

Published based on [Understanding The Lucid Dream Experience](#)

Understanding The Lucid Dream Experience

If you are not quite sure what it is, Lucid Dreaming is actually pretty simple.

Lucid, of course denotes consciousness. The extent to which you are lucid within your dream depends on how stable the dream is, how much of the dream you can recall upon waking and how much control you have over the course of 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.

Having the ability to control the direction of a lucid dream is simply astounding to say the least, particularly because there are virtually no limits.

Imagine for a few moments what that is like. Dreaming usually seems a lot like reality. Most people even feel most of their senses and faculties as if they were awake. The difference is that when lucid dreaming, they know they are dreaming. They know that, no matter what happens, they cannot die or become injured while in the dream state. The normal rules and regulations of reality no longer exist.

This is truly a virtual reality experience which is far beyond the capabilities of any computer in existence today.

Lucid Dreaming is an amazing thing; and an increasing number of people are trying it out for themselves. Almost everyone has a Lucid Dream occasionally, but can you imagine how great it would be to be able to have a Lucid Dream at will?

Lucid Dreams are your gateway to amazing and unforgettable experiences. You can talk to anyone from the past or present, have unbridled erotic experiences and even explore other planets; anything that your mind can conjure up can happen you are in control of your dreams!

Having regular Lucid Dreaming experiences is something which until recently it took months to achieve. People would spend as long as a year in training to have their first Lucid Dream and it remained out of reach for some people no matter how long they tried.

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

Interestingly enough, there are a great many people who believe that certain foods help to induce a lucid dream. It is said that one should eat these foods immediately before going to sleep. Amongst the foods which are reported for encouraging lucid dreaming are mustard, cheese, milk, and orange juice.

Also recommended by some are ice cream, popcorn, pickles and fish. Some people say that these foods are ideal for preparing your mind for Lucid Dreaming but of course, many of these are high in salt and fat, which isn't very conducive to a good night's sleep.

Can Technology Assist You?

New advances in technology have made it easier for people to experience Lucid Dreaming. Some of these devices use LEDs there are sleep masks and eyeshades which can detect REM sleep and set off a LED, reminding the sleeper that they are dreaming. This then lets them take control over their dream.

In addition to the devices mentioned above, there have also been some marvelous developments in sound technology which by all accounts have quite literally opened the doors to the world of lucid dreaming. Scientists have developed a process known as binaural beats which utilize sound waves of different frequencies played into each ear.

These sound waves synchronize the hemispheres of the brain and produce the brainwaves of REM sleep, which is the state needed for Lucid Dreaming to occur.

If you would really love to experience a Lucid Dream then this is for you. This is definitely one of the easiest methods and devices that assist in achieving a Lucid Dream.

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