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# World of Lucid Dreaming: Learn How to Control Your Dreams

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Lucid Dream Forum (<http://www.world-of-lucid-dreaming.com/forum/>)

Lucid Dreaming (<http://www.world-of-lucid-dreaming.com/lucid-dreaming-fast-track.html>) is the scientifically proven ability to become conscious while dreaming - to "wake up" and take active control of your dreams.

In this heightened mental state you can:

- **Explore your dreamworld** with total clarity, where everything you see, hear, touch, taste and smell can be as authentic as reality.
- **Fulfil any fantasy** like flying, having sex, base jumping, shapeshifting, time traveling, meeting your hero and visiting other worlds.
- **Overcome personal problems** like fears, phobias, anxieties, nightmares, past traumas and recurring dreams.
- **Tap into your creative genius** by playing music, seeking artistic imagery and conversing with your dreaming self.



## What Does Lucid Dreaming Feel Like?

A fully lucid dream is tangible, rich and visually detailed - sometimes furnishing you with even greater awareness than you have right now, such as 360-degree vision or existing in two places at the same time.

Because it all takes place in your mind, the dream world has no physical laws. Anything you can conceive of comes true.

You can take control and warp *The Matrix*

(<http://www.amazon.com/exec/obidos/ASIN/B000HAB4KS/woroflucdre-20>) like Neo, fly and soar over cities like *Iron Man* (<http://www.amazon.com/exec/obidos/ASIN/B001KZG99A/woroflucdre-20>), slow down time *Inception* (<http://www.amazon.com/exec/obidos/ASIN/B0047WJ12K/woroflucdre-20>)-style, have sex with anyone, fight like a ninja, re-live childhood memories, and more.

In fact, the possibilities of lucid dreaming are limitless.

But a lucid dream is not merely a fantasy playground; it's a chance to interact with other parts of your psyche via dream characters (<http://www.world-of-lucid-dreaming.com/how-to-create-dream-characters.html>) and with your unconscious self via the fabric of the dream itself.

This website reveals all kinds of applications for conscious dreams, so if you think lucid dreaming is just about wish fulfillment - think again.

## The Benefits of Lucid Dreaming

Once you know how to become lucid in dreams, you will discover a strange new world - an entire universe, no less - of which you are fully aware and can manipulate with the power of thought.

Beyond the fantastic escapism, you can interact with your unconscious dream self. That's because a lucid dream is a co-created experience; where your conscious and unconscious collide.

In regular dreams, the environment, characters, themes, symbols and plot are all driven by your unconscious mind, which communicates through experiential memory and conceptual form.

With self-awareness (lucidity) in your dream world, you can co-create the dream by wilfully performing any desired action within the unconscious dreamscape. You can ask any question or give any command and your unconscious dreaming self will respond. For instance, simply ask out loud of your dream:

- What is my perfect partner like?
- What is my ideal career?
- Where shall I live in the world?
- How can I become wealthy?
- What is the purpose of my life?
- What is my greatest fantasy?
- What will my life be like in 10 years?

The answer's origin may even surprise you; written in clouds in the sky or beamed telepathically into your mind.

Lucid dreaming is a strange new world... Come on in! :)

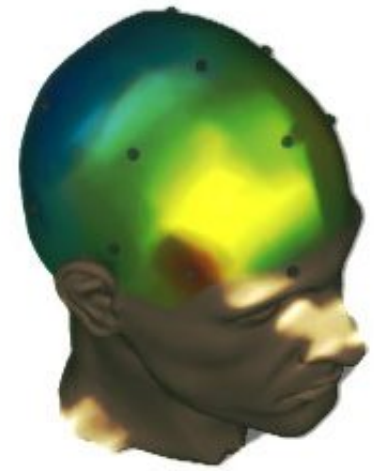
## Is Lucid Dreaming Scientifically Proven?

Yes. There is significant scientific research (<http://www.world-of-lucid-dreaming.com/is-lucid-dreaming-real.html>) that proves the existence of lucid dreaming.

Brainwaves (via EEG), bloodflow (via MRI) and eye movement (via EOG) data have all validated significantly heightened awareness during the lucid dream state.

Indeed, lucid dreams now provide credible explanations for the night-time phenomena of alien abduction (<http://www.world-of-lucid-dreaming.com/are-alien-abductions-real.html>) and astral projection (<http://www.world-of-lucid-dreaming.com/astral-projection.html>).

There are three particularly groundbreaking experiments from the last 40 years which scientifically validated the existence of lucid dreams:



## The First Proof of Lucid Dreaming

In 1975, lucid dreaming was scientifically proven in the laboratory for the first time by the British parapsychologist Dr Keith Hearne. He recorded a set of pre-determined eye movements from his volunteer, Alan Worsley, who was in a lucid dream, via an electro-oculogram (EOG).

By manipulating his dreaming Rapid Eye Movements (REM), Worsley showed that he was lucidly *choosing* to look in certain directions while dreaming. It was a basic communication between the dreamer and the outside world.

## Lucid Dreaming as a New State of Consciousness?

More recently, a 2009 study (<http://www.ncbi.nlm.nih.gov/pubmed/19750924>) by the Neurological Laboratory in Frankfurt showed significantly increased brain activity while lucid dreaming.

An electroencephalogram (EEG) recorded highly active brainwave frequencies up to the 40 Hz (or Gamma) range when lucid. This is far more active than the normal dream state (Theta range, 4-7 Hz), supporting the need to classify lucidity as a separate state of consciousness altogether.

The research also showed heightened activity in the frontal and frontolateral areas of the dreaming brain - the seat of linguistic thought and other higher mental functions linked to self-awareness. Sleep scientists accept that lucid dreaming may offer considerable insight into human consciousness.

## "Brain Zaps" Reliably Trigger Lucid Dreams

In 2014, [this remarkable research \(http://www.world-of-lucid-dreaming.com/scientists-trigger-lucid-dreams-with-electrical-stimulation.html\)](http://www.world-of-lucid-dreaming.com/scientists-trigger-lucid-dreams-with-electrical-stimulation.html) out of Frankfurt University revealed that lucid dreams can be induced with electrical stimulation of the brain.

When non-lucid dreamers were subjected to 30-second jolts of electrical current to the frontal cortex, they reported spontaneously vivid dreams in which they fully recognized that they were dreaming.

Amazingly, at 40 Hz (the Gamma frequency previously linked with lucid dreaming) the trigger was effective 77% of the time.

## Where to Start

Everyone has the potential to lucid dream - but only a small fraction of people learn how to harness the ability and use it on a regular basis.

This site is designed for people who are serious about learning the art of lucidity. With my tuition, you will learn to:

- **Have lucid dreams often** - sometimes nightly
- **Control your dream world** with full clarity
- **Interact with dream characters** on a meaningful level
- **Allow the dream to guide you** through adventures
- **Reach new insights** and enlightenment

This site contains hundreds of articles. Don't let that overwhelm you - because no matter where you start, you will soon find something of value. If you don't have time to dig in now, bookmark the site for future use.

Some readers start or finish their day by spending 15-30 minutes here because it puts lucid dreaming on their brain. This is known as dream incubation, and helps promote spontaneous lucidity.

If you're not sure where to begin, sign up to my free starter course, [10 Steps to Lucid Dreams \(http://www.world-of-lucid-dreaming.com/subscribe.html\)](http://www.world-of-lucid-dreaming.com/subscribe.html), to be guided through basic lucid dream induction techniques.

If you're ready to jump in with both feet, check out my dedicated course, [The Lucid Dreaming Fast Track \(http://www.world-of-lucid-dreaming.com/lucid-dreaming-fast-track.html\)](http://www.world-of-lucid-dreaming.com/lucid-dreaming-fast-track.html). This downloadable resource gives you everything you need to know to control your dreams, in one strategic package.

Finally, becoming lucid can be a mind-blowing experience. You will find it helpful to share your experiences and ask questions about what is normal or what to expect. Our friendly [lucid dreaming forum \(http://www.world-of-lucid-dreaming.com/forum/\)](http://www.world-of-lucid-dreaming.com/forum/) welcomes you.

# The Lucid Dreaming FAQ

If you've just discovered conscious dream control, you'll probably have a lot of questions. Here are some of the most common things people want to know:

[How long does it take to have your first lucid dream? \(http://www.world-of-lucid-dreaming.com#howlong\)](http://www.world-of-lucid-dreaming.com#howlong)

[How do I know when I'm lucid? \(http://www.world-of-lucid-dreaming.com#knowlucid\)](http://www.world-of-lucid-dreaming.com#knowlucid)

[How can I stay lucid for longer? \(http://www.world-of-lucid-dreaming.com#staylucid\)](http://www.world-of-lucid-dreaming.com#staylucid)

[How can I change the scenery? \(http://www.world-of-lucid-dreaming.com#scenery\)](http://www.world-of-lucid-dreaming.com#scenery)

[How can I have flying dreams? \(http://www.world-of-lucid-dreaming.com#flyingdreams\)](http://www.world-of-lucid-dreaming.com#flyingdreams)

[Can I get stuck in a lucid dream? \(http://www.world-of-lucid-dreaming.com#stuck\)](http://www.world-of-lucid-dreaming.com#stuck)

[How do I talk to my unconscious in a lucid dream? \(http://www.world-of-lucid-dreaming.com#subconscious\)](http://www.world-of-lucid-dreaming.com#subconscious)

## How long does it take to have your first lucid dream?

One study showed a group of committed students were able to have their first lucid dream, on average, within 3-21 days. They were equipped with the right tutorials and practiced mindfully every day.

This is a guide only. Some people already possess the skills and have their first lucid dream the same night they discover the concept. Others may take months to learn the skill, especially if you're only making a half-hearted approach.

If you are struggling to have your first lucid dream, ask yourself:

- Are you [dream journaling \(http://www.world-of-lucid-dreaming.com/dream-journal.html\)](http://www.world-of-lucid-dreaming.com/dream-journal.html) every morning?
- Are you spending at least 20 minutes a day on mindful [meditation \(http://www.world-of-lucid-dreaming.com/how-to-do-guided-meditation.html\)](http://www.world-of-lucid-dreaming.com/how-to-do-guided-meditation.html)?
- Are you raising your self-awareness during waking life?
- Are you practicing your [reality checks \(http://www.world-of-lucid-dreaming.com/reality-checks.html\)](http://www.world-of-lucid-dreaming.com/reality-checks.html) frequently and mindfully?
- Have you [planned out \(http://www.world-of-lucid-dreaming.com/setting-a-lucid-dream-intention.html\)](http://www.world-of-lucid-dreaming.com/setting-a-lucid-dream-intention.html) what you'll do in your first lucid dream?

- Are you subconsciously incubating the desire to lucid dream?
- Have you mastered any in-depth lucid dreaming techniques (<http://www.world-of-lucid-dreaming.com/lucid-dreaming-techniques.html>)?

## How do I know when I'm lucid dreaming?

In *Dream Initiated Lucid Dreams*, the moment you become lucid is the moment you suddenly realize you are dreaming.

In many movies, fictional characters often realize they're dreaming and make funny comments about it but otherwise allow the dream to continue of its own accord and nothing changes. Lucid dreaming is *nothing* like this :)

In real life, the effect is quite different. Saying (and *knowing*) "This is a dream!" results in a rush of clarity of thought. Your surroundings zoom into focus and become much more vivid. You have far greater awareness of your body and it is more like a waking experience, having the opportunity to move freely and take in much more sensory information.

The features of conscious dreams can spontaneously change just like a normal dream. For instance, you may manifest a group of bear cubs which later change into a pile of boxes. Of course, you can easily call the bear cubs back again. But don't be surprised if you notice these subtle changes beyond your control. It is a co-created experience and your unconscious mind still plays a key role.

## How can I stay lucid for longer?

Beginners often find their lucid dreams end prematurely. Sometimes, the sheer excitement causes you to wake up. Other times, you may simply forget you are dreaming and the unconscious mind regains full control. In this case, the dream loses its intensity and become just like a regular dream again.

To prevent this, cultivate a calm and focused mind set in the dreamworld. Remind yourself that you are dreaming often to stay mentally grounded (<http://www.world-of-lucid-dreaming.com/how-to-stay-lucid.html>).

A simple way to enhance your lucidity and thereby prolong your dream is to rub your hands together while saying "I'm dreaming". This kinetic sensation stimulates the conscious brain, while drawing awareness to your dream body and away from your physical body lying asleep in bed.

These techniques have helped me experience lucid dreams as long as an hour.

# How can I change the scenery?

Making the [dream scene morph](http://www.world-of-lucid-dreaming.com/how-to-control-your-dreams.html#scenery) (<http://www.world-of-lucid-dreaming.com/how-to-control-your-dreams.html#scenery>) in front of your eyes can sometimes be difficult - mainly because you simply don't *expect* it to happen. This is typical of the results beginners complain about because they lack the anticipated dream control.

If you're having problems with dream control (and I should stress that not everyone does have such issues) the best way to change things is to work with your unconscious dream logic. For instance, to change the scenery:

- **Locate a dream door** (a door that stands randomly in the middle of any landscape) and step through to another world.
- **Pass through a mirror portal** (<http://www.world-of-lucid-dreaming.com/the-mirror-experiment.html>) (a liquid-like mirror that leads to another dimension) and emerge in any scene you choose.
- **Change the channel on a TV**, then jump into the screen and allow the image to become 3-dimensional around you.
- **Turn away from the scene**, imagine a new location emerging behind you. When you turn back - lo and behold - it is there!
- **Spin around** and imagine a new scene appearing when you stop spinning.

As you can see, there are many creative solutions to issues of dream control. The most important thing to remember is that your conscious expectation plays a major role. If you question your own ability to manifest new scenes, then your abilities will falter. But if you remain confident and learn from your experiences, you'll soon find that absolutely anything is possible inside a lucid dream.

# How can I have flying dreams?

Learning how to fly in lucid dreams is something we all want to master first.

However, it's not like you've had any practice in real life, so the concept can be a little difficult on the lucid dreaming mind. While some people take to the sky like *Superman*, others can get stuck in power lines, bump into buildings, or waver as if gravity is acting against them (which of course it isn't!)

Think of the movie *The Matrix*, when Morpheus asks Neo how he beat him in a virtual reality fight. Was it because he was stronger, faster, or fitter in this simulated world? No. It was because he truly *believed* he was better.



It's the same in lucid dreams. See [how to have lucid flying dreams \(http://www.world-of-lucid-dreaming.com/how-to-have-lucid-flying-dreams.html\)](http://www.world-of-lucid-dreaming.com/how-to-have-lucid-flying-dreams.html) which explains the expectation principle and a three-step flight training program.

## Can I get stuck in a lucid dream?

If you are imagining getting stuck in a lucid dream that way a child gets stuck in a painting in a horror movie, then no, that's science fiction.

You can no more get stuck in a lucid dream than you can get stuck in a regular dream or nightmare. "Dream limbo" is just a plot device for the movies.

In fact, lucidity affords you the opportunity to wake up on demand. Many people learn to start lucid dreaming naturally by using it to [wake up from nightmares \(http://www.world-of-lucid-dreaming.com/escaping-from-nightmares.html\)](http://www.world-of-lucid-dreaming.com/escaping-from-nightmares.html). Just open and shut your dream eyes firmly while saying "WAKE UP!" You can use the same moment of clarity to transform your nightmare into a guided dream.

While it is possible to become engrossed in a [lucid nightmare \(http://www.world-of-lucid-dreaming.com/lucid-nightmares.html\)](http://www.world-of-lucid-dreaming.com/lucid-nightmares.html) or [false awakening \(http://www.world-of-lucid-dreaming.com/false-awakenings.html\)](http://www.world-of-lucid-dreaming.com/false-awakenings.html), this is not the same as being trapped in a dream forever. Perhaps frustrating, perhaps enlightening, they are no different in length from typical periods of REM sleep, which max out after a certain period of time.

## How do I talk to my unconscious in a lucid dream?

As the lucid dream is a co-created experience, you can find profound communication with the unconscious arising from dream events or the fabric of the dream itself. The easiest way is to start a dialogue with the dream: just ask questions out loud. See the article [10 things to ask your lucid dream self \(http://www.world-of-lucid-dreaming.com/10-things-to-ask-your-lucid-dream-self.html\)](http://www.world-of-lucid-dreaming.com/10-things-to-ask-your-lucid-dream-self.html) for specific questions to pose to your dreaming self.

To continue reading questions like this, see my full [lucid dreaming FAQ \(http://www.world-of-lucid-dreaming.com/lucid-dreaming-faq.html\)](http://www.world-of-lucid-dreaming.com/lucid-dreaming-faq.html).

That's enough to get you started. Thanks for dropping by the World of Lucid Dreaming and I hope you find this a useful resource for many years to come!

Best wishes,

# Rebecca Turner

Rebecca Turner

Creator, World of Lucid Dreaming

Learn how to  
control your dreams.



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<http://www.world-of-lucid-dreaming.com/lucid-dreaming-fast-track.html>

70 comments

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**Patrick Doyle** · Top commenter · My uncle Phil's school for Bad Asses?

Last night I dreamed about a little girl and boy whom I have dreamt of many times before they were ghosts and would come into my in dream house through a old closet that had been boarded up. They usually come to see me to talk or just for hugs then leave. This time me and my two youngest children decided to try and cross over like they do and it worked we were in Heaven which was so beautiful and so very big. After the visit we were told we could not stay there and had to go back but not the way we came in. We were taken to a beautiful small river where the water felt so soft like silk my two youngest went first and were returned home but when I tried I could not get home then the two children suggested I had died and although a little sad I felt OK about it. Then I once again realized this was a dream and forced myself to wake up. Upon waking up I was so confused and disoriented and it took several minutes for fully come back. It might sound crazy but I sometimes feel dreams are more then just images but in fact another world completely. Lived dreaming is better then any drug I ever took and I have had my share....

[Reply](#) · [Like](#) · 4 · [Follow Post](#) · 12 May at 14:27



**Patrick Doyle** · Top commenter · My uncle Phil's school for Bad Asses?

"yes" I am still sober?

[Reply](#) · [Like](#) · 12 May at 14:29



**Wafa Aqilah** · [Follow](#) · Works at IMaster Global · 104 followers

I always had lucid dreams and I has 2 false awakenings. every times I had lucid



dreams I will be scared with that dream.. I scared because every times I had lucid , inside the dream, example I'm sitting on the chair n I can't even can moved from that chair.. I feel I'm stuck n I can't do anything about it. I always cried inside my dream n screaming to wake up because I'm so scared.. its same goes with the false awakenings.. its freaking me out. I tried to create my own world inside the lucid but its never works. sometimes I'm trapped inside the room though the room have a door but I can't go out from the door.. I'm cannot do anything... I did do research about it with science and religion but unfortunately I can't even find any answer or clue about it.. I wonder y.. n please help me to figure it out...

[Reply](#) · [Like](#) · [5](#) · [Follow Post](#) · 24 March at 05:34



**Jet Storm** · [Top commenter](#)

I have no experience in Lucid Dreaming. I purchased my Lucid Dreaming kit today on this website or associated link. I would call out to Archangel Michael. I would say something like this, "In the name of the I am that I am, I call out to the Heart of Archangel Michael. Beloved Archangel Michael, please protect me from any and all harm and negativity" you may also add other stuff in there. I wish you luck. Although I am not experienced, I hope you keep in touch and share your experiences so it can help me and you in some way.

[Reply](#) · [Like](#) · [1](#) · 26 April at 02:22



**Wafa Aqilah** · [Follow](#) · Works at IMaster Global · 104 followers

[Jet Storm](#) thanks... so far I just had bad dreams in my lucid dream.. Difficult to have good night sleep.. Keep in touch. . :)

[Reply](#) · [Like](#) · 26 April at 02:51

**j.alekha** (signed in using yahoo)

Wafa Aqilah you are in your world, only you can create what you want or believed. Sleep with empty mind. And to have something, do day dream or imagination, believe the good and at the most you become that and your dreams become clear as per your life wishes and who don't like fairy tales. Finally its an amazing journey where there are no rules and being empty mind you can control your-self you control your dreams and life become just simple and peace. Have nice day and night. Trust your intuition always.

[Reply](#) · [Like](#) · 30 April at 05:40

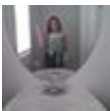
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**Stevie-Jean Gear** · [Follow](#) · University of Waikato

My lucid dreams are so strong I am able to have super natural powers.

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**Jade Stoddard** · [Follow](#) · Actor at Disney Channel

I am 11 years old and had 5 lucid dreams in 3 weeks.

[Reply](#) · [Like](#) · [Follow Post](#) · Yesterday at 02:13

**Caroline Congoutski** (signed in using Hotmail)

Am I a freak for being able to do this since I was really little.. I've been able to do this for years, and I didn't know it was such a thing as "Lucid Dreaming". Everything comes so easy to me. I can do anything I want. Fly, change my surroundings within a matter of seconds, acquire any ability, and do just about everything mentioned above on my own. So... does that make me some sort of freak?

[Reply](#) · [Like](#) · [Follow Post](#) · 10 June at 08:09



**Jared Endicott** · Crowder College

I had my third lucid dream last night. I used to work at a golf course for a couple



years. So unsurprisingly, in my dream I found myself standing out on the course. The lucidity hit me like a brick to the face! I tried not to overexcite myself, as to not wake Me up. My feet left the ground, and I began floating/flying to the top of an extraordinarily detailed and colorful tree. I let out a yell of excitement, and threw a fist pump. Once I reached the top, there was a highway running alongside me. Cars were zooming by, and I felt like I would be smashed by the traffic. Oh wait, "I'm dreaming, I'm dreaming". So I took a step in front of a semi traveling around 80 miles an hour. It skimmed right through my body. After that, my lucidity resolved, and my recollection was lost.

I'm definitely a novice when it comes to maintaining my excitement and manipulating my environment. But last night, I reached a new landmark.

[Reply](#) · [Like](#) · 10 · [Follow Post](#) · 27 November 2013 at 02:02



**Kurt John Salzke** · [Follow](#) · Human Being at Planet Earth

Wow.. What a great read.....

Me and my partner have also discussed on ocassion that we should try to meet in dreamland.....lol.

Something that just blows my mind...

Lol the concept of astral travel... Lucid dreaming and or obe.... Attracts me.... I could meet up with my partner on the moon..... In space... Or better yet in my own room.. ;)

Its almost like the 2nd way of life... A spiritual way...

This material life is simply a teaching mode for this spiritual way of life... Once finifhed or ready.. One will live continuously within the astral worlds.... Lol

Love it.... I want to learn more n more.... ;)

[Reply](#) · [Like](#) · 3 · [Follow Post](#) · 1 March at 20:22



**Marcus Trevor Baxley** · Purnell Swett High

Ive heard that lucid dreaming leads to sleep paralysis, is that true?

[Reply](#) · [Like](#) · [Follow Post](#) · 6 June at 19:47



### Philosophy Of Dreams

It depends on the way you are trying to induce the lucid dream. If you are trying to WILD (wake induced lucid dream) then you almost have to pass the threshold or barrier of sleep paralysis to get there. Sleep paralysis is kinda scary at first but you can get used to it and even have some fun with it. If you can learn to get to sleep paralysis, and get used to the sensations and pass that phase into a lucid dream, then you can almost have a WILD at will and that's simply amazing. I've only had 2 WILDs and I can tell you if you figure out how to overcome and deal with sleep paralysis you pretty much have the keys to the gate in regards to lucid dreaming at will and having a high degree of lucidity when you arrive in your lucid dream. Hope that helps :)

[Reply](#) · [Like](#) · 13 June at 18:51

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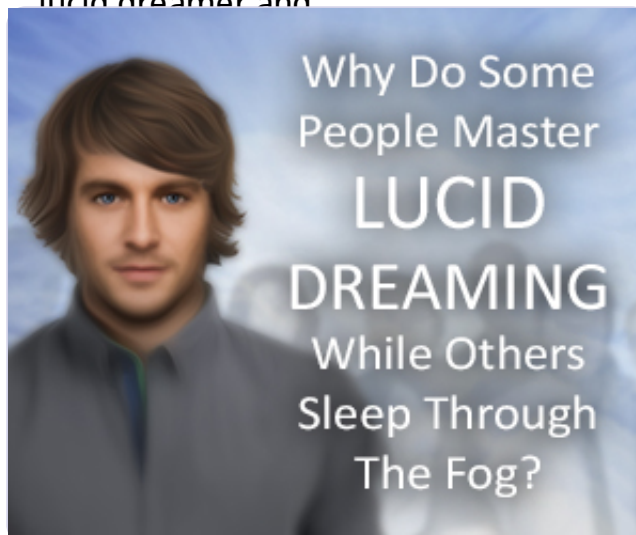
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**Rebecca Turner**

(<http://www.world-of-lucid-dreaming.com/lucid-dreamer.html>) is a  
lucid dreamer and



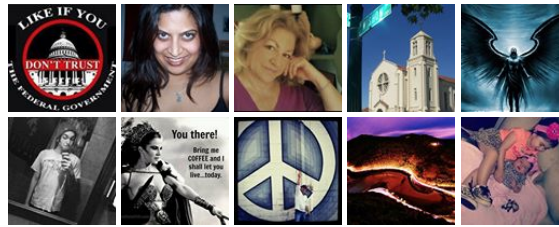
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