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# Problems Involved With Lucid Dreaming?

Lucid Dreaming or Conscious Dreaming is the art of being aware that one is actually dreaming. In simple words, while in dream, you are aware that all the events are not happening in fact, or 'Its Just A Dream!' kind of situation. There is certain amount of control you can exercise while lucid dreaming, which is not the case in normal dreams.

Being in a position where you have full control over the direction of your dreams is something which nobody can truly imagine until they actually experience it. In fact, it is such an incredible feeling that one could almost say it comes straight out of a science fiction novel. All of a sudden it feels as though you no longer have any limits in your life.

So, you ask, can it really be that simple? Surely not every single common person who wants to can experience lucid dreaming!

In fact, lucid dreaming is not too difficult an ask. If you are determined to learn this powerful medium of expressing your inner desires, there are tried and tested ways of achieving this.

The first thing you need to do is to become absolutely certain as to why you want to master the art of lucid dreaming. Do you imagine yourself having your own personal playground built from lucid dreams, or do you have another reason for wanting to learn and develop this skill? Your reason is not of particular importance, providing it is clear in your mind.

Once you understand your reason you will begin the learning process of how to lucid dream. You will need to learn Dream Recall. This is the ability to recall a dream from the previous night. You will not be able to lucid dream until you can recall a dream.

The process is slow, but it can be achieved by maintaining a Dream Recall Register in which you enter as many details as you can remember about your dreams daily. Slowly but surely, you'll realize that you can remember even the most vivid details of your dreams. Periodic reality checks during the course of dreaming will train your mind to be aware in dreams.

The time required for preparing the subconscious mind to experience lucid dreaming can be reduced greatly with hypnosis. Generally one or two hypnosis sessions allows you to continually recall all your dreams. Your mind is conditioned for lucid dreaming once this happens.

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.

You can also induce lucid dreaming by going back to sleep just a couple of hours after you get up in the morning. This type of dreaming can cause you to wonder if you were really dreaming or if you have somehow manifested your thought-forms into reality. Dreaming at this time is the closest you can get to actual lucid dreaming.

This is easy to do by setting your alarm to chime just a couple of hours before you would normally wake up. Once the alarm goes off, simply wake up and turn it off and then go right back to sleep. You can enjoy your lucid dreams. In order for you to pinpoint the best time for lucid dreaming it is most helpful to keep a record of your personal sleeping patterns.

Do you know you can overcome such sleeping disorders as insomnia by learning to lucid dream? If you are one who struggles with getting your sleep during normal sleeping hours, simply tell your mind that sleeping equals lucid dreaming. All those bothersome thoughts that keep you from going to sleep will be taken care of by your mind.

Up until recently learning the art of lucid dreaming was a time consuming process. However recent advances in sound technologies have made things drastically easier for anyone to experience lucid dreaming.

Many people are finding that the most reliable and certainly quickest way, of having a lucid dream is by listening to binaural audios.

Slightly different frequencies get played into each ear by way of stereophonic technology. Thus, the listener's brain waves are harmonized to the right frequency for lucid dreaming to be induced.

Before the discovery of this system of binaural sound waves you could only achieve this level of relaxation by many years of meditation study.

But binaural sound wave technology can be used in tandem with hypnosis to 'fast track' a person into the power of lucid dreaming.

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