



Lucid Dreaming Made Easy

Learn Step-By-Step how To Control Your Dreams

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Introduction

The car fell into the water, all the doors were locked.” I couldn’t break the windows.....”

A nightmare for all of us, now imagine this, you see the water gushing in, you hear it, and you taste the salt in your mouth. The fear grows within you as with every drop of water that fills the car. This is so real that it cannot be a dream.

All you can think about is how is the family going to live without you. As the car tumbles into the depths and darkness, the air pocket that has formed in the top left of the back is slowly becoming less and less, your mind becomes a sponge, all you can think about is how many breaths you have left, thinking, thinking as the water climbs over your mouth, the need for air in your lungs becomes more and more demanding, the water is almost at your nose now.

You push as high as you can get as your face is pushed right up against the car window. The air is becoming thicker now, and your desire for air is becoming more and more demanding. The blackness in your mind is overwhelming as pictures of the death angel are looming closer and closer. That’s it now the air is gone, and all the air you have left is what’s in your lungs. The affirmation that you have less than two minutes to live; and the burning in your lungs becomes worse and worse. All that you hear in your mind is take a breath, you open your mouth the water gushes in and you begin to breathe the water in.....

Screaming as you wake in your bed you take a deep breath and life comes back to you, and panting you regain your breath and slowly calm down.

We have all had a bad dream or a derivative of this, now picture this, as the water is climbing over your nose you reach into your pocket and pull out, not only one of those small breathers you pull out a massive axe. Suddenly the might in your arms increase tenfold as the breather has supplied you with life saving oxygen and you swing the axe and the entire back window smashes, you're a pulled from the sinking car in a flash and break the surface of a kiddie's paddling pool.

You did it you were able to change the events in your dream and determine the outcome.

This is Lucid Dreaming

Foreword

Although the movie inception takes it a bit far, this movie is a good way to explain lucid dreaming.

With lucid dreaming you are able to keep a record of your dreams in a journal, but for more experienced Lucid Dreamers dream control becomes possible.

This book is to help you to move from just dreaming to not only remembering your dreams, but also controlling them.

Unfortunately lucid dreaming doesn't come to all of us quickly and can take a while to perfect.

Fortunately, this book will teach you step-by-step the most effective and easy way of mastering lucid dreaming.

Lucid Dreaming: A Definition

Lucid Dreaming: A Definition

Lucid Dreaming: is a dream where you know that you are awake, and as your ability grows, you will become able to control your dream.

This could be done by creating a whole environment, changing into a fairy tale type character of your choice, stop nightmares dead in their tracks. Seen the matrix? Fly like Neo or do anything that can be done in the movie and more.

Lucid dreaming allows you into a position where you are able to document your dreams; as well attempting to find definitions to recurring dreams.

As with everything today there of course some misconceptions, these being:

- **A Dream is not Lucid unless you control it:**
 - I thought the same when I began writing this book, however this is not true. The whole idea of Lucid Dreaming is that you are able to remember the dream, and through this you are able to recall it.
 - There is also the idea that there is a large gap between Lucidity and dream control (there is a gap but not as large) the gap between the two are easily explained as more hyphenated together. The one can however happen without the other.

- Dream control can be a small discussion on its own, but does fall under the category of Lucid Dreaming.

- **Lucid Dreaming is new age :**

- Let's put this to rest immediately, even though you may not believe in the bible, the story of Joseph is well known, so to quote "We *[brothers] were binding sheaves in the field, and behold, my sheaf arose and stood upright, and behold, your sheaves stood round about my sheaf and bowed down!* **8** *His brothers said to him, Shall you indeed reign over us? Or are you going to have us as your subjects and dominate us? And they hated him all the more for his dreams and for what he said.*" *Amp Bible Genesis 37:5*. Now I don't think that if Joseph had a lucid dream more than two thousand years ago, we could claim that lucid dreaming is new age.
- A short description of new age is the belief that (by drawing on both eastern and western spirituality tradition) then infusing them with "Self Help" and motivational consciousness, giving us a holistic view over Mind Body and Spirit, even though Lucid Dreaming seems to draw from these aspects of new age theories, I would dispute the statement that Lucid Dreaming is new age"

- **Lucid Dreaming advocates escapism:**

- A definition in www.thefreeonlinedictionary.com , is described as:
"escapism - an inclination to retreat from unpleasant realities through diversion or fantasy; "romantic novels were her escape from the stress

of daily life"; "his alcohol problem was a form of escapism", however if you go a bit deeper in the definition of escapism you will see that as with dreaming there are quite a few things that are similar such as, Fantasy; Illusion, delusion, vision, fancy, mirage amongst others.

- So as lucid dreaming occurs when you are asleep, this would not infringe on your reality, it would be better to say that Computer games, TV or Movies are a greater form of escapism.

- **Lucid dreaming is unnatural, involves "dark arts," or is**

- occult related:**

- As one of the “unconfirmed dangers” could be the meeting of entities, the use of any kind of séance to become lucid is not at all necessary and is serious misconception.
- More specifically, many religions such as Christianity emphasize the use of lucid dream as types of Visions.
- Also as in many instances lucid dreaming occurs naturally,

- **Dreams contain messages that are lost with lucid**

- dreaming, Dreams contain messages that are lost with**

- lucid dreaming:**

- Given that in many instances and theories many dreams that we have are “lost” or forgotten, so if by using lucid dreaming we could lose a message in the dream or change what the actual message does not make sense, as discussed previously if one was to have vision or their

future told in a dream, would it not be better to be lucid during these kind of dreams?

So in summary:

We can use Lucid Dreaming in many ways with virtually no harm to ourselves, lucidity during dreaming is not only a natural occurrence, you may use it as a way to start on a “blank slate” and create your dream around it.

Lucid Dreaming is in no way new age mumbo jumbo but in a way is quite spiritual, this is a way that if your lucid dream is a natural occurrence during the night, this will give you a way of recalling your dream, documenting it as well (once awake) analyzing it.

Even though you can control the dream, this only happens in certain instances, where as in other instances you will only “see” the dream as a spectator, you could then find or decipher a meaning from your dream, this will allow you to use your own personality; life circumstances, or current events that affect you in the real world, to “crossover” to your dream world or your subconscious and see the answers coming in from the dream.

Why Lucid Dream

Why Lucid Dream

In most cases, many dreams are disregarded as pure nonsense or unimportant, there is however a small group who believe in the therapeutic value by lucid dreaming, as discussed in the opening pages you could take over and control your nightmare also there has been some research into the association between using lucid dreaming and treating P.T.S.D (post traumatic stress disorder)

This is very new ground, P.T.S.D is known to cause bad dreams so why not learn lucid dreaming to curb the thoughts related to the attack, and react to the situation in a subconscious manner. (Always make sure to let yourself know that you are in a dream).

I personally am a Lucid Dreamer and by luck it comes to me naturally, I have noticed that in a lot of cases (as I have experienced) I found there is a huge coloration between what I am dreaming and to my current circumstances, for example if I am feeling in a down or humiliated situation in my life, my dreams would be back at boarding school, my dreams also provide a lot of information as to (in certain instances) what the outcome to a future situation may be.

The best way to explain this is, hypothetically speaking; I had recently applied for a job and in my conscious world I was almost certain I would get the job, this did not happen and I was told in my dreams prior to finding out

I know some sceptics would say “what a load of rubbish”, but allow me to explain: the last conversation I had with my prospective employer I was told I was short listed down to two

people, myself and another; the impression was given that I had somewhere in the range of an eighty percent chance of attaining the job, this was three or four days before the result was to the negative.

I dreamed that I was sitting in a board room with a manager and she was reviewing the results of a “test” myself and the other potential employee had taken, in no uncertain term she (the Manager) had told me that my results were not as good as the other applicant.

A night or two later I had dreamed that (as once I had got this job, I would buy a new car) This seemed good in the real world; however in my subconscious world the car was not only in an accident it was also stolen.

I had ignored these dreams as nothing but negative feedback from my pending success, but two days later I was told that the job had been given to someone else.

This to me explains one of the reasons for Lucid Dreaming.

Not only for the reasons discussed above, one could if you wanted to do so is to use Lucid Dream as a relaxation technique, I refer once again to the movie Inception. Where Leonardo Dicaprio’s character hires a young lady (Ellen Page) who becomes the architect of the dream world, where she takes control in such a way that she folds Paris over on its self. Another statement that Leonardo Dicaprio makes is that you never see the beginning of a dream, you only end up somewhere in the middle of it.

I will paint another picture for you, imagine at work your boss was really getting on your case, and because of this you have had a very stressful day, this causes you to go home in a very bad mood and swearing to the world and all that is spiritual that you will find away to get back at him.

How I handle it is as I realise that I am dreaming I would transport myself to the day at work and listen to all he has to say, perhaps after work I decide to follow him home, there I may discover that he is a lonely man, that has four cats no wife no kids and eats sandwiches while leading a non significant life.

This could mean one of two things, firstly this is a scenario you have created to make yourself feel better or it could be a subconscious affirmation that your intuition about this person is actually true.

You could also use lucid dreaming for adventure and excitement, because as stated before is that in the dream world the only limitation is your imagination, and you are completely and utterly free, try flying, going to the core of the sun, speed read any book, white water rafting, flying your own plane or exploring a new planet. Once you have applied one subject from your imagination the opportunities for adventure are endless.

Or what about social practise to give yourself the courage to perhaps build the confidence to ask the girl at the coffee shop out on a date, because of the (for want of a better description) virtual reality in a lucid dream almost equates to how you would feel in actual reality, you handle and deal with different outcomes to this situation.

Always remember that the only person you have control over in a dream is you, so you have to try and simulate the responses from the other participant as best possible, also remember to apply both the positive and negative out comes, as you feel a lot of emotion during the dreams you are more prepared for the outcome in reality.

I think that an important reason for lucid dreaming is to stop nightmares, as I quoted from Inception is that you only become Lucid in the middle of a dream, so if you find yourself in

the middle of a nightmare you can take it over and therefore control the outcome, this means that if you dread falling asleep, because you know you are going to have that nightmare again, remember to take your “toolkit” into your dream with you.

A toolkit can be anything you “Dream” of perhaps a big gun, a big shield or invincibility, as with the computer game world this means you apply a “cheat code” to your nightmare and come out successful as well as overcoming the “daemon” in the nightmare.

And the last reason may be to solve problems, using the creativity of the brain during REM sleep (suggested by some studies); this allows us to take a situation or a tough decision and ultimately the best result to our problem or situation.

There are obviously many other reasons to become lucid during our dreaming, and I am sure that each of us will have many different reasons as to why.

Different Type of Dreams

Different Type of Dreams:

1) Repetitive Dreams:

Repetitive or recurring dreams (as they are commonly known as), are just that! Repetitive. These are normally said to be dreams that in some way carry important messages, and are a statement to you that there is some “unfinished” business in your past, and this should be dealt with, once it has been dealt with the reoccurrence of this dream should cease.

Also it is important to understand that a repetitiveness of a dream could also be some kind of preoccupation you may be having currently, perhaps a fear of snakes, or fear of losing your job etc, this means as an example an ongoing dream about you being called into the bosses office and being told that you are being sacked.

2) Predictive Dreams:

As the title says these are dreams that tell the future, the question is that should we treat such dreams with care, or is it part of the makeup of the brain? In most cases these dreams are not straight forward, and mostly speak in more of a symbolic language, and sometimes need a bit of research, to find out what the meaning is.

I recently read a book called The Alchemist by Paulo Coelho, where I think best describes predictive dreams; so I have attached the review from <http://bookreviews.nabou.com/reviews/thealchemist.html> which describes exactly what I am saying and I quote

“The novel tells the tale of Santiago, a boy who has a dream and the courage to follow it. After listening to “the signs” the boy ventures in his personal, Ulysses-like journey of exploration and self-discovery, symbolically searching for a hidden treasure located near the pyramids in Egypt.

When he decides to go, his father's only advice is “Travel the world until you see that our castles are the greatest and our women the most beautiful”. In his journey, Santiago sees the greatness of the world, and meets all kinds of exciting people like kings and alchemists. However, by the end of the novel, he discovers that “treasure lies where your heart belongs”, and that the treasure was the journey itself, the discoveries he made, and the wisdom he acquired.”

And: “As the alchemist himself says, when he appears to Santiago in the form of an old king “when you really want something to happen, the whole universe conspires so that your wish comes true”. This is the core of the novel's philosophy and a motif that echoes behind Coelho's writing all through “The Alchemist”. And isn't it true that the whole of humankind desperately wants to believe the old king when he says that the greatest lie in the world is that at some point we lose the ability to control our lives, and become the pawns of fate. Perhaps this is the secret of Coelho's success: that he tells people what they want to hear, or rather that he tells them that what they wish for but never thought possible could even be probable.”

This is just a descriptive way of best explaining the predictive dream, but remember that you have to decide as to what type of dream you are having

From what I can gather, is that you could be in a situation where your predictive dream could also be a repetitive dream.

3) Nightmares:

There is no link between the dream world and the physical world, when it comes to a nightmare, so I can safely say that nightmares are not caused by overeating, drinking or any other physical actions.

So let's pose the question what causes nightmares?

Nightmares are mostly formed by a minor anxiety, perhaps one that you are not aware of, and this can cause a nightmare. This could be attributed to your relationship with your partner, or (mostly in children) may be the result of becoming used to the world, I.E. the first few years of a child development are the most important, so there is always a massive amount of input through various experiences and emotive results to these experiences. As an example a child may burn themselves on an oven and could dream of a huge house fire at night.

So he can wake up screaming. Nightmares in children are also one of the causes of bedwetting, so use the idea that your child maybe wetting the bed due to a nightmare, where he would wake up screaming after wetting the bed.

Different Type of Sleeps

Different Types of Sleep:

1) Light Sleep:

Bear in mind that your brain is always working even when you are asleep, as you fall into a light sleep your brain is slowing down, or becoming less active, thus causing the transition from being awake to falling asleep. To understand what a light sleep feels like it similar to taking a short nap.

2) R.E.M Sleep:

Rapid eye movement, sleep is a stage of sleep that comes after light sleep, in other words when you begin to fall into a deeper type of sleep, this is the instance where you begin to dream

Most of us are aware of REM sleep and understand the function of REM sleep.

In order to clarify this here is a bit more information: a few studies conclude that REM sleep is a way that the conscious memory consolidates with the subconscious memory.

Another theory is that REM sleep is used to allow certain cells in the brain to regain full sensitivity, thus allowing good responses whilst awake.

This is one of the most important functions of sleep as, without it you could form behavioural abnormalities and in studies with animals sometimes even death occurred due to lack of REM sleep.

Always try to maintain good sleep hygiene in order to make sure that your sleep is maintained on a similar plain every night, as this is a sure way to attain REM sleep every night.

3) Deep Sleep:

Deep sleep is not really the scientific term, but it implies when you are most asleep. This is when the brain waves increase and indicates a deep unconsciousness and lower brain activity.

According to scientists this is when you start to recover, so the use of sleeping pills or other means to get to sleep will only put you to sleep and deep sleep is not achieved. If you are woken during this phase you are most likely to wake up groggy and irritable.

The phases of sleep don't only happen once, but occur many times during the sleep cycle.

So it therefore is possible to have more than one dream in a night.

Getting Started With Lucid Dreaming: Mental Preparation

Mental Preparation:

As with everything the foundation is important, and without the correct mental preparation you are unable to become lucid while dreaming. You need to analyse your belief systems, and I don't mean religious, you need to accept that lucid dreaming is real and can be done; if you don't you won't be able to dream lucidly.

To prepare properly you need to pose and answer four questions:

1) Do you think you can do this?

As I said above you need to accept that it is possible to dream lucidly, and it's not some spiritual phenomenon, but is a natural occurrence that can be achieved.

Similar to riding a bike, to begin with you fall numerous times, but now if you get on one you will be able to ride with confidence. That's why it is said "like riding a bicycle". Don't think that it will be difficult and allow yourself to understand that you as well as all of us are able to dream lucidly.

2) Are dreams important?

Once you have established in your mind that lucid Dreaming is possible, you need to decide that dreams are important, and make dreams a top priority. By simply acting that dreams are important this will improve your results.

A lot of people don't place too much emphasis on the importance of dreams and therefore don't have lucid dreams or don't recall dreams at all.

So allow yourself to accept that dreams are important, as this is the next step to achieve lucid dreaming.

3) Do you really want to have lucid dreams?

You will have to become enthusiastic about lucid dreaming as the enthusiasm improves so does your desire to achieve a lucid state of dreaming. This is not an exact result I.E. you won't begin to dream lucidly just by being enthusiastic, but keep the enthusiasm as the result will be a lucid dream.

Once you achieve your first dream, your desire to do it again will improve. Through doing so you will find that your intent will also increase and the more information will come through.

Ultimately you want to get an understanding to your subconscious that dreaming is important, and that you enthusiastically want to dream lucidly your progress will improve dramatically.

4) Do you know what you will do when you have a lucid dream?

As with all of us, we cannot get anywhere without a plan or a map, so to achieve proper lucid dreaming you need to have a mission.

Obviously initially it will be something small, like flying or having a look around at where you are in the dream.

Once you have a mission planned, you will have a mission or reason to dream lucidly, the best time to do this is to remind yourself of your goal before going to bed, and this will be in the forefront of your mind while going to sleep.

Also remember that the first one or two lucid dreams you have will be in short bursts, but as you become more lucid your time in a lucid dream will increase.

Increase Dream Recall

Increasing Dream Recall

There are about eleven different ways to remember your dream, and hopefully one or two of these will help you to remember your dreams.

Don't worry if you can't remember your dreams, these steps will definitely help you with the recall process.

- 1) Wake motionlessly, when you wake up don't move, lie completely still for a while.
- 2) Wake up slowly give yourself time to remember what you dreamed about, and don't start going in to your conscious world immediately, focus on what you have dreamed during the night.
- 3) Let your mind drift take in whatever mental images you have, as this may allow you to find a piece of a dream, then the rest of the dream may become clear to you.
- 4) Go through a dream check list.
 - a. Look for people you know
 - b. Activities
 - c. Places
 - d. Foods

e. Smells

f. Music

Once you have gone through this list, see if the person, place etc was in your dream, so in other words use familiar things that you know in reality to cross reference against the dream you have had. Also focus on the emotions you had felt as they are the best way to recall dreams. Also see if you can identify smells in your dream as these are also a good way to recall.

5) Think and question backwards.

By working backwards, take the last thing you remember and work from there, it may be as stated above a place, smell, item or person. Once you have discovered this part of the dream; you can ask questions such as how I got here. Or where did this item come from? Had you found it or stole it or did someone give it to you? This will like piecing a puzzle together will cause you to remember the next part of the dream and the next and so forth and so on. Eventually you will find that the whole dream will take shape.

6) Try different sleeping positions

Move into different positions once you are awake, on you left side, on your stomach, on your right side then on your back, this may help you to find the position you were sleeping in, and loosen some memories from your dream

7) Keep Trying

You may not remember your dream first thing in the morning, but you may receive “flashes” throughout the day, so take note of these flashes and this will put the dream together for you.

After going through these processes, and you still are having problems with the recall of your dreams here are a few more tips for you.

8) The best thing that has shown the most results is the ALARM CLOCK METHOD:

The idea of this is setting your alarm clock to a time in the night when you will be dreaming; normally the best are the early hours in the morning. So as you wake in the middle of a dream you should have better recall, but try to use step 1 – 7 again once the alarm clock has gone off.

9) The early morning technique: this is similar to the alarm clock method except once the alarm has gone off reset it for half an hour intervals; this should allow you to have instant vivid recall. This technique is very good as it will take advantage of your normal, natural dream patterns and creates a timetable as when you will be dreaming, therefore making it a habit to use your recalling skills. If you have a good memory and can remember these dreams then that is a good thing, however if you don't have a good memory or the dream image disappears too quickly for you to realise that it was a dream, write it down. Also what can happen is that during the night you wake after a dream that is extremely vivid and you think you will remember it in the morning, but after going back to sleep you have another vivid dream and these memories are “recorded” over. But by exercising your dream recall your memory will become better.

10) The waking at odd hours technique basically set your alarm clock at different times during the night, this will help you to recall dreams as you go on, don't forget to practice your other recalling techniques upon waking up.

11) The Snooze button method this technique has probably been experienced by all of us, this is where your alarm goes off, and you hit the snooze button, even though it's ten minutes the dream you have should last about an "hour" and as the alarm goes off hit snooze again, and try to recall the dream.

Keeping a Dream Journal

Keeping a Dream Journal

Doing research on the topic of lucid dreaming; it has come up not only on various websites, but also in many E books that the necessity of keeping a dream journal is highly important. Not only does it improve your dream recall but it can also tell you certain things about your daily life.

By journaling your dreams you repeat the idea to your subconscious the importance of dreams, and keep lucid dreams in the fore focus of your dream time. As stated before this is extremely important as if you stop journaling you may reduce the amount of lucid dreams that you have

While writing your journal remember to stick to few pointers, always document the date and time, also give your dream a title as this will summarise your dream. Then write your information down with as much detail as possible; even include things like the colour of the sky, the smells, the flavours you tasted etc....

The more detail you have better enables you to have a better recall when you review your journal at a later date, also if you have a “series” type dream (where the subject of the dreams are similar), as stated before with keeping a journal, you will notice certain dreams relate to certain circumstances in your life. If you have an up to date journal you will be able to “see” the grouping of dreams and to what you were up to during that period of your life, for example if you are going through a testing or stressful period in your life, you may dream that you are late for work or being stuck in traffic and the like. So take heed of what your dreams are telling you.

In your journal stay in the present tense as opposed to the past, write as though you are experiencing it as in the dream, not only does this make for better reading at a later stage, but also assists with the ability to recall the dream.

As with everything you have to develop a habit, it won't be a situation that you will habitually open your journal and immediately start journaling, however if you do this repetitively; you will form the habit of documenting your dreams.

Now, the way I have written this does display certain simplicity in journaling your dreams, which goes as follows you, dream, wake up, write it down. This is however not the case, as we have discussed in previous chapters the recalling of dreams is not in a story format, where it has a beginning a middle and an end. So the difficulty is to format the dream into a story format, so take a scrap piece of paper or a legal pad, and write down the dream as it comes to you, either first thing in the morning or throughout the day, then later you can formulate it into a story kind of format.

One way mentioned on <http://www.consciousdreaming.com> of keeping a journal in an "understandable" format is to write only on the right hand side of the journal thus allowing you to add in anything onto the left of your journal that you may remember as time goes on.

There are other ways to keep a journal for example is to talk your dream out to a dicta phone and perhaps blog it or type it out the choices are yours, but through trial and error you should find the best for you.

Becoming Familiar With Your Dreams

Become Familiar with Your Dreams

As your dream journal grows, you will be more familiar with your dreams. Certain things like people, places, and activities may appear more in your dreams.

This then causes to comprise a list of “dream signs”- Dream signs are a list of events that constantly occur in dreams and through these events you are able to identify certain events in your dream, these are mostly things that are impossible in the waking world the ability to fly, walk through walls etc.

You will begin to notice that as you go on these will be a certain indicators that you are in a dream.

Go through your dream journal to identify your personal dream signs, these would be recurring elements such as people, situations, objects etc.

By working with these dream signs, you become more intimate with your dreams, this allows you to gain more understanding of your dreams, try to ask yourself why are you dreaming and what are you dreaming. By using these dream signs you will be able to get more information about what you have dreamed and this will provide more vivid clarification in the morning.

Your dream signs will evolve over time as you go on with lucid dreaming, so be on constant look out for dream signs and add them to the list.

As you update your dream journal you will be able to pick up these dream signs, so keep an eye out for them in your journal.

Adding Awareness to your Waking Consciousness

Adding Awareness to your Waking Consciousness

Expanding your awareness, is quite a topic, and the reason why is that it in self could be used to describe lucid dreaming, given that the whole process is achieved by training your awareness. It simply means that you need to increase your daily awareness, so that you can benefit from the carry over effect into the dreaming awareness.

There are many ways to increase your awareness, as you go on you will become more aware of how unaware of the world around you are.

In order to become effectively aware you need to understand this concept. Firstly we will discuss the concept and then go into the practical aspects.

You need to establish a few things, through self observation which are: How conscious are you, How aware are you, how centred are you in your awareness, and how truly aware are you? These let you establish a few pointers, self observation, your waking mental state, mindfulness. These are designed to ultimately create a position where you become aware by simply asking “am I dreaming”

For most of us it's just a matter of being aware of either am I awake or am I asleep, and a lot of these questions go un asked or remain unanswered, as there is never any teaching about how to cultivate awareness and to gain a full understanding of your environment. This type of training is used by spies as I discovered by reading various spy type novels, taking in the scene around you is very important as a spy, this then allows you to determine if you are being followed or what changes in the behaviour of your subject will indicate that he is aware that you are following him

Have you ever been in a situation where you get to a place by car and forget how you got there, or realise you have just crossed a traffic light and can't remember if you stopped or if it was red or not. Also have a few "blank" spots of aspects or events during the day, this is caused when your awareness is diverted for the moment, this could be the result of other thoughts or aspects of your past that you are dealing with at that specific moment. The easiest way to test your level of awareness is try to see how much of the page in this book you have just read, in other words did you take in every word or did you stray a bit?

The moments of zoning out do happen naturally and you will become aware of them as you practice being mindful of your surroundings.

To be honest there is nothing wrong with deviating from the path, but the example above is to show you that we are not as much aware of our transitions in time from one memory to the next. Don't now become obsessed with your surroundings, but try to find a happy medium between the two. Try first to identify the times when you had lost your awareness buy the odd thought that has arrived in your mind. I use this process often as to determine if the thought was more important than my surroundings so I can identify where I should focus my energy in future. Similarly speaking try to be "aware focused" as opposed to "just going through the day"

By being unaware you end up living your life on outside situations and bouncing from "wall to wall" like a ping pong game as the walls determine your bounce, as an example you are an amazing chef, however as you started your career as a sales person, you may find that even though you have become an amazing sales person, you had never "*become*", so later on in life when you actually become aware you

find that the last twenty years of your life are just a dull memory with almost no significance. Often we may become so set in our ways that we fear that the time to change has passed, and we drift back into the bliss of unawareness.

Or, you could decide to remain aware and become the chef you always wanted to be, so now that you are aware of what is happening now, you can then better plan to put yourself into a position where you can transcend from your previous unaware life into living a full life aware exactly what's going on.

Now it's not as easy as it sounds, as we are in the mindset of being unaware, and becoming a bystander watching your life and attempting to this all day is not at all easy, but as time passes you will realise how often you move over to other thought throughout the day, this is normal. But as time progresses you will learn to become more aware of your awareness.

In a study done by Jayne L. Gackenbach (refer to www.en.wikipedia.org/wiki/jayne_gackenbach who is a writer, and a dream researcher her main focus being lucid dreaming) the conclusion was that people who meditate are more likely to become lucid in their dreams as meditation and lucid dreaming are similar in that people that meditate are able to be aware of their inner thoughts and processes.

As the importance of being aware and constantly exercising your awareness you are more able to live in the moment and this greatly improves your ability to become lucid in your dreams.

Linking your Awareness to your Dreams

Linking your Awareness to your Dreams

This is the final step and is pretty simple, however before we discuss this let summarise the information you have read in the previous chapters

- 1) Doing the mental prep work, where you would set up your mind to understand that lucid dreaming is not only real, but is possible for all of us to do
- 2) Increasing dream recall. Try to find a method to set yourself a standard to remembering your dreams
- 3) Keeping a dream journal, as we said this is extremely important as it improves your chances of becoming lucid and staying lucid in the future.
- 4) Become familiar with your dreams, we covered that you need to look for certain dream signs through the use of your diary or journal so you can understand that you are dreaming or what to look for to establish where you are or why you have certain objects etc.
- 5) Adding awareness to waking consciousness, this is as we established, quite important and can form the grounding for your ability to become lucid in your dreams, trying to understand what is going on in your surroundings in the waking world and seeing that it is possible to be completely unaware of what is going on around you.

So by combining all we have learned about your dreams and your awareness and how to achieve both states and link them together, lucid dreaming will become a lot easier for you to achieve.

What Are The Dangers of Lucid Dreaming?

What are the Dangers of Lucid Dreaming?

There is no documented reports that lucid dreaming, being unhealthy, but there are a few “side effects” that you may experience. Although lucid dreaming is a natural occurrence running it from a point of awareness one must use it as a tool to contact your subconscious mind and don’t use it recklessly.

Alienation:

Given that many people have not heard of lucid dreaming, let alone experienced it they may think that you are weird or strange as you try to discuss it with you friends. Don’t become a preacher trying to preach lucid dreaming or convince others to “convert” to lucid dreaming

As there are a few people that don’t dream lucidly, after hearing about it may become concerned that there is something wrong with them

Addiction:

As with everything today, most if not everything could be classified as addictive, and the same for lucid dreaming. AS you go on with your lucid dreams, you will find that you could use it for fun, such as your own “virtual reality” machine- however you don’t want to use it as an escape from your real life.

You may find that you are taking more time sleeping than being awake, or thinking about the next lucid dream during your waking ideas, you may find that you are becoming addicted to lucid dreaming.

Take a step back, analyse your day to day life, see that you are achieving what you set out to achieve, or ascertain certain goals then you don't have too much to concern yourself with.

If however you see that your day to day life is not "in order" you need to take a break from lucid dreaming.

Dissociation:

You may find that by doing a lot of lucid dreaming that it becomes difficult to differentiate between the dream world and the waking world, or the difference between subconscious and conscious or reality and fantasy.

The most common presentation of disassociation is not being able to determine the difference between your waking memories and Dream memories.

Most people have tried to differentiate between their dreams and reality, and all of a sudden you now have an excess or illogical memories to sort out which may be a big annoyance, an example of this would be losing something in the waking world and then finding it in a dream and not trying to decide if you had found in reality or not.

There are a few ways to determine if you were dreaming or not.

- Ability to ignore extreme pain or what would cause pain
- Absorption into a computer game, TV show or a movie
- You feel as though you are reliving the past in the actual time
- Finding evidence of things you don't remember doing
- Not remembering important things

- Being in an unfamiliar place but knowing that it's a familiar place
- Having a bystander view of your self
- Other people and objects don't seem real
- Looking as though through a fog or a haze
- Not recognizing friends or relatives
- Finding unfamiliar things in your belongings
- Finding yourself in a place but not sure how you got there.
- Finding yourself dressed in certain clothes but not remembering how you put them on

If you find that one or more of these has happened then you have to take a break from lucid dreaming for a while.

Controversial Dangers

Controversial Dangers: (possible dangers not proved though)

Accidentally encountering spirits:

There are a lot of people who may think that you could encounter spirits in your dreams, but lucid dreaming is only that dreaming, it's not some form of séance therefore a dream is only created by your subconscious and in your mind. But there is no harm in treating people and objects in your dream with respect.

Creating bad habits or becoming a control freak:

Given that as you are in control of your dreams during lucid dreaming and able to do almost anything in your dreams you may try to adopt the same ideals to the waking world, when it's highly inappropriate.

You may also try to apply dream theories to waking world circumstances; this may also cause conflict with others in your waking world environment.

Exhaustion:

As you dream you may increase the length of time during REM sleep and which is the time when your body is most rejuvenated, and you end up spending more time on dreaming than actual sleeping.

This is similar to waking up every twenty to thirty minutes to watch a TV program, and this become exhausting, try not to have too many lucid dreams per night.

Inability to stop:

As you get to the point where you have trained your mind that you can step over boundaries without conscious effort, you may find that it may be difficult to stop.

This should not be any cause for alarm as if you can't stop dream lucidly then you can break the habit, as long as you truly desire to stop lucid dreaming you will but as with learning how to become lucid it may take a while to stop.

Undesirable false awakenings:

Another benefit to lucid dreaming is the ability to change dreams or wake up if things aren't according to plan, so what happens in this instance is that even though you do wake up from your dream you may find yourself inside another, normally these false awakenings occur in your room, however you may find that other events that are above normal begin within this time when you are supposedly awake. This could become scary if this happens over again in the same night. You may start thinking that you will never wake up, if this happens you could perform reality checks (discussed later)

Levels of Lucid Dreaming

Levels of lucid Dreaming

A non lucid dream:

As it says, this is a when you dream and have no idea that you are dreaming, it may be hazy or illogical or even vivid or evocative, but you have no awareness or control these dreams, and you accept that the dream world as completely real.

Non-lucid dreams are created entirely by the subconscious mind based on experiences or memories, this coupled with the unconscious minds concept of reality. These dreams are not literal so they may be recurring or symbolic

A Semi-Lucid Dream:

This is where the lowest levels or semi lucid dreaming, this may involve that you may be dreaming, this happens where something illogical occurs.

As soon as you realize you are dreaming your conscious mind wakes up, this will make you feel strange in this new alien world and you will have trouble doing anything that defies the laws of physics.

To illustrate this better is to liken this stage to the matrix, where neo begins his training in the matrix after he is woken up, in other words you are dreaming and realize you are so you are “awoken” to this dream world (the Matrix), now that Neo

is awake “in the real world” he must learn that standard physics do not apply, I think the best way to explain it is with his first long building jump, and as he jumps he begins to spiral down to the ground. Similar to lucid dreaming this is what would happen if you suddenly realize you are dreaming.

A Fully Lucid Dream:

To move into a situation of lucidity in your dreams, you have to train properly in the semi-lucid phase, so that you can experience the fullness of lucidity in your dreams, This is to say that you shall not meet a state of full lucidity immediately, and this is a process.

A fully lucid dream simply means that you are fully aware of that you are dreaming and that you are in the dream world and through this you are able to understand that you are in a world of your own creation and able to manipulate anything in the dream at will. This is not simply a state where you can control your dream, it is also about having a conscious awareness of your dreams, which may be more intense than the actual waking reality

Basically put Lucid Dreaming is a gateway to an alternate reality where anything and everything is possible.

The Highest Levels of Lucidity:

Almost the same as a fully lucid dream, but you become into a state of absolute and full awareness of dreaming where you are almost completely conscious but not a wake. And have got past the stage of just controlling a dream but moving into the stage of creating and engineering your own dreams.

Using Lucid Dreaming to Trick your Body into Sleeping

Using Lucid dreaming to trick your body into sleeping

This is something I use almost every night, what this means is that as you get into bed you need to fall asleep, this obviously the main reason why we go to bed in the first place. However due to a busy mind or insomnia you can't fall asleep and you end up in this endless cycle of becoming more and more frustrated because you can't sleep.

I must admit if I look back as to when I began to use lucid dreaming to fall asleep was on a Christmas eve as a kid, given that I knew there were presents under the tree for me in the morning, it was difficult and I suppose for most kids to go to sleep, so I tricked my body into sleeping.

Firstly it is important to relax, to do this envisage a black board duster, or a cloth whipping a screen clear, use this to clear your mind, also doing a mental shut down, by literally pushing your mind's start button and clicking shut down., this will then clear your mind. If you still struggle with this, breathe in through your nose and out through your mouth, you then purposely slow your breathing down and then do the shut down procedure again.

Then you need to create your dream world, and I don't mean that you have a field with a few trees in it, you need to calculate and develop every detail.

I will include one of my favourites as an example.

I close my eyes, and transport myself back to 1769 when the tall ships were sailing the great blue yonder and land in a dock, I then approach the ship builder and proceed to describe the type of ship I require, at this stage I have already created the dock yard complete with the pub, market and the people involved in the scene, so now I have created the scene and populated it, if I look at the side of the dock I see a ship being off loaded and the deep wooden colour of the side of the ship, with the black tar securing the sheets of wood together.

Back at the shipyard, I am now telling the ship builder what I require; I spend my time choosing the wood, the bolts, the mast, the canvass for my sails and how many canons. Once I have placed my order for my ship, and funny but he never asks me to pay for it, well I am in control of this environment. Also my ship is ready instantaneously so there is no waiting.

Once I board my ship, I already have a crew, be honest I don't want to waste this dream time recruiting staff.

So now fully stocked, and fully crewed I am ready to set sail. Now I may choose many types of professions on the sea, as I sail away from land, I can be the captain of my own merchant ship and be sailing with a full hull of silk and linens off to the "new" world, or a pirate or even a lowly sailor on my ship. The options are endless, perhaps I sail over the horizon I encounter pirates and a battle begins.

The important thing is try to remind yourself that this is a dream and then the further and further you go into your story the more and more your conscious mind and subconscious mind begin to connect and you slowly drift off to sleep.

These dreams are almost easy to recall as you create the memories as you are actually still awake, so all you need to do the next night is to remember where you left off the night before and continue from there.

Of course this is only an example based on my imagination and fantasies, but remember the possibilities are endless, you could land on a new planet, win the Nobel Prize, you name it.

The important thing to remember is to give the “dream” as much detail as you can as this creates a world that tricks the mind into believing that it was created subconsciously.

If you struggle with this, the simplest way is to “dream” that you are dreaming about the fact that you cannot go to sleep.

Other Information

Other Information

Preliminary Knowledge:

There are certain things that are common to lucid dream inducing techniques but there are a few things we should cover first.

Sleep Interruption:

This is a technique that uses sleep interruption which basically is the process of waking up in the middle of your sleep and purposefully falling back to sleep a short time later about ten to sixty minutes. The easiest way to do this is to use a relatively quiet alarm clock or one that you set and place it somewhere across the room this will increase effectiveness if you then try to reset it in your dream

You could also drink a bit of tea or water before bed time as this will cause you to wake up during the night to urinate. I would recommend using milk as it has a calming effect and makes it easier to fall asleep.

Sleep Continuity:

If you have trouble falling asleep (barring any medical conditions) try not drinking anything at least an hour before bed time as the need to get up may eliminate any chance of becoming lucid, also avoid caffeine and sugar as this will stimulate you rather than sending you to sleep, also exercising is a good way to prepare your body for sleep although this should be done at least three hours before sleeping.

If you still are struggling to sleep, read an article or a book about lucid dreaming (not because it's a boring subject), but it increases the chance that your subconscious absorbs this information better, which improves your chances of becoming lucid.

Reality Checks:

This subject could be a chapter all by its self, and is quite important. "let me pinch myself" is the most common way for people to see if they are dreaming or not, however I did not pick this up as a reality check throughout my research on this subject, this is not to say that you can't do some other reality type checks.

How you do your reality checks are up to you, but these have to be done to see if you are dreaming or if you are in the waking world, the fact remains that it is highly important that you perform these test as this is one of the most important keys to lucid dreaming, this then allows you to establish that you are in a dream and are able to understand that while you are in a dream the "real world" physics do not apply and visa versa, you don't want to find yourself in a position where you are trying to apply dream principles to the real world, as this could be counterproductive.

Below I have included a table from

http://en.wikibooks.org/wiki/Lucid_Dreaming/Induction_Techniques#Reality_checks

which highlights a few reality checks and how reliable they are and whether they are reliable, discreet, and fast enough to achieve a good result. Also in the table below you can see if the reality test could give you a false positive.

Reality Check	Description	Reliability	Speed	Discreetness	Overall	False positives
<u>Breathing</u>	Can you breathe with your fingers tightly sealing your nose?	5	5	3	4.33	0
<u>Jumping</u>	When you jump, do you float back down?	5	5	1	3.67	0
<u>Reading</u>	Do sentences change when you read them? Read, turn away and repeat it to yourself, and then turn back and read it again. Do this twice.	5	4	4	4.33	0
<u>Vision</u>	Do you have perfect vision? This only works for people who have at least slightly blurry vision in the waking world. Alternatively, if you have <i>perfect</i> vision in the waking world, you may have blurred vision in the dream world.	4	5	5	4.67	1
<u>Hands</u>	Do your hands have a strange colour, too many fingers (sometimes they disappear and reappear when you try to count them!) or other	4	5	5	4.67	0

	abnormalities? Can you push your finger through your other hand?					
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Reality Checks:

Reality Check	Description	Reliability	Speed	Discreetness	Overall	False positives
<u>Time</u>	Does your watch or clock tell a reasonable time? Are you even able to read the time off it? Sometimes clocks have the wrong number of hands or have strange symbols. Try reading the time twice, like the Reading check above. Note: Digital clocks often work better for this reality check.	4	5	4	4.33	0
<u>Powers</u>	Are you able to fly (just visualise it), unlock doors, or use other magical powers? Try to change the shape of your body, or walk through a wall, window, or mirror.	4	5	3	4	
<u>Light switches</u>	Does a light switch work?	4	3	1	2.67	3
<u>Mirrors</u>	Do you look normal in a mirror?	3	3	3	3	0
<u>Nose</u>	Can you see your nose with one eye closed?	2	5	5	4	0
<u>Memory</u>	Are you able to remember how you got here, why you are here and what happened an hour ago? This is not always a reliable reality check!	2	3	5	3.33	2

Choose a few of these reality checks, which you are confident with and perform them regularly, until you are certain you are not dreaming, also perform more than one reality check, if you think that you are not in a dream, look around and see if there are any dream like indications that you are still dreaming. If you do this it will become more likely that you will be able to perform these in a dream.

You should do reality checks through the day, but more importantly do one as soon as you wake up to establish that you are awake and not in a false awakening”

You may find that you may struggle to do these checks in a dream, so try this while in bed, just before going to sleep, while trying to trick your body into going to sleep perform the checks then, as you are aware of your dream so therefore you can do the checks with ease

You may find yourself in a position where you can't really perform a reality check, such as in a public type of situation, then do the more discreet checks, count your fingers, while your hand is in a pocket.

When you come to choosing the reality checks you are going to use, always remember the properties to look for as in reliability, speed and discreetness.

The reliability of the reality check is how likely you will know that it is a sign that you are dreaming, and this will show that you are dreaming once they are performed in an actual dream, the best thing to do is try different reality checks to see which work for you as they differ from person to person.

Also it is highly important that you perform the reality check as fast as possible, you shouldn't have to look around for a circumstance or an object for you to perform a test, it

will waste dream time as well as allowing your subconscious more time to produce real time results.

Also try to keep your test in a discreet manner so that you can perform the reality checks in the real world without drawing too much attention, trying to walk through a wall at work will probably raise a few eyebrows.

Don't choose reality check that returns a false positive, these happen when the check shows that you are dreaming, but actually you are in the real world, so if you get a dream result try another reality check.

If you have trouble remembering to do reality checks throughout the day, there are some reminders you can use.

If your day is very busy this may happen as you forget about lucid dreaming, but you should create an obvious reminder for yourself, try to use a code of some kind to remind yourself to do the check, as an example perhaps write a r on your hand or put a small dot on your mobile phone. If you make it too obvious you may become over dependant on this and the reminder may appear in the dream. You could also write down common things that happen throughout the day such as hearing your name, going through a door way, turning on the TV or seeing a stranger, in the morning choose a few of these and check them the following day

You may also find that you did your reality check in a dream but the result was that you were not dreaming could something have gone wrong. You may need to change your reality checks as some work brilliantly for some but are terrible for others.

And the opposite of the above, will be that you did a reality check in a dream but you didn't realise you were dreaming. An example of this is that you may look in the mirror and see something wrong in the reflection, without realising you are dreaming. Try to be a bit careful doing you reality checks in the real world and change to more reliable reality checks.