

Published based on [Wondering How To Have A Lucid Dream](#)

# **Wondering How To Have A Lucid Dream**

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

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 remarkable factor about the amazing Lucid Dream is the experience while dreaming. Just being able to identify and impact your dream is astounding.

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

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.

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

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!

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.

Are there any quick and easy ways to experience 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 Assist You?

As technology improves, so does the chance to get assistance with your Lucidity. There are now modern devices that you can use to stimulate and induce lucid dreams. There are innovative devices like masks and eyeshades that notice faster eye movement and blink a red diode when you begin to doze. This red beam is integrated into the dream, and reminds the person who is asleep that they are dreaming. The person can then start to control the dream once they realize that it actually is a dream!

One of these new technologies which is very promising is binaural beats, which uses advanced audio technologies to play different frequencies into each ear. This helps people to have Lucid Dreams.

Essentially, this intriguing new process aims to synchronize the two hemispheres in the brain and the amazing thing is; results are almost instantaneous in that rapid eye movement occurs almost immediately when one starts listening to these binaural beats. The state of sleep where REM takes place is of course the state of sleep required 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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