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Lucid Dreams and Fantasies

Very simply put, a dream in which you are conscious that you are dreaming is known as a Lucid Dream.

A Lucid Dream is a dream where you are aware that you are dreaming, even while in the middle of it. The degree of lucidity depends on a few things: how much control you can exert over events in the dream, how much of the dream you can remember upon waking and how stable the dream is.

It is this last point which is by all accounts the most astounding quality of a lucid dream, given that you are actually able to identify the fact that you're busy having a dream.

Lucid dreaming allows you to take control of the lucid dream and realize that within the dream there are no limits to where your imagination can take you.

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.

It is truly your own Individual Virtual Reality', with a depth of realism far beyond the most sophisticated computer imitation.

A growing number of people are mastering Lucid Dreaming and trying it for themselves. While most of us have an experience with Lucid Dreaming at some point in our lives, just imagine how great it would be to have a Lucid Dream any time you choose!

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.

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.

Some Simple Ideas that May Produce a Lucid Dream

Some people have found that eating certain foods right before a sleep session has encouraged a lucid dream to occur. On the list of foods that seem to be successful for this process are: Orange Juice, Milk, Cheese, and mustard. You could try these just before heading to bed.

Fish, pickles, popcorn, and ice cream have also been mentioned. Even though these foods don't seem to compare with those mentioned above, many people do claim that these help to improve dream recall. Unfortunately for many people who may be on a diet, all the foods just mentioned contain a lot of sugar, salt, and fat, none of which are known to promote a good night's sleep.

Assistant Technology

There have been some recent technological innovations which can help people to experience Lucid Dreaming. There are LED eyeshades and sleep masks. These LEDs activate once REM sleep is detected. The lights serve to remind the dreamer that they are dreaming. Once the sleeper comes to realize this, they are able to take control of their dreaming experience.

Another fabulous piece of technology that is helping even more people enter into the Lucid Dream world is an audio device. This little device has been developed by scientists to play different sound wave frequencies 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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