

In Your DREAMS...

The Complete Guide to Lucid Dreaming

by David DeBold



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Learn How To "Wake Up" Inside Your Dreams
For The Experience Of A Lifetime!

In Your Dreams!

The Complete Guide to Lucid Dreaming

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Welcome!

This book is an extraordinary reference to help you achieve lucid dreams so you can “wake up” inside your dream and take control of the content.

Lucid dreaming is an amazing experience. Not only is it a lot of fun, but it is an incredibly valuable tool to help you establish a dynamic rapport with your sub-conscious mind so you can unlock your true potential.

While this book stands alone, it was actually developed as a companion to my extraordinary psychic development program “Miracle Mastery”.

Miracle Mastery is the definitive Step-By-Step guide for developing extreme psychic abilities so profound that they actually make physical, “miraculous” changes to the material world!

Miracle Mastery holds the keys to extreme psychic development and can, with diligent practice actually allow you to experience and create for yourself genuine “miracles” like extreme healing, materializing objects “out of thin air” and even teleportation.

If you received this book as a free bonus for ordering Miracle Mastery, then I would like to express my thanks for your support of my 30 years of psychic research. You are in for an incredible experience!

If you got this book from another source and you would like to purchase Miracle Mastery, please click this link:

<http://AllThingsPsychic.com/miracles>

The abilities you will learn in Miracle Mastery are quite frankly astounding, but unfortunately there are not many short cuts you can take in your psychic growth: You will experience extraordinary things when you have developed sufficiently to gather and channel the necessary energy, and that takes time.

On the bright side, there is something that you can do *right now* to experience what it will be like when you do achieve that level and that will greatly reduce the amount of time before you can perform these abilities for real.

Best of all, you might be able to do that “something” this very evening!

The technique is easy and the mental skills, will power and focus you develop here will not only help you develop your psychic gifts faster, but can also help awaken your inner genius: Lucid dreaming can tap into the infinitely creative, inventive and artistic mind and allow you to draw on your own intuition and wisdom to give you insights to solve your current real world problems.

But all work and no play is no fun!

Imagine what it would be like to literally live out your fantasies. You could have your own “Holo-deck” where anything you can dream up is available to you.

How would you like to date a super-model, ride on Pegasus, or be a movie star?

Imagine what it would be like to travel to exotic locations in the blink of an eye, or the exhilaration of flying like a bird or to breathe underwater and swim with dolphins. What would it be like to live in a house made of diamond, or to fight crime as a super-hero?

Perhaps you are more the intellectual type who would rather throw a dinner party where the most extraordinary people from all of history, and even your favorite fictional characters were in attendance. What conversations would you enjoy at a party where Jesus Christ, Mark Twain, Sherlock Holmes, Leonard di Vincci and Cleopatra are present?

The possibilities are as limitless as your imagination, and yet the experience is as real as your waking life. Every sense is accurate. The sights, the sounds, the sensations, even the tastes and smells are absolutely real.

For all the great folks who have shared the incredible journey of “Miracle Mastery” with me, and for all the wonderful people I have yet to meet on this adventure, I would like to present you with the ultimate gift:

The gift of everything you can ever dream of!

All my best,
- Dave, for All Things Psychic.

<http://www.AllThingsPsychic.com>

So What IS Lucid Dreaming?

Lucid dreaming is essentially the art of “waking up” your mind inside a dream without waking up your body.

This allows you to make conscious decisions and interact with and/or change your dream-world as you see fit.

Normally, your dreams are created strictly by the subconscious mind, and that is why the images and situations may be so bizarre.

Your subconscious mind uses symbols to communicate meaning much more than language. In fact, your conscious mind doesn't always know the meanings of a particular symbol. This is why dreams often have parts that don't seem to make much sense when you remember them afterwards.

This is also why there are a number of books on the subject of interpreting your dreams. One thing you should realize about dream symbolism is that some symbols are fairly common and some symbols are unique and personal.

With practice you will develop a good understanding of what your subconscious was **really** trying to tell you in your dreams and you might be surprised at what it was trying to get across to you!

In a lucid dream things are a little different. The dream landscape is a product of two different parts of your mind working together: the conscious and the subconscious.

The conscious mind is the same logical part of the mind that you use when you are awake. It uses tools like “language” and reasoning. On the other hand, the subconscious is childlike and responsible for things like intuition, visualization and creativity.

In a lucid dream, these two parts of your mind work together: your conscious mind creates a logical framework and guides the overall subject matter and

your subconscious takes care of all the details and mechanics to provide incredibly realistic images, sensations and feedback.

Since the lucid dream is shaped by the conscious mind instead of the subconscious, you don't get as much of the bizarre dream symbolism although a little usually sneaks in anyway. The end result is a lot like being the star of an interactive movie!

How can I experience a Lucid Dream?

Experiencing a lucid dream is absolutely exhilarating! The procedure that works well for me and with the folks that I have taught is very easy but takes a little practice. Below you will find the high level steps. I will elaborate on each one a little later.

A little later I will tell you about some very cool tools and resources that will help you blast past any barriers that you have if you are having troubles.

Step 1) Learn the patterns that your body goes through when you sleep and then set your alarm to wake you up right at the end of the part where you dream.

Step 2) Get good at remembering your dreams

Step 3) Wake up your conscious mind inside a dream without waking up your body!

Step 4) Take control of your dream and shape it into whatever you wish!

Step 1. Finding your optimal sleep patterns:

This step is pretty straight forward, and was covered in detail in chapter 4 of the main course, Miracle Mastery. If you've already read it there and are familiar, you can skip right over to step 2. If not, I will recap:

Most healthy adults need to get at *least* 3 or 4 complete cycles sleep each night in order to function effectively through their day. For our purposes, a cycle is composed of two parts. You don't dream in the first part of a sleep cycle, so we don't need to concern ourselves with it. It's the second part of the sleep cycle, called the "R.E.M." stage where dreams happen, and that's where we want to focus our attention.

REM stands for Rapid Eye Movement, and that is characterized by the eye darting around underneath the closed eyelids as the mind is processing the visual images from inside a dream.

By ensuring that we wake up right at the end of the REM stage, we are much more likely to remember the dream we just had, and we will be much more alert and refreshed when we do wake up.

To find the best durations for sleep that will make it easier to remember your dreams you must first find out just how long one full natural sleep cycle is for **you**.

You can do this by remembering what time you went to bed on a day when you can sleep in the next day. Sleep in until you naturally wake up on your own and feel refreshed, then note the time and figure out how long you were asleep.

If you wake up feeling groggy, try it again on another day. We need to find a bench mark of sleep where you wake up feeling positively energized.

Most people, when left to their own devices tend to get between 3 to 5 full cycles of sleep before they wake up naturally. With this in mind, divide however long you were asleep by 3, by 4, and by 5 to get a series of "best guesses" for how long one complete sleep cycle is for you.

For example, if I went to bed at 10pm on Saturday night, and woke up at 8am Sunday morning, I just got 10 hours of sleep. Next, we divide 10 by 3, by 4 and by 5. This gives us a series of educated guesses about the length of a single sleep cycle. In my example I have 3 hours and 20 minutes, 2 hours and 30 minutes, and 2 hours.

On the next day when you go to sleep, set an alarm to wake you up after the first duration of 3 hours and 20 minutes. If you wake up and feel great, (even though it is probably insanely early!) then you have probably found the duration of your sleep cycle.

Just to be sure, do the same thing on other nights for the other time durations: 2 hours and 30 minutes, and 2 hours.

For one of these three trials you will probably wake up and feel exhausted. In another of these trials you might feel “ok”. In one of these trials you will likely wake up and feel surprisingly energized and refreshed!

Once you find this number, you can double check that it is the smallest increment by dividing your number by 2 and trying the sleep experiment one last time, just in case you have a particularly short cycle.

Now that you know the duration of your sleep cycles, plan the time you go to sleep at night by working backwards from the time you want to wake up in the morning.

If you want to wake up at 8am, and your cycle was two hours, then you can go to sleep at 10pm for 5 complete cycles, or Midnight for 4 cycles and still feel great in the morning.

(You can get fewer cycles in a night too, but the fewer you get, the earlier you will get tired the next day!)

Step 2. Remembering your dreams:

What good is having a lucid dream if you don't remember it when you wake up?

The mere fact that you are shifting your patterns to ensure that you wake up at the end of REM sleep should dramatically increase the number and vividness of the dreams you remember, but we can do better!

I've never been the kind of person that keeps a diary or writes in journals... I just never saw a need for them. That is, until I started experimenting with dreaming.

When you dream, your brain waves are in a different state than when you are awake, and that dream state does not lend itself to bringing dreams into your long-term memory.

If you know a little about how computers work, think of a dream as a kind of temporary file that your mind uses to get organized while you sleep. When that file is no longer needed, it simply gets deleted in the morning.

We need to condition the mind to not throw out the dreams that we wish to retain.

The key to remembering your dreams is to carry those memories up from the end of the dreaming stage and hold on to them until you complete the transition to full consciousness. Once you are fully awake, your mind can then easily take your dream experience and file it into your long-term memory.

Keeping a dream journal by your bed is the best, fastest and most effective means I have found to remember your dreams. The instant you wake up **immediately** write down everything you can remember in as much detail as you can.

Write fast and try to convey as much info as you can, because when you first start writing in your dream journal the memories will fade **very** quickly.

Something that started out remarkably vividly could be completely gone in just a few minutes.

Keeping a journal works in two ways. The obvious way is that you have a bunch of notes to help "jog your memory" for all the things that you have written down.

The second way is more subtle but even more powerful... Writing in a journal engages many parts of your conscious mind all at once. It requires muscle coordination, language centers, and memory all to work in harmony at the same time.

By forcing yourself to start remembering and writing the instant you wake up, you are training your mind to make a faster, smoother transition to the fully consciousness state where it is easiest for you to store your experience in long-term memory.

Once you have written everything you can remember, read it back immediately a few times and try to remember the specific details as you do so.

Then, read it back again after a few minutes. This will dramatically improve the amount of details that you remember in the long term.

You could also keep a small voice recorder by your bed and describe your dreams instead, but the act of writing makes for a stronger impression.

You won't always need to keep a dream journal. It is just a crutch to support you until you condition yourself to wake up in the correct state to remember your dreams on your own.

You are using it to learn a new habit that you perform when you wake up and it is said that most people take about a month to establish (or break!) a habit. With this in mind, I'd recommend that you keep a dream journal for at least that long.

The need for a "journal phase" is temporary, but very effective. I can still remember every vivid detail of the very first dream I wrote down nearly twenty five years ago!

Step 3. "Wake up" inside your dream without waking up your body:

This is the most important part, but fortunately it's very easy when you know how!

We need to create a "cue" to wake up your conscious mind while you are in a dream. To do this, we will form something called a "conditioned response" so that whenever this cue comes up, you check to see if you are dreaming.

Every time the cue comes up in your waking life, ask yourself if you are dreaming. Eventually this becomes a habit, and sooner or later that cue will pop up in your dream imagery.

Out of habit, you will ask yourself if you are dreaming, except this time you are asking yourself this question while you ARE in a dream. Your conscious mind has to be the one to answer the question, so it "wakes up" to give its reply!

For starters, we need to pick what the cue will be. It should be something simple and that you are exposed to a lot during the course of your normal waking day.

My cue is every time I look at my watch. Someone else might choose something like every time they sit down to eat, or every time they make a phone call.

The cue doesn't matter, as long as it is something that happens many times during the course of a typical day.

This next part may sound bizarre, but just follow along.

Once you have settled on this cue, every time it comes up during the day, look at your hand. Count the fingers. Look for your fingerprints. While you are doing this, ask yourself "Am I dreaming right now? Should my hand have five fingers? Do I have fingerprints? Is my hand supposed to be blue? Am I in a dream right now?" Then make some affirmations to help you in your future attempts: "I always remember my dreams perfectly when I wake up and I always know when I am in a dream."

You should select some questions that have a “yes” answer and some that have a “no” answer, to make sure that your thinking process is engaged and you should end with positive affirmations. These are messages to your subconscious that basically tell it not to throw away the dreams when it’s done with them so that they are easier to remember when you wake up.

You don’t need to use exactly these questions and affirmations, but you get the idea. Whatever ones you choose, use exactly the same ones every time because they need to become a habit.

The reason we count fingers and check for fingerprints is that these are actions that help engage the conscious mind so that it doesn’t wake up just long enough to acknowledge “Yes, this is a dream” and then go back to sleep.

I’ve had occasions before adding the extra questions where I remembered being in the dream and saying “Yup. This is a dream” and then having things go back to the way they were. When that happened I always feel like I missed out on an exciting opportunity because a lucid dream is so much fun.

When you are actually in the dream and doing the dream-check of your hand, something should be different, but even if it is something really bizarre you might not notice it at first. This is why during the day, you can’t just go through the motions. You need to really look at your hands and think about what you see and the answers to the questions.

One time in my dream I looked at my hand and it had seven fingers. I asked myself in the dream “Should my hand have five fingers” and it seemed so natural in this particular dream that I answered “No, a hand has seven fingers.”

Something felt wrong though, so I kept staring at my hand in the dream, and I finally placed it... What was bothering me was not the finger count, but the fact that my fingerprints were actually floating off the ends of my fingertips!

In the dream, I thought “I don’t think the finger prints are supposed to do that”, and then suddenly everything came together and my consciousness

was fully engaged. I got all excited in my dream and yelled out, “Wait! My hand should only have five fingers! I’m dreaming!”

The next time I looked at my hand it had five fingers.

From there I took control of the dream and had quite an adventure!

Work with your cues as often as you can remember to when you are awake and you will have a lucid dream that much sooner.

Just because it takes about a month to establish a habit does not mean that it will necessarily take you a month to have a lucid dream.

Depending on your attitude, and the intensity of your desire to have a lucid dream as you fall asleep, you might find you have one much sooner, maybe even tonight, and if you want to dramatically stack the deck in your favor, check out the resources at the end of this book for some powerful “extra help” if you need it.

Every time you fall asleep is a possible opportunity to have a lucid dream but in the end it will happen in its own time.

If you want to increase your odds of having a lucid dream, on the weekends, set an alarm to wake you at the end of each sleep cycle (4 or 5 times during the course of the night) so that if you do have a lucid dream at the end of one cycle, you don’t have to go through a bunch of other cycles before you wake up and try to remember. Perform the hand-test before going back to sleep each time, just in case you only dreamed the alarm went off!

A second way to have a lucid dream:

There is another way to experience a lucid dream, and it requires a lot more practice, willpower and control.

When you are in bed, prop your arm up like you are going to arm wrestle someone and keep it up as you doze off. When you fall asleep, your arm will

fall down and wake you up... At this point you will probably be very groggy, and in something called “The Hypnagogic state”. This is the transition stage between waking and sleeping. Your limbs will probably feel very heavy and your body will probably be very relaxed.

The trick here is to engage enough consciousness to stay alert all the way into sleep (which sounds like a paradox, but it is possible) without retaining so much consciousness that you can't fall asleep.

Here's how you do it: Once you are in the sleepy state, close your eyes and focus on an image that you would like to dream about. See it as vividly as you can in as much detail as you can, and all the while focus on how relaxed your body feels.

You should feel “far away” and your body will be very relaxed and “floaty”. Concentrate on the physical sensations of relaxation all through your body, while keeping the image of your “destination” in mind. You should feel the relaxation deepening. You can even think of thoughts to reaffirm your intentions.... “only my body is sleeping but my mind is awake”, or something to that effect.

If you do it right, at some point as your body is super relaxed you will see that the mental image of your dream destination jumps into absolute perfect clarity and all other sensations click in at the same time. The sights, the smells, the sounds... suddenly you are right in the middle of it.

Here I would like to point out that in the dreamscape time usually does not work the same way as during our waking hours. At this point you may find that time is stopped in your dream and you are walking around in a static environment or you may find that the still image that you imagined became animated once you actually crossed the threshold and entered into the dream. If time is stopped, just imagine everything in motion and everything will instantly start up again.

I once had a dream where I spent a whole day at an amusement park. I went home, went to sleep IN MY DREAM, had a dream in my dream, woke up and wrote the dream in my journal while still in my dream, had another

whole day in the dream and then finally woke up for real. In the real world, I didn't even know what day it was!

My subjective time was nearly two days, but I had only been asleep for about six hours and I am sure I was dreaming for much less than that!

Incidentally, the technique that I have just mentioned where you kind of watch your body get more and more relaxed as your mental imagery gets sharper and clearer is actually a form of self-hypnosis.

Some people may be frightened by the idea of being hypnotized, but this is all it is... the body gets super relaxed and the mind gets super focused. There is no danger, and you are always in control: you can wake up at any time you wish.

Have fun practicing both methods and see which one works best for you. Some people get so good at this process and can do it just about every time!

Step 4. Taking control!

Ok, you now know two different ways of entering a lucid dream but what do you do once you get there?

Well, until you get some experience, controlling the dream may be fairly challenging even when you know you are in a dream. That's because your subconscious mind is the one that is creating the experience for you, and it has a mind of its own!

As I said before, your subconscious mind is playful, and childlike. It doesn't always take direction well and it likes to have fun... sometimes even at your expense!

You can learn a lot more about how to work and communicate with the subconscious in my book, "Miracle Mastery", but for now, all you need to know is this: When you start out attempting to make changes to your dream environment, pretend you are talking to a child of about 6 years old.

Talk gently while imagining what you want to take place. Make requests and suggestions, don't make demands, and most important of all, approach the dreamscape in a spirit of fun and adventure. Develop an air of "confident expectation" when trying to make changes to your surroundings instead of trying to force a change.

For an example of some of the trickiness that can occur in the dream state, I once had a lucid dream where I was standing in an all white room. I did the hand test in the dream and realized that I was dreaming so I decided to try to materialize an object in the air.

I held out my hand and said aloud (In the dream) "I sure would like an apple right now", while I pictured an apple materializing in my hand.

I waited expectantly and nothing happened.

I turned disappointed to the door of the room which was behind me and when I turned, I discovered that the half of the room behind me had dissolved, and that behind me was a huge apple orchard!

The subconscious is not without a sense of humor and the more practice you get interacting with it, the more control you will have over your dreams.

Since your subconscious plays a key role in the implementation of your psychic powers in your waking time, any progress that you make in controlling your dreams will be of direct benefit to your waking psychic development as well.

In fact, for this very reason it is of tremendous value to practice the physical psychic abilities in your dreams as well as in your waking time.

Teleportation, telekinesis and flying are *fun* and can lead to lots of opportunity to develop your rapport with the subconscious.

In the Hindu philosophy there is a term "Maya" which describes our waking reality as the dream or illusion which obscures the spiritual reality of all things.

If we develop the ability to change and control our own dream, who's to say the same skill can't change the "waking dream" too?!

What can I do if I am having trouble "waking up" in my dreams?

The two techniques that I have given you are very powerful and sooner or later they work for pretty much everyone, but who wants to wait to begin such an incredible adventure?

There are two additional resources that can be immensely helpful to you if you want to have a Lucid Dream sooner rather than later. (and by sooner I mean most likely within the next couple of nights)

Brain Wave Entrainment:

Now I know that has to sound scary to a lot of people, but it's actually a very simple and extremely powerful technique that uses external sounds to guide your mind into a specific state.

You can learn all about what they are and how they work from my web site here: <http://www.allthingspsychic.com/Binaural%20Beats.html>

The page is specifically about using them to unlock your psychic abilities, but the principles of how they work are exactly the same: The sounds of the recording help you fall asleep quickly and then guide you to particularly vivid dream state.

From there, the sounds gently guide your brain wave activity up towards the level of waking consciousness and "flirt" with the line between sleeping and awake. In this state it is much easier to identify the oddities in your dream environment so that you can fully wake up inside the dream and take control.

If you would like to try using a Brain Wave Entrainment recording like Binaural beats, there are lots of places online that you can find and purchase them, and some of them quite good.

I've tried a lot of different places, but I've always had the best luck with recordings from a place called the "Unexplainable Store".

(<http://www.allthingspsychic.com/UnexplainableStore>)

They have a lot of really exciting experiences available for you should you chose to give them a shot, and you can get the recording that I just described that is specifically tailored for lucid dreaming right here:

<http://www.AllThingsPsychic.com/LucidDream1>

Lucidology:

I found a web site that has a fantastic collection of resources for people looking to experience Lucid Dreams and it also has some of the best, easiest and most effective techniques that I've ever encountered for having an Astral Projection too.

I highly recommend that you take a look at the web site "Lucidology" right here: <http://www.AllThingsPsychic.com/Lucidology>

If you sign up for their free newsletter (which I highly recommend... it has *Great* info on how to do this) then they will send you lots of free information and even a computer program that you can tune to your exact sleep patterns to trigger your Lucid Dream.

In Conclusion...

I hope you have enjoyed reading this manual.

Just reading this booklet sends a message to your subconscious that you are interested in experiencing a lucid dream, so with a little luck you might even have one tonight!

Give it a shot.

Lucid dreaming is an amazing experience, and there is a world of fun that awaits you!

All my best,
- Dave, for All Things Psychic.

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