

Published based on [Should You Try To Lucid Dream?](#)

# Should You Try To Lucid Dream?

For those unfamiliar with the term, I have good news; Lucid Dreaming is actually a pretty 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.

Having control over your dream is the amazing thing about the experience of Lucid Dreaming. Knowing that you are dreaming even while in the middle of a dream is something which is hard to compare with anything else.

Lucid dreaming allows you to take control of the lucid dream and realize that within the dream there are no limits to where your imagination can take you.

Just for a moment to try and imagine what it must feel like, bearing in mind that by all accounts it feels, looks, and sounds exactly like a real life situation. However, the difference is, it's only a dream. Unlike in the real world, one is not restricted by rules and regulations, and neither can one become injured and die when lucid dreaming.

This is, for all practical purposes, your inborn virtual reality world and you make up all the rules. The depth of realism and imagination is not hemmed in by a budget or computer graphics.

It simply cannot be denied that lucid dreaming is a skill which can only be described as being fantastic. It's hardly surprising really that so many people are now longing to master the art of lucid dreaming. Interestingly enough, most people will have the occasional lucid dream but just imagine if you could experience one whenever you want.

A Lucid Dream can be a doorway to some amazing experiences! Meeting and interacting with your favorite celebrity, having untamed erotic fantasies, taking a trip to distant planets, visiting fantasy worlds and touring them, conversing with a lost loved one, in fact anything at all; there are no limits to your imagination!

Unfortunately, experiencing regular lucid dreams where you have the ability to control them has until recently been a fairly complicated process. In fact, many people had no option but to spend months undergoing instruction and learning how to condition themselves. Even then, while many people did manage to experience lucid dreams, even if only for brief moments, others never succeeded at all.

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

Some people have found that eating certain foods right before a sleep session has encouraged a lucid dream to occur. On the list of foods that seem to be successful for this process are: Orange Juice, Milk, Cheese, and mustard. You could try these just before heading to bed.

Others which have been mentioned are popcorn, ice cream and pickles. These are not felt to be as effective as the three mentioned above, but they are sworn to by many who say that they create the mental condition necessary for Lucid Dreaming. Of course, many of these foods are not conducive to restful sleep due to their high fatty acid, fat and salt content.

Can Technology Assist You?

In the not too distant past this would have been virtually impossible, although modern technology is now able to assist one with regards to lucidity. Interestingly enough, there are now certain devices which have the ability to recognize REM (rapid eye movement) and when they do, they respond with a blinking red diode in order to stimulate and induce a lucid dream. By integrating the red beam of light with the dream, a person is reminded of the fact that they're having a dream and as such, they can then try to control it.

Another of the new developments is an audio technology known as binaural beats. Different frequencies are played in each ear of the listener; this has been found to be helpful in achieving Lucid Dreams.

Binaural frequencies can synchronize the hemispheres of the brain; as you listen, your mind reaches the state of REM sleep; which is necessary for Lucid Dreaming to occur.

If you've always wanted to try out Lucid Dreaming, binaural sound offers the quickest and easiest way to begin.

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