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The Lucid Dreaming Experience

Lucid Dreaming, also known as conscious dreaming is the practice of remaining aware of oneself as well as the fact that one is dreaming while dreaming. While in a dream, you are conscious of the fact that the things you see and experience are only a dream. You can have some control over your dreams once you are able to practice lucid dreaming, unlike in ordinary dreams.

This is a true metaphysical power, this power over your own dreams' actions and events. Instead of things being done to you, you are the star, and the writer, of the story, and you can use this power to help bring about great changes in your own waking life.

However, is it really that easy to have lucid dreams? Can anyone experience lucid dreaming and reap the benefits?

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.

First, you must decide exactly what you want to accomplish here. Are you just trying to make your dreams a playground through lucid dreaming, or is there a specific goal which you are aiming to achieve through lucid dreaming? Whatever your reason, you should be clear and determined about it.

So, you have that clear as a bell's peal in your mind; now begins the earnest process of learning this craft, which begins in Dream Recall; that is, recalling a dream of the previous night's sleep experience. Even those who claim they 'never dream' can and must learn this before they can truly experience lucid dreaming.

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.

Some individuals have found that the time for preparing the subconscious mind for experiencing lucid dreaming is reduced greatly by having hypnosis. You have the ability to continually recall your dreams by having one or two sessions, in most cases. Once this occurs your mind is then conditioned for lucid dreaming.

It's not uncommon for a person to suddenly wake up while in the middle of a lucid dream. However, because of all the effort you already put into conditioning your mind, if this happens to you, you'll have no problem reconnecting all the important details and once you're done so, you simply need to relax in order to go to sleep again. You will then be able to continue with your dream, while guiding it in any direction you choose. You can be rest assured that once you wake up, you will realize the full power of conscious dreaming.

And other 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.

As far as this is concerned, you may find it extremely beneficial to keep track of your sleeping patterns in order to determine the best time for you to have a lucid dream.

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.

Lucid dreaming used to be something which took a very long time to learn. Recent technological advances, particularly in the field of audio technology have made lucid dreaming something which anyone can easily accomplish.

A lot of people agree that listening to binaural audios is definitely the easiest and most consistently successful way of experiencing lucid dreaming.

Binaural audio recordings work in stereo; a different sound frequency is played in each ear at the same time, phasing the brainwaves correctly and inducing deep relaxation in the listener, opening them up to lucid dreaming.

Before this time the only way for you to learn how to lucid dream was to make use of meditation techniques that took several years to master with firmness and strength of mind power. However, many individuals felt it to be too difficult to continue, before this new technology became available.

Listening to binaural beats is without a doubt an invaluable step towards experiencing lucid dreaming, particularly if it is combined with a little bit of hypnosis. This will without question prepare your mind and enable you to experience lucid dreaming just a short while after you first try.

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