

Published based on [Your Ultimate Fantasies-Lucid Dreaming!](#)

Your Ultimate Fantasies-Lucid Dreaming!

Lucid Dreaming - that is, Conscious Dreaming - is the craft of having awareness while you are deeply dreaming. In other words, while you dream, you know with perfect clarity that every event is not happening as fact, but also this not the 'it's just a dream' experience. For you see, when lucid dreaming, your awareness gives you tremendous power over how the dream goes, almost like consciously fantasizing but having all of the vividness and time-and-place-bending powers of the usual dream.

Lucid dreaming is having the power to control the direction of your dream which is an element of your metaphysical existence. You will notice that all the limitations of reality seem to swiftly cease to exist.

Is it really as easy as some people say? Can you experience lucid dreaming and as such, breathe life into something which for years seemed far from reality?

But the fact of the matter is, lucid dreaming is not at all that difficult, as long as you know what you're doing. You really just need old fashioned determination and passion.

Perhaps most important of all is that you need to be perfectly clear regarding your personal objective in trying to master lucid dreaming. Are these lucid dreams for your own private playground, or do you have something more serious in mind? It doesn't much matter, just as long as you've got it crystal clear in your mind's eye.

Then starts the actual process of learning this art. Firstly, you need to learn a process, called Dream Recall, i.e., recalling a dream you had the previous night. Unless you remember a dream, you can't achieve the stage of lucid dreaming.

Irrespective of what others may have told you, this process can be painfully slow. It can however be achieved if you maintain a 'dream recall register'. Maintaining such a register will allow you to record as many details as possible with regards to your last dream. Providing you continue doing this you will with time come to realize that you are able to remember everything about a dream.

Many people have found that hypnosis can drastically reduce the time needed to prepare your subconscious mind to experience lucid dreaming. Often just one or two hypnosis sessions will allow you to consistently remember all of your dreams. Once this occurs your mind is then conditioned for lucid dreaming.

It's not uncommon for a person to suddenly wake up while in the middle of a lucid dream. However, because of all the effort you already put into conditioning your mind, if this happens to you, you'll have no problem reconnecting all the important details and once you're done so, you simply need to relax in order to go to sleep again. You will then be able to continue with your dream, while guiding it in any direction you choose. You can be rest assured that once you wake up, you will realize the full power of conscious dreaming.

Another great way to have lucid dreams is to go back to sleep for a couple of hours after you wake up in the morning. These dreams are the closest to lucid dreams as they leave you wondering if they were actually dreams or your thoughts manifested in the form of a purported event.

It's not difficult; just set an alarm clock to go off a couple of hours before your regularly scheduled waking. Wake up to the alarm, switch it off, and then return to sleep and experience some vividly lucid dreams.

Lucid dreaming can be a helpful practice for those with sleeping troubles such as insomnia. When you are having a hard time getting to sleep, remind yourself that sleep means lucid dreaming; and your subconscious mind will make sure that you get to sleep quickly.

The art of lucid dreaming used to take a long time to learn. However, the recent advances in sound technologies have made it much easier for anyone to experience lucid dreaming.

Many people are finding that the most reliable and certainly quickest way, of having a lucid dream is by listening to binaural audios.

These work by playing different frequencies in each ear. This results in relaxing the listener deeply and shifting their brain waves to the frequency that is just right for the occurrence of lucid dreaming.

Unfortunately, before this technology recently became available, the only sure way to enable you to experience a lucid dream, was by means of meditation techniques. Of course, because such techniques can often take years to master, many people were put off from learning this skill.

The bottom line is; that by making use of binaural beats, you should be able to experience lucid dreaming relatively soon after your first attempt, particularly if you combine this sound technology with hypnosis.

You can also find this article published on [Your Ultimate Fantasies-Lucid Dreaming!](#)