

How To Lucid Dream Yahoo Answers

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How To Lucid Dream Yahoo

Lucid dreaming is a learned skill and occurs when you are dreaming, you realize you are dreaming and you are able to then control what happens in your dream -- all while you're still asleep. Being able to control your dreams would be a very cool thing to be able to do, but it is a difficult skill that usually takes special training.

Lucid dreaming.....? | Yahoo Answers

Best Answer: Don't worry so much about lucid dreaming. I've never experienced lucid dreaming. Use your sleep time for the best purpose which is to get some rest. Just accept whatever dreams develop and don't worry about it. Do not spend too much time on dream interpretation unless you happen to have a dream ...

How to Lucid Dream tonight? | Yahoo Answers

Lucid dreams usually occur while a person is in the middle of a regular dream and suddenly realizes that they are dreaming. Once you realize this, you have the ability to control your dreams, which is pretty much the most essential part of lucid dreaming.

How to lucid dream???? | Yahoo Answers

OK so I recently heard of Lucid Dreaming, and I would like to try it. I've heard it's very hard though, cuz when u realize ur in a dream, u usually wake up. Anyway, I would like to know the easiest way to lucid dream. And is there any harm that could happen to me. Like I cant wake up, or I get killed in my dream and I end up in a coma on something.

How to lucid dream? [[[PLEASE ANSWER]]]? | Yahoo Answers

Best Answer: Try jumping into the air a few times a day when nobody is around. Do this daily. After three to four weeks, if you've been consistent, you'll have a dream where you jump into the air. But in dreams, we don't just drop back to the ground, we float back down. Then you'll know you're in a dream.

how to have lucid dreams? | Yahoo Answers

Best Answer: The term "lucid dreaming" refers simply to dreaming while aware that you are dreaming. Lucid dreamers report that the experience is far more vivid than the most intense drug-induced hallucination. Advanced lucid dreamers are able to control their dreams, deal with unconscious fears, and even learn while they sleep.

How do I lucid dream? | Yahoo Answers

Answers. What To Do In a Lucid Dream: when you realize your in a dream a good method of turning it into a lucid dream is to look at your hands in the dream, this will help you gain control over the dream. If you start to feel like the dream is taking over again stare at your hands again to help yourself gain control again.

How to lucid dream??? | Yahoo Answers

My lucid dreams are becoming extremelly frightening every night. I go into a dream, realise I am dreaming but some things are out of my control. Its extremelly eerie and discomforting, and when I wake up, I don't really, its a fake wake up and its extremelly difficult to awaken, I sometimes wake being unable to move my body and hallucinate as I linger between being concious and unconcious.

How to stop lucid dreaming? | Yahoo Answers

I've been trying to do this for many many years. My cousins and best friend have too. We can't seem to get to get it right. Like, I specifically feel the vibrations and the lifting upwards. I make sure I do it in a quiet and dark room, alone. I can feel it working then either I fall asleep, having absolutely no dream, or it just stops.

How to Have a Lucid Dream/Astral Travel? | Yahoo Answers

Best Answer: Get someone to flash a very small light into your eyes when they see that you've

entered REM sleep. Eventually you get conditioned to know that the light in your dream is a signal that you're dreaming. I've never tried it but in a video in my Psychology class, a guy made lucid dream sleeping ...

How to lucid dream TONIGHT? | Yahoo Answers

Answers. Best Answer: Visualize what you want to dream about before you go to sleep. This will take some time but before long you should be able to become lucid. Tap into your unconsciousness as well when you are conscious. To do this you must be aware of EVERY LITTLE THING you do throughout the day for a few weeks.

How to lucid dream? | Yahoo Answers

Then when you are ready to sleep, lay down face up with your hands at your sides and your eyes closed and don't move at all. If you fall asleep and happen to see your hand in your dream, take note on if the thing you wrote on it. If it isn't there, you now know you're dreaming and can control your dream.

How to lucid dream??? | Yahoo Answers

I once had a lucid dream and it felt so real that I remembered every single detail when I was fully awake. The amazing part about lucid dreaming is you "know" you're dreaming, so you do things unreserved, things you would never do in your ordinary dreams just because you don't know you're dreaming and you think they're real.

How can I have lucid dreams? | Yahoo Answers

I always wanted to have a lucid dream but i didn't :(however last night i set my alarm for 3 o'clock and when i woke up i staid up for half an hour than fell back sleep with my arms at my side and eyes closed also i staid perfectly still i started hearing weird noises and i kinda panicked i tried to stay calm but i stopped hearing noises :(does that mean i was about to have a lucid dream cas ...

lucid dreaming? | Yahoo Answers

If each and every action is in line with own instincts and private concerns of concept, then one act after the different skill one lucid dream interior yet another lucid dream. regardless of each and every thing, we are all desires interior the dream of a dreamer who's been asleep via fact the beginning up of time. we are each and every of the ...

How to Lucid Dream? | Yahoo Answers

Iv read up process of lucid dreaming and tried it for a while without much success, iv gone down the route iv laying on the same position without moving and my body thinking i'm asleep when really i'm not with the signals an all that but has anyone got any good tips how they have managed to perfect it or help it come on?

Lucid dreaming how to? | Yahoo Answers

Best Answer: Meditation works well. But if you find it hard to meditate there are tons of herbs that you can buy that are very well known for causing lucid dreaming. I personally love dreams. Calea zacatechichi is an herb known as the dream herb look it up its been used for thousands of years as a lucid ...

Whats the best way to lucid dream? | Yahoo Answers

Yahoo Philippines Answers ... Who ever tell you that Lucid Dreaming is not a learned ability is strongly mistaken!!! Lucid Dreaming is A skill !!! one of the first important things to get lucid dreams is to actually have a recall of your dreams (don't have to be Lucid Dreaming).

How to Lucid Dream? | Yahoo Answers

I've just heard about lucid dreaming, and i'm really interested by it. Only, I was hoping some people who have had lucid dreams could help with a few questions before i start devoting time to learning it. 1. How REAL is lucid dreaming? I mean, does it feel the same as reality, with the same physical

control? 2. And, for those of you that have had them, what has been your best experience?

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