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# Why Not Have A Lucid Dream?

A Lucid Dream is defined as a dream where you know you are dreaming and you can manipulate your dream.

The term 'lucid' simply refers to being aware or conscious, and of course the full extent of your lucidity depends largely on your actual dream experience, together with the amount of detail you are able to remember when you wake up, and of course, the level of control you had over the dream.

The most important part of lucid dreaming, of course is the question of whether or not you have control over the things which are happening in your dream and to be aware that you are dreaming.

Lucid dreaming allows you to take control of the lucid dream and realize that within the dream there are no limits to where your imagination can take you.

Just consider that for a moment. Lucid Dreaming looks, feels and engages all of your other senses as if it were really happening but you know that you are only dreaming and will be totally safe no matter what you do.

Lucid dreaming is a virtual reality experience far beyond the capabilities of any computer technologies to produce.

A growing number of people are mastering Lucid Dreaming and trying it for themselves. While most of us have an experience with Lucid Dreaming at some point in our lives, just imagine how great it would be to have a Lucid Dream any time you choose!

Depending on your own personal desires, lucid dreaming can be your own private doorway to the most incredible experiences. From socializing with world famous celebrities, to visiting distant lands and exotic places, lucid dreaming opens up a whole new world of opportunity. In fact, one can even travel to the most distant planets of the universe or spend some quality time with loved ones who have already departed from this world.

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.

#### Some Simple Ideas that May Produce 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.

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 Assist You?

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.

But it is some breakthroughs in audio technology which have opened the doors to Lucid Dreaming for everyone. Sound waves of differing frequencies are played into each ear, a technique called binaural beats.

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 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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