

Lucid Dreaming

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What is a Lucid Dream?

Any Dream where one is
aware that one is dreaming.

Why does it matter?

Because it is fun

Because it is fun





About Sleep





But it doesn't matter

The Stages of Sleep

NREM

The Stages of Sleep

Non
Rapid
Eye
Movement

The Stages of Sleep

NREM 1

The Stages of Sleep

NREM 1

- Happens while falling asleep.
- Only lasts a few minutes.
- Hypnagogic

The Stages of Sleep

NREM 2

The Stages of Sleep

NREM 2

- Body shuts down.
- Brain waves become longer.

The Stages of Sleep

NREM 3

The Stages of Sleep

NREM 3

- Lasts 30-45 minutes.
- Brain produces delta brain waves.

The Stages of Sleep

NREM 4

The Stages of Sleep

NREM 4

- Little brain activity.
- Heart rate slows down.
- Sleep Walking.

The Stages of Sleep

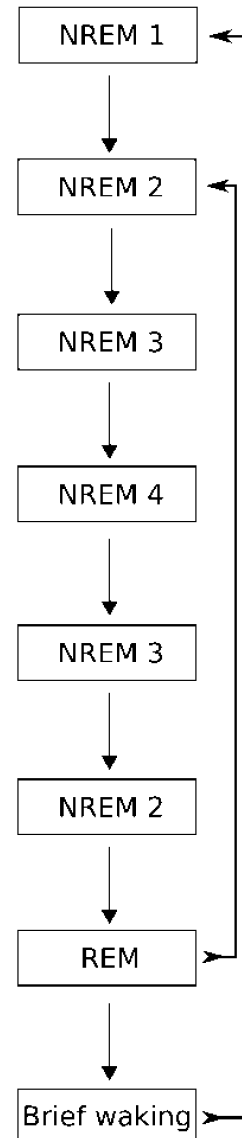
REM

The Stages of Sleep

REM

- Dreaming.
- Rapid Eye Movement.
- Parrallelized

The Stages of Sleep



MYTH: I Don't Dream

FACT: You Do Dream

FACT: You Do Dream

You just don't remember doing it.

Dream Recall

Dream Recall

- Believe that you will.

Dream Recall

- Believe that you will.
- Write down your dreams.

Dream Recall

- Believe that you will.
- Write down your dreams.
- The more detail the better.

Dream Recall

- Believe that you will.
- Write down your dreams.
- The more detail the better.
- Use dream backtracking.





INCEPTION

How to Lucid Dream

Reality Checks

Reality Checks

- Breathing

Reality Checks

- Breathing
- Jumping

Reality Checks

- Breathing
- Jumping
- Text

Reality Checks

- Breathing
- Jumping
- Text
- Time

Reality Checks

- Breathing
- Jumping
- Text
- Time
- Lights

Reality Checks

- Breathing
- Jumping
- Text
- Time
- Lights
- Mirrors

Reality Checks

- Breathing
- Jumping
- Text
- Time
- Lights
- Mirrors
- Continuity

Techniques

Techniques

WBTB

Lucid Dreaming Techniques

Wake
Bake
To
Bed

Lucid Dreaming Techniques

Auto-suggestion

Lucid Dreaming Techniques

MILD

Lucid Dreaming Techniques

Mnemonic
Induction of
Lucid
Dreams

Lucid Dreaming Techniques

WILD

Lucid Dreaming Techniques

Wake-
Initiation of
Lucid
Dreams

Lucid Dreaming Techniques

VILD

Lucid Dreaming Techniques

Visual Induction of Lucid Dreams

Lucid Dreaming Techniques

Visual Induction of Lucid Dreams

Lucid Dreaming Techniques

CAT

Lucid Dreaming Techniques

Cycle
Adjustment
Technique

Staying in a lucid dream

Staying in a lucid dream

- Hand Rubbing.

Staying in a lucid dream

- Hand Rubbing.
- Spinning.

Staying in a lucid dream

- Hand Rubbing.
- Spinning.
- Stopping to experience the world.



False Awakenings



What to do in a Lucid Dream

EASY



EASY

- Fly.

EASY

- Fly.
- Explore the world.

EASY

- Fly.
- Explore the world.
- Walk through mirrors.

EASY

- Fly.
- Explore the world.
- Walk through mirrors.
- Interact with other people.

MEDIUM



MEDIUM

- Teleport

MEDIUM

- Teleport
- Create new dream characters

MEDIUM

- Teleport
- Create new dream characters
- Fight

HARD



MEDIUM

- Create music/art.

MEDIUM

- Create music/art.
- Sex.

MEDIUM

- Create music/art.
- Sex.
- Creating new memories.

WARNING



Resources

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- Wikibooks:
http://en.wikibooks.org/wiki/Lucid_Dreaming

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- Dream Views forum: <http://www.dreamviews.com>
- These slides:
<http://leifandersen.net/presentations/>

Questions?

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