

# Relaxing Rhythm

Guided meditation is relevant to Lucid dreaming, guided meditation is easier after you've been lucid dreaming for a while, I say this because meditation is one step above sleep / dreaming.

In lucid dreaming you create what you want as you are dreaming, there is no layer of your subconscious that'll create something beforehand to guide you.

Guided meditation is almost like your brain having a cheat sheet or a set path to follow that your brain took only a moment to come up with, Its not something that comes with consciousness, but instead created by your deep subconscious and then replicated as you enter the proper state of mind.

The name Guided is miss leading I feel like it says you'll be guided and it will work every time, but thats not the case, The human subconscious has a mind of its own. While you are thinking about what drink will go with your robust sandwich and if it will if you a stomach ache, its working hard pumping your blood. But most relevant to this conversation its thinking about everything that comes to mind, from what you see, hear, smell, and taste and even consciously visualize in your mind. Its occurred to me that its possible for our mind to overlay itself because its blind to us and we are born blind to it. Is it logically correct that your subconscious opened up the taste corridor at random and you where consciously eating? if so it could have effects that distort one another because one is formed of mainly positive energy and the other is its opposite positive+.

Guided meditation is a high form of meditation it requires subconscious focus, Zen / Deep relaxation, because you subconscious is whats guiding your subconscious, I believe the reason consciousness does not correspond perfectly with subconscious to begin with is because they repel one another. Have you ever had the bizarre experience of forgetting something as you thought it? Thats because it was stored in your subconscious and as soon as your consciousness got close to it and charge and pushed the trace of the saved moment somewhere else.

Its easy for us to remember something our conscious recognized because when our conscious goes back to it they attract rather than repel one another.

Its easy for our subconscious to remember something stored in its subconscious because they too attract to one another, Guided meditation is about your subconscious being strong enough to guide itself.