reason, you should be clear and determined about it.

Then starts the actual process of learning this art. Firstly, you need to learn a process, called Dream Recall, i.e., recalling a dream you had the previous night. Unless you remember a dream, you can't achieve the stage of lucid dreaming.

The process will be slow. However, you can achieve it by keeping a Dream Recall Register. Here you will list daily all the details you can recall about your dreams. Eventually, you will realize that you can remember the most vivid of dream details. You can train your mind to be aware while you are dreaming by doing periodic reality checks.

In many ways it comes as little surprise that a vast number of people have found hypnosis to be extremely advantageously with regards to reducing the time it takes to prepare your subconscious mind. In many instances one can achieve the desired results with just one or two to hypnosis sessions, after which time you'll be in a position where you can successfully remember all your dreams.

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.

Another great way to have lucid dreams is to go back to sleep for a couple of hours after you wake up in the morning. These dreams are the closest to lucid dreams as they leave you wondering if they were actually dreams or your thoughts manifested in the form of a purported event.

If you set your alarm clock, say, to go off at 4AM when you aren't getting up until 6AM, you can then wake up, turn off the alarm, go back to sleep for a couple of hours and have a strong lucid dreaming experience. Along these lines, knowing your own sleeping patterns enables you to figure out the very best times for you to do lucid dreaming.

Lucid dreaming can help people with insomnia and other sleep disorders. If you have trouble sleeping, just tell yourself 'Sleeping equals lucid dreaming' and your subconscious mind will help you become free of the thoughts keeping you awake.

And now, modern advances in sonic technologies have enabled us to learn far faster and more easily how to experience the power of lucid dreaming.

Binaural audio is one of the most reliable methods of getting people to have lucid dreams.

These work by playing different frequencies in each ear. This results in relaxing the listener deeply and shifting their brain waves to the frequency that is just right for the occurrence of lucid dreaming.

In the absence of this technology, meditation techniques had to be used by most people to master lucid dreaming. Due to the austere nature of and very long time period required for mastery of the prolonged meditation which could lead to lucid dreaming, the vast majority of people just gave up in frustration.

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 [Lucid Dreaming Explained](#)