

Topic: Lucid Dreaming

General Purpose: To Inform

Specific Purpose: To inform the audience of the power of lucid dreaming

## I. Introduction

- A. Attention Getter: The average person who spends 229,961 hours they are sleeping 8 hours a night
- B. Relevance Statement: How awesome would it be to spend this time in a somewhat proactive manner
- C. Credibility Statement: I have been experimenting with lucid dreaming for around a year on and off and have had multiple lucid dreams
- D. Thesis: Lucid dreaming is an incredibly powerful and wonderful way to be proactive while sleeping
- E. Preview: I am going to discuss the incredible things you lucid dreaming allows you to do as well as how to start lucid dreaming somewhat consistently

(Transition: Address the power of lucid dreaming and why you should care )

## II. Body

- A. Lucid dreaming is an incredibly power experience that opens up another world
  - 1. Lucid dreaming is the act of being aware that you are in a dream
  - 2. We have all had dreams and sometimes you wake up from an incredibly powerful taken away.

- a. Lucid dreaming allows you to wake up almost every morning in this manner
- 3. When lucid dreaming you can do anything you want ranging from flying in New York City starting WW3 or practicing a skill
  - a. Harvard did a study on lucid dreaming “In field experiments that required people to toss coins into a coffee cup from a distance of two meters, participants who dreamed they practiced the task significantly outperformed those who didn’t” (HBS Review)
  - b. That means you can practice languages, a speech in front of a crowd and even driving a car.
- 4. You can do anything your mind can conceive of. Great power comes great responsibility.

(Transition: Discuss What is the experience like)

B. Lucid dreaming is like being conscious as we are now in a different world

- 1. When I had my first lucid dream I went a little haywire. It is no different than seeing and feeling what you do right now in your conscious state
  - a. You can feel pain, love , passion and nearly any emotion
  - b. I started my dream off by shooting lightning bolts out of my hands like Thor and made it start snowing. I also went up to my parents and became a huge show off

2. You often will feel more alive and intune to reality than the conscious world.

Davinci had a quote describing this as “Why does the eye see a thing more clearly in dreams than the imagination when awake”

(Transition: How you can begin lucid dreaming today)

C. Lucid dreaming is learned like any skill by practice and repetition

1. Dream journaling is the act of writing down your dreams and distinguishing patterns that prove to you that you were dreaming
  - a. Such as did you see something unrealistic happen such as a mountain move
  - b. Or such as colors of a building changing or randomly teleporting somewhere
2. Start practicing dream checks in the waking world
  - a. Dream checks are where you prove to yourself you are not dreaming. Such as by seeing if your hand goes through your arm or by checking a mirror.
  - b. Another method is by trying to find a clock. If you cannot find a clock or mirror it's a pretty strong indication you are dreaming
3. Turn your room into a sanctuary of sleep
  - a. Have it as dark as you possibly can
  - b. Avoid technology and anything that emits digital light an hour before bed
  - c. Practicing meditation before bed can improve your odds
4. Another method that is not recommended in the long term is consciously awakening with a loud sound that plays once

- a. The goal is to keep your eyes shut when you awake and quickly fall asleep
- b. Makes it easier to become lucid on first shot

(Transition: In conclusion lucid dreaming is an experience capable of transforming one's life. It adds volumes of good and makes for an interesting conversation )

### III. Conclusion

- A. Restatement of Thesis: Lucid dreaming is an incredibly to remain proactive and have fun while sleeping
- B. Summary of Main Points: Lucid dreaming is a very real and awesome experience. you can practice skills or do anything your heart desires. But learning how to lucid dream and control it's powers often takes many months to years to master
- C. Tie to Intro: Lucid dreaming has been a wonderful addition to my life. Needless to say it's changed my life. It's given me a powerful outlet as well as a new found advantage
- D. Concluding Statement/Call to Action: It takes a lot of time and practice to begin lucid dreaming. You may start lucid dreaming very quickly but learning how to control your power takes months to master. But as with anything, start with what you know and begin to enjoy the power of lucid dreaming. There are many resources available with incredibly thorough instructions on how to master lucid dreams.

Work Cited

<https://hbr.org/2012/04/practicing-in-dreams-can-improve-your-performance>