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Lucid Dreams for Beginners

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

Of course, the full extent of your lucidity depends on various factors such as the stability of the dream experience itself, the amount of influence you have over the dream, and of course the amount of dream recall you have when you wake up.

The most important part of lucid dreaming, of course is the question of whether or not you have control over the things which are happening in your dream and to be aware that you are dreaming.

You are in control of everything when having a lucid dream and can have any experience you choose to have.

Just think about this for a second. The events when lucid dreaming seem real; but with the difference that you know that it is all a dream and that you are safe; there is no risk of injury in a Lucid Dream and no limits to your abilities.

This is truly a virtual reality experience which no other can even come close to.

Most people rarely, if ever, experience Lucid dreaming without first learning of the skill. However, it is an incredible skill that, with the right training and practice, even more people in today's society are learning to master. You too could have the exhilarating Lucid dream anytime you wanted to with the right skill set.

Depending on your own personal desires, lucid dreaming can be your own private doorway to the most incredible experiences. From socializing with world famous celebrities, to visiting distant lands and exotic places, lucid dreaming opens up a whole new world of opportunity. In fact, one can even travel to the most distant planets of the universe or spend some quality time with loved ones who have already departed from this world.

The ability to Lucid Dream regularly is one which it once took a very long time to learn. Many would spend months in training before they were able to have their first Lucid Dream and for some, Lucid Dreaming stayed just out of reach no matter how much they tried.

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

Some say that eating certain foods shortly before going to bed promote Lucid Dreaming. Some of these foods are cheese, orange juice, milk and mustard.

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.

Can Technology Assist You?

New developments in various technologies can help you to have Lucid Dreams. There are some new devices including LED equipped eyeshades and sleep masks. These devices detect when the sleeper enters REM sleep and activates a LED to remind the sleeper that they are dreaming. Once the sleeper is aware of this, they can move to take the reins of their 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.

Binaural frequencies help to synchronize the hemispheres of your brain listening to them helps the brain to reach REM sleep, which is the necessary state for Lucid Dreaming.

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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