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Should We All Lucid Dream?

Having a lucid dream is essentially a very simple idea. It is nothing more than the condition of being aware that one is dreaming while in the midst of dreaming.

Lucid in this context denotes this awareness. How lucid your Lucid Dream is has to do with the stability of this dream, the amount of control you have over the happenings in your dream and the amount of recall you have once you awake from this dream.

Control over your dream is the most important element of Lucid Dreaming. It is an incredible experience to be in the midst of a dream and to know that you are in fact dreaming.

You are in the director's chair of your dream meaning that you can have any experience you want in your Lucid Dream.

Take a minute to consider the possibilities. While everything that happens in a Lucid Dream may seem real and can be experienced by all of your senses, there are no lasting effects to your actions; you can do anything you want without fear of injury when lucid dreaming and there are no limits on the things you can do.

Lucid Dreaming is far more advanced and has far more realism than any virtual reality generated by even the most sophisticated computer technology.

There is an increasing number of people who are trying out the possibilities of Lucid Dreaming for themselves. Most of us have a Lucid Dream at some point or another; but just think how amazing it would be if you were able to Lucid Dream any time you wanted!

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 can be a difficult thing to achieve. Until very recently, it was something which required months of training before any results would be seen; and some people never managed to achieve their goal of Lucid Dreaming.

Are there any easy ways for someone to experience a lucid dream?

There are those who claim that the odds of having a Lucid Dream will be increased by having certain foods close to bedtime. Some of these foods are orange juice, milk, cheese and mustard.

Other people have found success with foods such as: Pickles, Ice cream, Popcorn, and Fish. Although, the success rate for these foods has not been as successful as the foods described above. The claim is that these high acid and fatty foods help prepare the brain for the lucidity session. There are two main problems with eating these foods. The first is that these foods do not induce a restful night's sleep, and eating before bed can cause weight gain.

How can technology help?

The technology not only exists, but it is being researched and improved. As this technology improves, so does your chances with experiencing dream lucidity. Some of these devices include masks and eye shade which monitor your eyes and blink a red diode when REM sleep begins. The Rapid Eye Movement portion of sleep is an indicator that dreaming is taking place. The red beam can help people remember that they are in fact dreaming as the red beam becomes part of the dream. Once the person remembers that a red beam during the dream means that they are in control, then they can begin to manipulate the dreaming session.

But exciting new developments in sound technology have opened up the world of Lucid Dreams to anybody! A process has been developed by scientists where different sound frequency waves are played in each ear. This is

known as binaural beats.

Essentially, this intriguing new process aims to synchronize the two hemispheres in the brain and the amazing thing is; results are almost instantaneous in that rapid eye movement occurs almost immediately when one starts listening to these binaural beats. The state of sleep where REM takes place is of course the state of sleep required for lucid dreaming.

If you have always wanted to try Lucid Dreaming for yourself, binaural sound presents the quickest and easiest way to begin.

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