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Rediscovering The Lucid Dream

Lucid Dreaming is not a terribly complicated concept; it is simply the state of being aware of dreaming while you are dreaming.

Lucid Dreams are those where you are aware of the fact that you are dreaming while you are dreaming. How lucid exactly your lucid dream is depends on how much control you have over the events of the dream, how stable the dream is and how many of the events of the dream you can remember once you wake up from it.

The most remarkable factor about the amazing Lucid Dream is the experience while dreaming. Just being able to identify and impact your dream is astounding.

Having the ability to control the direction of a lucid dream is simply astounding to say the least, particularly because there are virtually no limits.

Just think about this for a moment. A Lucid Dream is like reality in every aspect; you can see, feel and use all of your senses, but with the knowledge that you are perfectly safe and can do literally anything you want.

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.

Lucid dreaming is an incredible skill that more and more people are mastering. Having a Lucid Dream is something almost everyone experiences very occasionally, but just imagine how exhilarating it would be if you could Lucid Dream whenever you want to!

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.

Having regular Lucid Dreaming experiences is something which until recently it took months to achieve. People would spend as long as a year in training to have their first Lucid Dream and it remained out of reach for some people no matter how long they tried.

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

Interestingly enough, there are a great many people who believe that certain foods help to induce a lucid dream. It is said that one should eat these foods immediately before going to sleep. Amongst the foods which are reported for encouraging lucid dreaming are mustard, cheese, milk, and orange juice.

Others will tell you to try pickles, ice cream, fish and popcorn. While they swear by the ability of these foods to produce the right conditions for Lucid Dreaming to occur, these foods also have a high salt and fat content, as well as fatty acids; making them not so likely to produce restful sleep.

Assistant Technology

Of course as technology continues to advance at an alarming rate, the ability to assist with lucidity improves. In fact one can now purchase certain devices which have the ability to not only stimulate, but also to induce lucid dreaming. From masks to eyeshades, these innovative devices are able to recognize rapid eye movement and in turn they respond with a blinking red diode the minute one starts to fall asleep. The purpose of this is to integrate the beam of light into the dream itself in order to remind the subject that they are dreaming. This in turn enables you to start taking control once you become aware of the fact that you're dreaming.

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.

Binaural frequencies help to synchronize the hemispheres of the brain and make your brain more likely to reach REM sleep, which is needed in order for Lucid Dreaming to happen.

For anyone wondering what it is like to experience a Lucid Dream, then this is definitely the easiest and most reliable way of getting started!

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