

## Lucid Dreaming!

There is one way to find out if you are capable of lucid dreaming, and that is through our classes! They are priced on our website, and you can find out more simply by navigating to it!



If you have more information or things you'd like to include, please submit an inquiry on our website. Without further ado, here is some information on lucid dreaming!

**Definition:** In the psychology subfield of oneirology, a lucid dream is a type of dream in which the dreamer becomes aware that they are dreaming while they are dreaming.

How can you learn to lucid dream? It's simple! All you must do is follow a few different steps! Our classes teach more, but we will get you started:

You'll set alarms throughout the night, to about every 2 hours, fully wake up, drink a glass of water, or find something to read for about 30 minutes, and then you will go back to sleep telling yourself that you

are going to lucid dream, as an anchor. Repeat to yourself in your mind over and over, "I am going to lucid dream now."

This is the first of many steps that we can teach you should you choose to join our class!