

Published based on [What Can You Imagine In A Lucid Dream?](#)

What Can You Imagine In A Lucid Dream?

Very simply put, a dream in which you are conscious that you are dreaming is known as a Lucid Dream.

Used contextually in this instance the word lucid refers to simply means that you are conscious and aware. The true extent of your lucidity actually varies according the stability of the dreaming session, your experience with lucid dreaming, how well you can influence the dream, and how much you remember when you wake up.

Without a doubt, the most remarkable aspect of lucid dreaming is that one is able to actually identify the fact that you're having a dream.

You are in the director's chair of your dream meaning that you can have any experience you want in your Lucid Dream.

Just imagine that for an instant. It looks feels and sounds exactly the same as normal reality, except that you know that it isn't. You know that you are perfectly safe; you cannot die or get injured when lucid dreaming. There are no normal rules and regulations about what you get up to!

The bottom line is; lucid dreaming is like having your own personal world of 'virtual reality' with a quality far beyond anything else known to man.

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 Dreaming gives you the opportunity to have any experience that you can think of. You can meet anyone you ever wanted to, visit other planets, have unbridled erotic experiences, speak with the loved ones you have lost; anything you can imagine can happen.

Being able to Lucid Dream whenever you want is an ability which people once had to spend a very long time to learn. People would spend months and months in training before they had their very first Lucid Dream. Some people found that no matter how hard they tried, they were never able to have a Lucid Dream.

So are there any simple ways of 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.

Others recommend popcorn, pickles, fish and ice cream. While these people say that these foods prepare your mind for Lucid Dreaming, it should be noted that many of them are also high in salt and fat, which won't necessarily help you to get a good night's rest.

Assistant Technology

Your chances to experience Lucid Dream session improves with the new advancing technology. There are now devices on the market that alerts you that you are dreaming and which can induce a Lucid Dream Session. These are quite innovative in that they are simply masks which monitor your eyes. When they detect REM or Rapid Eye Movement, which is an indicator of dreaming, a red diode blinks into your eyes. This beam is registered in your brain and serves as a reminder that you are in fact dreaming and that you are still in control. It is then that you can take control of the dream.

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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