

Published based on [Understanding Lucid Dreaming](#)

Understanding Lucid Dreaming

Any dream in which you are conscious that you are dreaming and can manipulate the dream is considered a Lucid Dream.

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.

The most important part of this equation is the control you have over the events of your dream and that you know that you are in fact dreaming.

You are in control of everything when having a lucid dream and can have any experience you choose to have.

Can you even begin to imagine what it must be like, considering that everything which happens in a lucid dream looks, sounds, and even feels just as you would expect it to in reality. Of course the difference between a lucid dream and reality is that in a lucid dream one cannot die or become injured, irrespective of what you decide to get up to.

The bottom line is; a lucid dream is yours. It is your personal virtual reality, and you can be rest assured that even the most sophisticated computers in the world can't provide you with anything similar.

Most people rarely, if ever, experience Lucid dreaming without first learning of the skill. However, it is an incredible skill that, with the right training and practice, even more people in today's society are learning to master. You too could have the exhilarating Lucid dream anytime you wanted to with the right skill set.

A lucid dream can in many ways be compared to a gateway to the most fantastic experiences, where one is able to meet and mix with your favorite celebrities, or mingle with wild and exotic animals, or even travel to distant galaxies. That's right, you can explore all your fantasy world's or you can visit your lost loved ones.

As neat as lucid dreaming sounds, it's a lot more difficult to learn how to do. The process itself is pretty complicated to achieve. In the past most people would spend months, maybe years, attempting to achieve just one lucid dream. In the process they would put themselves through training and instructions and even self conditioning procedures. Then they may have one or even two lucid dreams. Even then they may manage only a few brief minutes or seconds of lucidity. Many others never even succeed just once.

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

Many people who have experienced a Lucid Dream swear by eating certain foods just prior to the dream. If you would like to try this they usually recommend orange juice, milk, cheese, and mustard. These seem to produce the best results.

Furthermore, it is said that other foods such as pickles, popcorn, fish, and even ice cream, can all help those wishing to experience a lucid dream. While these foods may not be as effective as those mentioned first, it is believed that these certainly do help to improve dream recall. Many also believe that these foods help to prepare the brain for future lucidity. The big problem however is, none of these foods will be much good as far as a good night's rest is concerned, given that they are full of sugar, salt, and fat.

Can technology help people to experience lucid dreaming?

There are new technologies which can assist you in having Lucid Dreams. There are sleep masks and eyeshades which turn on LEDs when REM sleep is detected; the idea is that the red light of the LED will let dreamers know that they are dreaming; this is the first step to taking control of the dream.

The most exciting developments have been in audio technology. Sound waves at slightly different frequencies are played in to each ear of the listener a technique known as binaural beats. This can open the experience of Lucid Dreaming to many people.

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

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