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The World Of The Lucid Dream!

In simple terms, if one has a dream and they're actually aware of the fact that they're dreaming, then that is known as a lucid dream.

A Lucid Dream is a dream in which you are aware that you are dreaming. The degree to which your Lucid Dream is lucid is dependent on how much of the dream you can remember once you awaken, how stable the dream experience is and how much control you have over the dream.

The most striking aspect of having a lucid dream is this very control. Knowing that the things going on around you are only a part of your dream is something which is quite unlike anything else.

You are in the driver's seat of your dream and you can experience anything you have ever wanted to.

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.

To a great extent, by mastering the art of lucid dreaming, you're taking control of your own private world of virtual reality.

Lucid Dreaming is an astonishing experience; more and more people are finding this out for themselves. While most people have a Lucid Dream at some point in their lives; wouldn't it be incredible if you could have Lucid Dreams whenever you wanted to?

If you truly want to open up a new path into some pretty amazing experiences then you probably want to learn just what you can do with these dreams. Imagine, if you will, being able to create your own universe, your own movie saga, create novels and book, or even experiment and design things all in the state of peaceful relaxation and slumber. You could even time travel and speak to people you have never met or have not seen in many years. Your dream has no limits!

The ability to Lucid Dream regularly is one which it once took a very long time to learn. Many would spend months in training before they were able to have their first Lucid Dream and for some, Lucid Dreaming stayed just out of reach no matter how much they tried.

Are There Simpler Methods for Training & Experiencing a Lucid Dream?

Interestingly enough, there are many people who believe certain foods such as orange juice, cheese, milk, and mustard, have the ability to help induce a lucid dream, providing they are consumed immediately before you lie down to sleep.

Other foods are less effective but are still thought to help; pickles, ice cream and popcorn. These foods do have the drawback of having a lot of salt or fat meaning that they are less likely to produce restful sleep.

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.

In addition to these new the innovative devices, recent developments in some technology have also done much in the line of opening the doors to the world of lucid dreams. Just recently scientists have gone ahead and developed a process known as binaural beats; a process which involves playing sound at different frequencies into each ear.

Binaural frequencies help to synchronize the hemispheres of your brain listening to them helps the brain to reach REM sleep, which is the necessary state 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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