

Published based on [Should You Experience Lucid Dreaming?](#)

# Should You Experience Lucid Dreaming?

Essentially, lucid dreaming is a skill which some people have developed which allows them to actually be aware of the fact that they're dreaming, and that things which appeared to be happening, are not. Furthermore, people who experience lucid dreams tend to have the ability to exercise a certain amount of control over a lucid dream.

The power of having mastery over shaping the events of your own dreams is part of the very definition of the metaphysical. All of the normal dream-time rules, like 'timelessness', 'teleportation', and so on still apply: so, step into an existence where your usual limitations have suddenly vanished without a trace.

Can it be so simple? Can you lucid dream and then make those things that in the waking hours seem impossibly difficult come to life in reality.

Contrary to what you may believe, lucid dreaming is nowhere near as difficult as you may think. In fact, if you're really serious about it, there are various steps which one can try in order to achieve results as soon as possible.

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 just want to have your own private playground in the form of lucid dreams, or is there some other specific reason for developing this skill? Your primary concern here is, you need to understand your reason clearly.

Next you have to learn the actual techniques of lucid dreaming. The first step is to learn the process of Dream Recall, which is exactly what it sounds like. You need to begin practicing remembering your dreams in detail. This is a step on the road towards lucid dreaming.

Irrespective of what others may have told you, this process can be painfully slow. It can however be achieved a lot quicker if you maintain a 'dream recall register'. Maintaining such a register will allow you to record as many details as possible with regards to your last dream. Providing you continue doing this you will with time come to realize that you are able to remember everything about a dream.

Many people have used hypnosis to dramatically reduce the time they need to train their subconscious mind to engage in lucid dreaming. Many times merely one of two hypnosis sessions permit one to consistently remember all of their dreams, so they are prepared for lucid dreaming.

You might suddenly wake up when you're right in the middle of a lucid dream. But this will not matter; you'll be able with ease to remember all of the important details of that dream. Now, simply relax yourself and go back to sleep, while continuing the dream in the direction that you want to go. Upon waking it will be clear to you that you've got the authentic power of conscious dreaming or lucid dreaming.

Another top favorite between lucid dreamers, is going back to sleep for an hour or two once you wake up in the morning. This method is favored due to the dreams being incredibly close to lucid dreams. In fact, it is not uncommon to wake up after having one of them wondering if you were in fact dreaming or not. Waking up an hour to or two before your usual time can be taken care of simply by setting your alarm clock to go off at the desired time.

If you set your alarm clock, say, to go off at 4AM when you aren't getting up until 6AM, you can then wake up, turn off the alarm, go back to sleep for a couple of hours and have a strong lucid dreaming experience. Along these lines, knowing your own sleeping patterns enables you to figure out the very best times for you to do lucid dreaming.

Lucid dreaming can be a helpful practice for those with sleeping troubles such as insomnia. When you are having a hard time getting to sleep, remind yourself that sleep means lucid dreaming; and your subconscious mind will make sure that you get to sleep quickly.

Thanks to recent advances in sound technologies, it no longer requires an excessive amount of time in order to master the art of lucid dreaming. In fact, these breakthroughs have made it considerably easier for people to learn the skill.

Listening to binaural audios is one of the most reliable and fastest ways to have lucid dreams for many individuals.

Binaural beats audio is the playing of frequencies which are slightly different from each other, one in each ear. This causes a feeling of deep relaxation and brings brain waves into the proper state for lucid dreaming.

Before this technology was made available, lucid dreaming had to be ultimately induced by meditation techniques; and these usually took several years to learn, on top of the fact that their austerity a touch too much for most people who then quit trying to master lucid dreams.

Binaural sound waves, alone or along with hypnosis, enable people to achieve the state of consciousness necessary to move into the realm of lucid dreaming.

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